

SPRING September – December 2025

The good life buckets



Vitality, Connection and Contribution

What are the Good Life Buckets? Connection is about our relationships, participating and a sense of belonging. Contribution is about reaching your full potential and feeling you can express yourself, be seen and be heard. Vitality is about feeling alive and healthy, being energised and reducing stress.

Put simply, the more you put into each bucket the better, healthier and happier your life will be.

This issue of What's On is about how Mathers House can help you fill your three buckets, so all aspects of your life are brimming over. When you enter our building, we want you to feel connection, that you can contribute and that you feel vital and alive. While we all know that every day can't be perfect, Mathers House is all about focussing on positive

ageing. It's about feeling curious and brave enough to try new things, meet new people and enjoy life.

We aim to help you stay engaged and open to what life offers, as we know age is a state of mind, it doesn't have to define us. Change and growth are always possible.

As Mary Oliver states in her poem "The Summer Day":

"Tell me what is it you plan to do with your one wild and precious life?"

The poem is not about working hard at life, it's saying you don't need to do anything with your wild and precious life other than to be alive in it.

Let **US** help you BECOME ALIVE.

PUBLIC HOLIDAY CLOSURE

• Showday – Thursday 23 October



City of **HOBART**

Message from the Mathers House Coordinator



So, ask yourself: which of your buckets needs filling right now?

First bucket is about Vitality – your state of mind, your inner spark. Let Mathers House programs help you move through life with enthusiasm. Don't just go through the motions – be engaged in mind, body and spirit.

Second bucket is about Connection – we are wired for connection, both with others and just as importantly, with ourselves. It's not about how many people you know it's about how deeply you're seen, heard and supported. Mathers House can help you to meet people and develop relationships. Come in for something to eat (freshly prepared by our chef, Deep, and his wonderful volunteers every morning) and sit at our communal table – you may start as a stranger then become friends with those around you.

Third bucket is about Contribution – what are you doing for the world and are you leaving it better than you found it. At Mathers House you can contribute by volunteering, sharing your skills to run a class with our support, or simply bringing someone along who could use a little extra care.

When you **tend to your three buckets**, life becomes more balanced, and optimism begins to grow. But balance doesn't happen overnight – it takes time, intention and effort.

Let us be part of your journey as you begin to restore balance and joy to your life. If you're already on your way, let's help others find their happy place.

Think of your life as three buckets – each one essential, each one telling a story . . .

Take the quiz and use the resources at goodlifeproject.com – they have podcasts, articles, books and the Sparketype assessment, which can help you clarify your purpose.

When I completed the online bucket quiz my scores were Vitality 78, Connection 74 and Contribution 83. Even through my scores were good, I'd like to increase them by ten points – which I am confident is achievable over the next three months.

What were your scores? Why don't you join me in this endeavour to not only better health but to elevate your energy, mindset and overall well-being. After all, it's the beginning of spring – the perfect time to set the tone for a healthier, more vibrant season ahead.

When your thoughts are aligned with purpose, curiosity and resilience it shows in how you move, speak and connect. A vibrant state of mind sparks motivation, joy and the drive to fully engage with life.

But where to start? That's where we come in – to support and guide you on this journey. The first step is always the hardest but when you come to Mathers House, you'll be welcomed from the moment you arrive.

So, take that first step – come in and find out for yourself how we can help. You never know, it just may change your life.

– Denise

Calendar highlights

All Things Spring Long Table Lunch

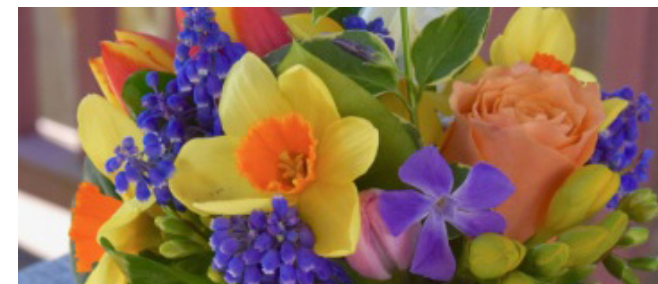
Time to get together to celebrate spring. 3 course lunch includes free drink. Food intolerances catered for.

When: 12 September, 12–1.30 pm

Where: Mathers House Dining Room

Cost: \$22 pp
Bookings and prepayment essential

Friendship through Gardens



Create an eye-catching flower arrangement to show at Hobart Horticultural Show with Helen Lindsay. Classes are every Monday for 4 weeks, commencing September 15th.

When: 15, 22, 29 September
and 6 October, 1–3 pm

Where: Lower Mathers

Cost: \$60 pp for 4 classes or \$18 per class
Bookings and prepayment essential

Dementia Week

A talk by Professor George Razay who recently published a book *Dementia: A New Hope-casting Light on a Challenging Disease*. Learn about the prevention, diagnosis and treatments available for Dementia and Alzheimer's. Morning Tea included.



When: Friday 19 September with the Seniors Group, 10am – 12 pm

Where: Criterion House

Cost: Free – no bookings required

Seniors Week

This year's theme is Connecting Generations Through Food, so bring the kids! There will be lots of special events. For details, check the October events page. The Seniors Week activities are highlighted in yellow.

When: 13 – 17 October

Where: Across all rooms

Cost: Varied, see the October events page

The Breed



Hobart's best rock and roll band return.

When: Friday, 17 October, 2 pm

Where: Criterion House

Cost: \$13 pp
Bookings and prepayment essential

Melbourne Cup Day

Put your best hat on and have a friendly bet on the big race at 3 pm. Enjoy an afternoon of horse racing with your friends. High Tea included.



When: Tuesday 4th November, 2–3.30 pm

Where: Mathers Dining Room

Cost: \$8 pp
Bookings and prepayment essential

Special event updates are posted on our Facebook page.

Special event bookings and prepayment
Call: 6234 1441

Email: mathersplace@hobartcity.com.au

Weekly activities

● Lifelong learning

● Fitness

● Health and wellbeing

● Creative arts and crafts

● Games

● Themed lunch

● Performance/Film

Day	Activity	Description	Time	Location	Cost	Booking
Monday	● Zumba Gold	Low intensity exercise. With Ash.	10–11 am	CH	\$8 pp	Not required
	● T'ai Chi for Beginners	Improve your health and balance. With Georgina.	11.15 am –12 pm	CH	\$2 pp	Not required
	● Strength/Balance	Cardio, resistance and strength suitable for all levels. With Hiroko in Sep and Oct. Manu returns 3 November. No class 15 September.	1–1.45 pm	CH	\$10 pp	Not required
	● Digital/IT Basics	One-on-one basic coaching. With Rosa.	1–3 pm	UM	Free	Contact us to book
	● Mah Jong Monday	For those who know how to play.	1.30–3.30 pm	UM	Free	Not required
	● Five Crowns	An easy card game. With Priscilla.	1.30–4 pm	UM	Free	Not required
	● Hobart Ukulele Group	Request in advance to borrow a uke. Any ability welcome. With Paul.	6.45–8.30 pm	UM	Gold coin donation	Contact us to book
Tuesday	● Core, Balance & Stretch	Balance, stretch and lengthen. With Jenn in Sep and Oct. Manu returns 4 Nov.	10–11 am	LM	\$10 pp	Not required
	● T'ai Chi	Improve health and wellbeing. With John.	11 am –12.30 pm	CH	\$2 pp	Not required
	● Digital/ IT Basics	One-on-one basic coaching. With Richard.	10 am –12 pm	UM	Free	Contact us to book
	● Digital/ IT Basics	One-on-one basic coaching. With Gerald.	1–3 pm	UM	Free	Contact us to book
	● Line Dancing	Low impact aerobics. All levels. With Ngaire. No class 30 Sep.	1.30–2.15 pm	CH	\$2 pp	Not required
	● Knitting Group	Casual group working on their own projects.	2–4 pm	UM	Free	Not required
Wednesday	● POP (Playing Our Part)	Develop your acting skills. With John.	10 am –12 pm	LM	\$30 pp	Not required
	● Scrabble with Friends	Meet at noon for lunch (at own cost) first.	1–3 pm	UM	Free	Not required
	● Yoga	Increase flexibility, reduce stress. With Jenn.	1.45–2.30 pm	CH	\$8 pp	Not required
Thursday	● Broadway Boogie	Low impact musical theatre. With Ash.	10–11 am	CH	\$8 pp	Not required
	● Pilates	Great for your fitness journey. With Hiroko.	11.10 am –12 noon	CH	\$10 pp	Not required
	● Serenity in the City	Guided meditation. With Helen.	12.30 –1 pm	LM	Free	Not required
	● Mah Jong	Now on Thursdays. First 6-week block: 4 Sep –9 Oct. Second 6-week block: 16 Oct – 27 Nov.	1.30–3.30 pm	UM	\$5 pp	Bookings essential. Text: 0427 055 170
Friday	● Midcity School for Seniors or S4S	Popular speakers' program. With Margaret. Includes morning tea. No sessions 3, 10 & 24 Oct.	10 am –12 pm	CH	\$30 Annual Fee + \$2 weekly	Not required.
	● Art from Scratch	Explore basic art techniques. With Pengbo Wu and Yillian Basser. Classes begin 5 Sep. No class 19 Sep.	1–2.30 pm	CH	\$10 per class	Contact us to book

LM = Lower Mathers, UM = Upper Mathers, CH = Criterion House

September Program

● Lifelong learning

● Fitness

● Health and wellbeing

● Creative arts and crafts

● Games

● Themed lunch

● Performance/Film

Date		Activity	Description		Time	Location	Cost	Booking
Tues 2	●	Choose to be Calm	Positive thinking and meditation. With Helen.		11.30 am – 1 pm	LM	Free	Contact us to book
Thurs 4	●	Sock Making Class	Need basic knitting skills and your own yarn and needles. Material list will be provided before class starts. 6 week block 4 Sept – 9 Oct.		10 am – 12 pm	UM	\$6 pp per class or 6 classes for \$30	Contact us to book
Thurs 4	●	Quilting	Hand make a lap quilt. With Sue, supplies provided. Every Thursday from 4 Sept 4 – 6 Nov inclusive.		2–4 pm	UM	\$80 for 10 classes or \$10 per class	Contact us to book
Thurs 4	●	Serenity in the City	30min guided meditations. With Helen.		12.30 – 1 pm	LM	Free	Not required
Fri 5	●	IT Learning Club	App technology. With Rosa. Includes morning tea.		10 am – 12 pm	LM	\$2 pp	Contact us to book
Fri 5	●	Book Club	A new book to discuss each month, includes afternoon tea.		1–3 pm	LM	\$5 pp	Required
Sun 7	●	Great Balls of Fibre	For men who enjoy knitting, crochet and craft.		1–3 pm	CH	Free	Not required
Tues 9	●	Choose to be Calm	Positive thinking and meditation. With Helen.		11.30 am – 1 pm	LM	Free	Contact us to book
Thurs 11	●	Serenity in the City	30min guided meditations. With Helen.		12.30 – 1 pm	LM	Free	Not required
Fri 12	●	All Things Spring Long Table Lunch	The season of renewal, colour and fresh beginnings. Three course meal includes first drink.		12–1.30 pm	UM	\$22 pp	Contact us to book
Mon 15	●	Quiz	Test your knowledge. With Frances and Paula.		11 am – 12 pm	LM	Free	Not required
Mon 15	●	Friendship through Gardens	Create flower arrangements to show at the Hobart Horticultural Show. With Helen Lindsay. 4 weekly classes: 15, 22 & 29 Sep & 6 Oct.		1–3 pm	LM	\$60 for 4 classes or \$18 per class	Contact us to book
Sun 16	●	Choose to be Calm	Positive thinking and meditation. With Helen.		11.30 am – 1 pm	LM	Free	Contact us to book
Thurs 18	●	Coffee Walk	Meet at Boathouse café then walk along Cornelian Bay. With Heather.		10 am – 12 pm	Off Site	Free	Not required
Thurs 18	●	Serenity in the City	30min guided meditations. With Helen.		12.30 – 1 pm	LM	Free	Not required
Fri 19	●	IT Learning Club	App technology. With Rosa. Includes morning tea.		10 am – 12 pm	LM	\$2 pp	Contact us to book
Fri 19	●	Dementia Week Special Talk	Professor George Razay talks about prevention, diagnosis and treatment of Dementia and Alzheimer's. Includes morning tea.		10 am – 12 pm	CH	Free	Not required
Fri 19	●	Friday Films	Le Week-End (93mins). A Libraries Tas collaboration.		1–3 pm	LM	Free	Not required
Wed 24	●	Dementia Friendly Cafe	Creative and social activities for those affected by dementia or memory loss. Includes morning tea.		10 am – 12 noon	UM	\$5 pp	Not Required
Thurs 25	●	Serenity in the City	30min guided meditations. With Helen.		12.30 – 1 pm	LM	Free	Not required

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Community Program Spotlight

Mathers House is a place for seniors but we also provide a space for community organisations running outreach and support programs. Love Hobart is run by Helen Devenish and she welcomes 11–20-year-

olds (primary age 14–15-year-old) to an informal youth evening at Criterion House on Fridays starting at 5.30 pm. Helen and her team provide food (some donated by local businesses and others given at discount), friendship (which is crucial for their social and

sense of belonging), a listening ear (creating space for their voice and perspectives) thus valuing their experiences. It's also a time for some fun so we have an 8 Ball table, table tennis and art materials to keep everyone engaged. For those who attend there is a

special kind of respect shown to Helen and her team for everything they have done for youth in the last thirteen years.



October Program

● Lifelong learning

● Fitness

● Health and wellbeing

● Creative arts and crafts

● Games

● Themed lunch

● Performance/Film

Date		Activity	Description		Time	Location	Cost	Booking
Fri 3	●	IT Learning Club	App technology. With Rosa. Includes morning tea.		10 am –12 pm	LM	\$2 pp	Contact us to book
Fri 3	●	Book Club	Discuss a new book each month, includes afternoon tea.		1–3 pm	LM	\$5 pp	Required
Sun 5	●	Great Balls of Fibre	For men who enjoy knitting, crochet and craft.		1–3 pm	CH	Free	Not required
Mon 13	●	Quiz	Test your knowledge. With Frances and Paula.		11 am –12 pm	LM	Free	Not required
Mon 13 – Fri 17	●	Seniors Week Special Event Children's Food	Tasty, healthy meals for children.		12–1.30 pm	UM	\$7 pp for kids	Not required
Tues 14	●	Seniors Week Special Event Third Age Fitness	Building Strength exercise class.		10.30 am	Online Zoom	Free	thirdagefitness.com.au
Tues 14	●	Seniors Week Special Event Sip & Paint	Still life painting class. Supplies included. With Maggie.		2–3.30 pm	UM	\$10 pp adults, \$5 kids	Bookings & prepayment essential
Wed 15	●	Seniors Week Special Event Intergenerational Cultural Food Workshop	Learn to cook different cultural food. Food samples available.		1.45–3.30 pm	UM	\$10 pp adults, kids free	Bookings & prepayment essential
Thurs 16	●	Coffee Walk	Meet at C3 Church café then walk along Rivulet Track. With Heather.		10 am–12 pm	Off Site	Free	Not required
Fri 17	●	Seniors Group & Goodstart Early Learning Kids Special Event	Come and see the children perform a song and a play about food.		10–12 pm	CH	Free	Not required
Fri 17	●	Seniors Week Special Event Third Age Fitness	Building strength exercise class.		10.30 am	Online Zoom	Free	thirdagefitness.com.au
Fri 17	●	IT Learning Club	App technology. With Rosa, includes morning tea.		10 am –12 pm	LM	\$2 pp	Contact us to book
Fri 17	●	Friday Films	Renoir (111mins). A Libraries Tas collaboration.		1–3 pm	LM	Free	Not required
Fri 17	●	The Breed Music Concert	Rock to the sounds of the 60s. Includes nibbles and first drink.		2–3.30 pm	UM	\$13 pp	Bookings & prepayment essential
Thurs 23		CLOSED FOR PUBLIC HOLIDAY	ROYAL HOBART SHOW					
Wed 29	●	Dementia Friendly Cafe	Creative and social activities for those affected by dementia or memory loss. Includes morning tea.		10 am	UM	\$5 pp	Not required
Fri 31	●	IT Learning Club – Special Guest	App technology. With Rosa and guest Kevin O'Flaherty who will talk about Artificial Intelligence (AI). Includes morning tea.		10 am –12 pm	LM	\$2 pp	Contact us to book

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October Program (continued)

Seniors Week

Let's take a moment to come together and recognise the incredible value older people bring to our local communities. This year the theme is Connecting Generations through Food. When older people share their stories with younger generations, they do more than pass on memories – they help build deeper, more meaningful connections that can have a lasting effect. Their stories carry lessons, the importance and benefits of relationships, building strong and compassionate communities and the importance of simply showing up with a kind heart. Come join



us this month for our special events, bring the grand and great grand kids to share an experience they will remember always. Our full range of Seniors Week activities are on our October event page.

Helping everyday people, with everyday technology, in everyday life

Kevin O'Flaherty (currently Microsoft Account Manager for Tasmania) has worked in the IT industry for over 30 years for Tasmanian Government and UTAS. Kevin wants to share his vast knowledge by giving people a general



understanding of key digital topics and building their confidence to engage with technology more comfortably. In this session Kevin will be presenting a talk on AI (Artificial Intelligence): what it is, how to detect scams and use it for your own benefit.

NEW – afs – Art Bites with Pengbo Wu and Yilian Bassar

Pengbo has a Masters in Fine Art, specialising in watercolour and abstract art. Come along and explore basic art techniques in a friendly, relaxed setting. Each week will offer a new theme to try – or bring our own project and create at your own pace. No experience needed, just a curiosity to play and create. Yilian will fill in on occasion when Pengbo

is away. Classes start on September 5 and take place every Friday at 1pm. No class 19 September.

Mah Jong Update

The weekly Mah Jong class has moved from Wednesdays to Thursdays at 1.30pm. Learn to play classes run in six-week blocks. You need to book into the course in advance. Block one starts on September 4 and finishes on October 9. Block two starts on 16 October and finishes on 27 November due to public holiday closure on 23/10.



November Program

● Lifelong learning ● Fitness ● Health and wellbeing ● Creative arts and crafts ● Games ● Themed lunch ● Performance/Film

Date		Activity	Description		Time	Location	Cost	Booking
Sun 2	●	Great Balls of Fibre	For men who enjoy knitting, crochet and craft.		1–3 pm	CH	Free	Not required
Tues 4		Melbourne Cup Day	Pop your best hat on and come watch the race. High Tea included.		2–3.30 pm	UM	\$8 pp	Bookings & prepayment essential
Wed 5	●	Classical Art Classes	Course runs in a 5-week block from 5 Nov –10 Dec No class 3 Dec. With professional artist Yilian.		11.30 am – 1.30 pm	CH	\$70 for 5 classes	Essential
Fri 7	●	Book Club	A new book to discuss each month. Includes afternoon tea.		1–3 pm	LM	\$5 pp	Required
Mon 10	●	Quiz	Test your knowledge. With Frances and Paula.		11 am – 12 pm	LM	Free	Not required
Fri 14	●	IT Learning Club	App technology. With Rosa. Includes morning tea.		10 am – 12 pm	LM	\$2 pp	Contact us to book
Sun 16	●	Tune Up @ 2 Concert	The Australian Army Band Tasmania brings the majestic City Hall to life.		2–3 pm	City Hall	Free	Not required
Thurs 20	●	Coffee Walk	Meet at carpark beside Hurricanes Café for a walk along Bellerive and Howrah Beaches. With Heather.		10 am –12 pm	Off Site	Free	Not required
Fri 21	●	Friday Films	<i>A Royal Night Out.</i> A Libraries Tas collaboration.		1–3 pm	LM	Free	Not required
Wed 26	●	Dementia Friendly Cafe	Creative and social activities for those affected by dementia or memory loss. Includes morning tea.		10 am – 12 pm	UM	\$5 pp	Not required
Fri 28	●	IT Learning Club	App technology. With Rosa, includes morning tea.		10 am-12 noon	LM	\$2pp	Contact us to book

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Go digital and stay up to date with what's on at Mathers House

Stay up to date by joining our email newsletter. You'll receive:

- New events that didn't make it into print
- Updates to any major changes to the activities listed
- A PDF of the program you can view on your device or print at home

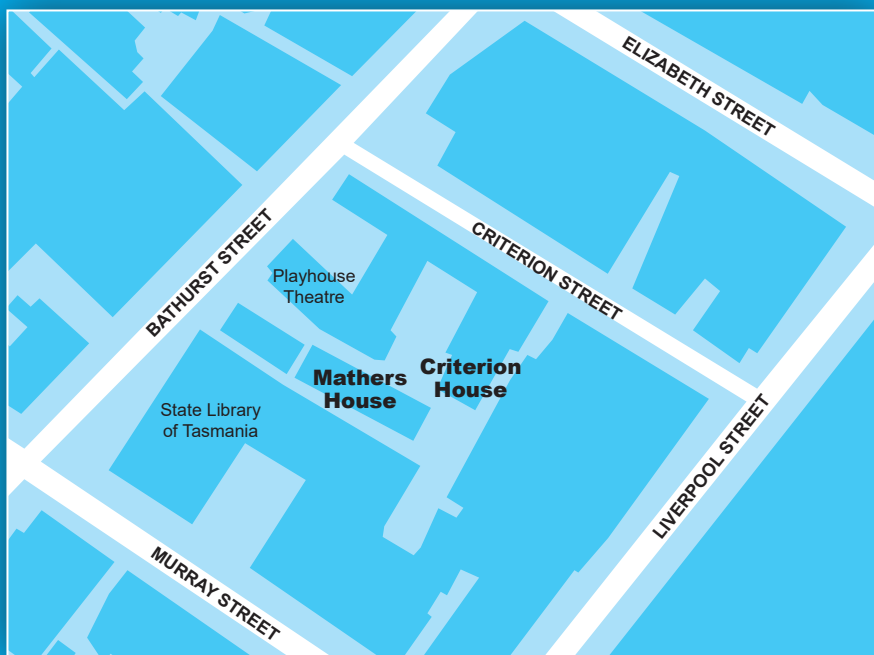
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hobartcity.com.au/positive-ageing
or email:



mathersplace@hobartcity.com.au

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Room bookings available for community groups, commercial groups and individuals. Visit **hobartcity.com.au/venues**

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