What's On

in Positive Ageing

Mathers Place

MATHERS HOUSE

SUMMER 1 December 2026 – 28 February 2027



Message from the Mathers House Coordinator

Gather Around

It's time to gather around and celebrate the moments, people and experiences that have shaped us in the past year.

It can be complicated at times and as we move through different stages, we often find ourselves reflecting on what gives us purpose and meaning.

Sometimes that purpose changes, and we discover it in places we may not have expected. The things that once brought us happiness can evolve as we get older, but that doesn't make them any less exciting or worth celebrating.

Perhaps joy is now found in a good morning with a cup of tea, or a long-awaited catch-up with a friend, a walk in the sunshine or simply having something special to look forward to. Sometimes it's the smallest moments that bring the greatest happiness.

Christmas and New Year offer a wonderful opportunity to pause and embrace new possibilities. It's a time to enjoy the present, look back on the experiences that have shaped us and look forward to what the year ahead might bring. It's also a chance to discover new interests, create memories and find fresh reasons to celebrate.

Growing older brings its own kind of richness, shaped by a lifetime of experiences, friendships, lessons learned and memories treasured. It offers us a deeper appreciation of the little things and a greater understanding of what truly matters. There is still so much to look forward to whatever stage of life we find ourselves in.



At Mathers House, we believe that connection, contribution and belonging are at the heart of a happy and fulfilling life. Here we create opportunities for people to come together, share those experiences, learn something new and feel part of our community. Whether you're attending one of our many classes or events, sharing your skills and knowledge as a program leader, volunteering or simply popping in for lunch Monday to Friday, there is always a place for you here.

We look forward to welcoming you and sharing another year together at Mathers House.

From all of us at Mathers House – our staff and wonderful volunteers and program leaders – we wish you and your loved ones a Christmas filled with special moments, and a New Year filled with good health and happiness.

Christmas Game



We have hidden animals wearing Christmas hats all around our main hall. Find them all to win a little surprise! Pick up a search sheet from the Mathers House team to participate. Running during December only. Receive a Christmas Treat if you find them all (until we run out)

Mathers House Cafe

Enjoy fresh, nutritious meals, snacks and sweets prepared weekly in our cafe. Drop in for lunch on weekdays between 12 – 1.30 pm, with both dine-in and takeaway options available.

Every day we serve:

- A variety of soups ($5)
- Mains ($6 half and $10 full size)
- Desserts ($5)

You can book a table for morning tea, lunch or an afternoon treat. We also offer catering for room hirers.

Contact the Mathers House team to discuss your requirements or to reserve a space.

Closure Dates

Mathers House and all classes are closed on these dates:

- **Volunteer Christmas Party**
  Wednesday 16 December
- **Christmas Break**
  Monday 21 December – Sunday 3 January
- **Australia Day Long Weekend**
  Monday 25 – Tuesday 26 January
- **Regatta Day**
  Monday 8 February
- **Internal Team Meeting**
  Thursday 11 February

Friday Films

The films are shown in Lower Mathers and start 1.45 pm. Booking is not required, attendance is free.

Friday 18 December
***Britt-Marie Was Here* (2019)**
1 h 43 min, rated M



Britt-Marie has just left a 40 year old marriage and her long life as a house wife. She takes a job in run-down town Borg, coaching a rag-tag children's soccer team.

Friday 15 January
***Inside the Mind of a Dog* (2024)**
1 h 15 min, rated PG



Embark on a delightful journey into the world of dogs in this documentary that reveals scientific and emotional insights about our lovable BFFs.

Friday 19 February
***A Gorilla Story: Told by David Attenborough* (2026)**
1 h 30 min, rated PG



Veteran naturalist Sir David Attenborough tells the story of a remarkable group of gorillas, from his first encounter in the '70s to the present day.

Weekly activities

Lifelong learning | Fitness | Health and wellbeing

Day		Activity	Description	Host
Mon		Zumba Gold	Low impact dance class for all levels	Ash
		Writing Your Story **NEW**	Learn and practise basic writing skills	John F.
		T'ai Chi	Improve your health and balance	Georgina
		Yoga	Uplifting morning yoga	Jenn
		Stronger for Longer	Cardio and strength for all levels	Manu
		IT Basics	One on one basic coaching	Rosa
		Mah Jong	For experienced players	Barb
		Quiddler	Word card game, learners welcome	Lois
		Five Crowns	Card game, like rummy, all levels	Casual
		Hobart Ukulele Group	All abilities welcome, ukes available	Paul
Tue		Line Dance	Fun low impact aerobics, all levels	Ngaire
		Core, Balance & Stretch	Health and wellness – all welcome	Manu
		T'ai Chi	Improve health and wellbeing	John D.
		Mat Pilates **NEW**	Strengthen and stretch	Alison
		IT Basics	One on one basic coaching	Richard
		IT Basics	One on one basic coaching	Gerald
		Learn Mah Jong	6-week course, start 12 January	Anne
		Spanish Class	Beginner level, join any time	Ricardo
		Rock Jam Session	Any musical era, equipment available	Ian
Wed		Paper Craft	Learn to make cards, material provided	Catherine
		Playing Our Part	Develop your acting skills, variety theatre	John A.
		Tai Chi for Health **NEW**	Improve health, balance & energy	Cathy
		Scrabble with Friends	After lunch (at own cost, from 12 pm)	Shelah
		Learn Mah Jong	6-week course, start 13 January	Anne
Thu		Broadway Boogie	Low impact dance fitness for all levels	Ash
		Conversation English	Learn everyday phrases & words **NEW**	Rosie
		IT Basics **NEW**	One on one basic coaching	Minerva
		Mat Pilates	Great for your fitness journey	Lisa
		Serenity in the City	Guided meditation **NEW HOST**	Caroline
		Learn Mah Jong	6-week course, start date 14 January	Barb
		Quilt making	Make a quilt, no experience required	Sue
Fri		Midcity School for Seniors	Speakers program. Includes morning tea	Margaret
		T'ai Chi	Improve your health and balance **Not on 1st Friday monthly**	Georgina
Sat		Adaptive Yoga **NEW**	Inclusive, accessible class for all abilities	Ange

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

Creative arts and crafts Games Themed lunch Performance/Film

	Time	At	Cost	Booking	Finishes	Resumes
	10 – 11 am	CH	$8	Not required	14 Dec	4 Jan
	10 – 11.30 am	UM	Free	Not required	14 Dec	4 Jan
	11.15 am – 12.15 pm	CH	$2	Not required	14 Dec	4 Jan
	11.30 am – 12.30 pm	LM	$10	Not required	14 Dec	
	1 – 1.45 pm	CH	$10	Not required	14 Dec	11 Jan
	1 – 3 pm	UM	Free	Required: 6234 1441		
	1.30 – 3.30 pm	UM	Free	Not required	14 Dec	11 Jan
	1.30 – 3.30 pm	UM	Free	Not required	14 Dec	11 Jan
	1.30 – 4 pm	UM	Free	Not required	14 Dec	4 Jan
	6.45 – 8.30 pm	UM	Gold Coin	Not required	14 Dec	18 Jan
	10 – 10.45 am	CH	$2	Not required	8 Dec	2 Feb
	10 – 10.50 am	LM	$10	Not required	15 Dec	12 Jan
	11 am – 12 pm	CH	$2	Not required	15 Dec	5 Jan
	1 – 1.50 pm	CH	$10	Not required	15 Dec	5 Jan
	10 am – 12 pm	UM	Free	Required: 6234 1441		
	1 – 3 pm	UM	Free	Required: 6234 1441		
	2 – 4 pm	UM	$5	Required: 6234 1441		
	5 – 6 pm	LM	$6 for 1 class, $55 for 10	Required: 6234 1441	15 Dec	2 Feb
	6.45 – 9 pm	UM	Gold Coin	Required: 6234 1441	**NEW DAY**	
	10 – 11.15 am	UM	$7	Required: 6234 1441		
	10 am – 12 pm	LM	$30 per term	Required: 6234 1441		3 Feb
	11.30 am – 12.30 pm	CH	$2	Not required		20 Jan
	1 – 3 pm	UM	Free	Not required	9 Dec	6 Jan
	2 – 4 pm	UM	$5	Required: 6234 1441		
	10 – 11 am	CH	$8	Not required	17 Dec	7 Jan
	10 am – 12 pm	LM	Free	Not required		21 Jan
	10 am – 3 pm	UM	Free	Required: 6234 1441		
	11.10 am – 12 pm	CH	$10	Not required	17 Dec	4 Feb
	12.30 – 1 pm	LM	Free	Not required	17 Dec	7 Jan
	1.30 – 3.45 pm	UM	$5	Required: 6234 1441		
	2 – 4 pm	UM	$10	Not required	10 Dec	4 Feb
	10 am – 12 pm	CH	$2	Not required	27 Nov	5 Feb
	1 pm – 2 pm	CH	$2	Not required	18 Dec	8 Jan
	10 – 11 am	LM	$10	Not required	5 & 12 Dec, 9 & 16 Jan, and all of Feb	

December activities

Lifelong learning · Fitness · Health and wellbeing

Date		Activity	Description
Thu 3		Lunchtime Learning Byte	AI to help with everyday tasks
Fri 4		Book Club	Discuss your monthly book over coffee
Sun 6		Great Balls of Fibre	Knitting, crochet and craft for men
Tue 8		Quiz	Fun filled knowledge quiz
Wed 9		Christmas Variety Show	By theatre group Playing Our Part
Fri 11		Summer Yin Yoga	Gentle restorative yoga, all levels welcome
Fri 11		The Breed	60s rock band. First drink and nibbles on us!
Mon 14		Lunchtime Learning Byte	Online Payment Options
Wed 16		**Volunteer Christmas Party**	**CLOSED**
Thu 17		Coffee Walk	Rivulet Track, meet at C3 church carpark
Fri 18		Christmas Lunch	With piano performance by Min & Fei
Fri 18		Friday Films	*Britt-Marie Was Here* (2019), 1 h 43 min, rated M

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



Christmas Lunch Piano Concert

Before our Christmas break, we want to share a festive meal with you. The lunch will be accompanied by a performance of classical piano solos and duets by Min and Fei. The young Tasmanian sisters are the founders of Music in Nature, a community project sharing classical music with older people. The girls are sharing their love of music, creating beautiful memories and forming wonderful friendships along the way.

When: Friday 18 December
Time: 12.15 – 1 pm
Where: Upper Mathers
Cost: Normal lunch prices

Playing our Part – Christmas Variety Concert



Get in the Christmas spirit and enjoy an afternoon of festival fun and laughter as our drama group takes to the stage with their entertaining Christmas concert.

When: Wednesdays 9 December
Time: 1.30 – 3 pm
Where: Criterion House
Cost: Gold Coin (afternoon tea included)

Would you like to try acting? Join the group for their next semester! They meet every Wednesday morning starting 3 February. Contact Mathers House for more information: **mathersplace@hobartcity.com.au** or call **6234 1441**

Creative arts and crafts Games Themed lunch Performance/Film

	Host	Time	At	Cost	Booking
	Mathers	12.30 – 1.15 pm	UM	Normal prices	Not required
	Casual	1.30 – 3.30 pm	LM	$2. With afternoon tea: $5	Call 6234 1441
	Sam	1 – 3 pm	LM	Free	Not required
	Paula & Frances	11.15 am – 12.15 pm	LM	Free	Not required
	Mathers	1.30 – 3 pm	CH	Gold coin	Not required
	Lili	10.30 am – 12 pm	LM	$10	Call 6234 1441
	Mathers	2 – 3.30 pm	UM	$13	Call 6234 1441
	Mathers	12.30 – 1.15 pm	UM	Normal prices	Not required
	Heather	10 am – 12 pm	Off site	Free	Not required
	Mathers	12 – 1.30 pm	UM	Normal prices	Not required
	Library	1.45 – 3.30 pm	LM	Free	Not required

Digital Uplift

Lunchtime Learning Byte

Technology can be fun and very helpful. Trish from Regional Development Australia (RDA) Tasmania will visit us to present two fascinating topics. After the presentations, she will stay to answer any questions.

When: Thursday 3 December
Topic: AI to help with everyday tasks

When: Monday 14 December
Topic: Online Payment Options

Time: 12.30 – 1.15 pm
Where: Mathers House
Cost: Free



The Breed

Come on let's twist again, like we did last summer! The Breed are the best at bringing back the sounds of the 60s and 70s. Come along to tap your feet, get on the dance floor and enjoy your favourite songs. Tickets include a first drink and nibbles.

When: Friday 11 December
Time: 2 – 3.30 pm
Where: Upper Mathers
Cost: $13. Bookings essential.

January activities

Lifelong learning · Fitness · Health and wellbeing

Date		Activity	Description
Sun 3		Great Balls of Fibre	Knitting, crochet and craft for men
Fri 8		Summer Yin Yoga	Gentle restorative yoga, all levels welcome
Fri 8		Book Club	Discuss your monthly book over coffee
Mon 11		Quiz	Fun filled knowledge quiz
Fri 15		Friday Films	*Inside the Mind of a Dog* (2024), 1h 15min, PG
Tue 19		Quiz	Fun filled knowledge quiz
Thu 21		Coffee Walk	Botanical Gardens, meet at top main gate
Mon 25		**Australia Day Weekend**	**CLOSED**
Tue 26		**Australia Day**	**CLOSED**
Wed 27		Talking Café	Come along for a chat and a cuppa

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New class: Writing Your Story

Perhaps you have a story to tell, a project you've been thinking about or simply a desire to put pen to paper. Join John for a welcoming and practical introduction to writing.

Learn and practise the basics, explore keeping a journal, developing stories and characters or how to write your own memoir, fiction or poetry.

Not only does John have years of experience in leading writing groups, but he has won many writing competions and has an anthology on the way.



When: Mondays
Time: 10 am – 11.30 pm
Where: Upper Mathers
Cost: Free

New class: Discover Adaptive Yoga for Every Body

Whether you use a wheelchair, have limited mobility, are recovering from injury, or are simply new to yoga, these sessions with Ange offer a safe, supportive space to move at your own pace. With a focus on accessibility and being trauma-aware, you'll build strength, balance, and confidence while reconnecting with your body.

When: Saturdays
5 & 12 December
9 & 16 January
6, 13, 20 & 27 February
Time: 10 – 11 am
Where: Lower Mathers
Cost: $10

Creative arts and crafts Games Themed lunch Performance/Film

	Host	Time	At	Cost	Booking
	Sam	1 – 3 pm	LM	Free	Not required
	Lili	10.30 am – 12 pm	LM	$10	Call 6234 1441
	Casual	1.30 – 3.30 pm	LM	$2. With afternoon tea: $5.	Call 6234 1441
	Paula & Frances	11 am – 12 pm	LM	Free	Not required
	Mathers	1.45 – 3 pm	LM	Free	Not required
	Paula & Frances	11.15 am – 12.15 pm	LM	Free	Not required
	Heather	10 am – 12 pm	Off site	Free	Not required
	Anne	10 am – 12 pm	UM	Free	Not required



Quiz – now with extra dates

Due to popular demand, Paula & Frances will do the quiz on additional days!

When: Tuesday 8 December
Monday 11 January
Tuesday 19 January
Tuesday 9 February
Tuesday 16 February
Time: Mondays 11 am – 12 pm
Tuesdays 11.15 am – 12.15 pm
Where: Lower Mathers
Cost: Free



Summer Yin Yoga Practice



Embrace the warmth and energy of summer with Lili's Yin Yoga class inspired by the summer meridians of Chinese medicine, the heart and small intestine. Through gentle, restorative poses and mindful stillness, we'll invite balance, cultivate joy and create space to slow down, reconnect and nourish ourselves from within. All levels welcome!

When: Friday 11 December
Friday 8 January
Friday 12 February
Time: 10.30 am – 12 pm
Where: Lower Mathers
Cost: $10. Bookings essential.

February activities

Lifelong learning · Fitness · Health and wellbeing

Date		Activity	Description
Tue 2		Long Table Lunch	Taco Tuesday themed summer lunch
Fri 5		Book Club	Discuss your monthly book over coffee
Fri 5		IT Learning Club	New IT topic each fortnight
Sun 7		Great Balls of Fibre	Knitting, crochet and craft for men
Mon 8		**Regatta Day**	**CLOSED**
Tue 9		Quiz	Fun filled knowledge quiz
Wed 10		Hearing tests	Free hearing tests and information with Matt
Thu 11		**Staff training day**	**CLOSED**
Fri 12		Summer Yin Yoga	Gentle restorative yoga, all levels welcome
Fri 12		Paul Fenton	Country & Western concert
Tue 16		Quiz	Fun filled knowledge quiz
Fri 19		IT Learning Club	New IT topic each fortnight
Fri 19		Friday Films	*A Gorilla Story: Told by David Attenborough* (2026), 1 h 30 min, rated PG
Wed 24		Talking Café	Come along for a chat and a cuppa
Thu 25		Coffee Walk	Rivulet Track, meet at C3 church carpark
Thu 25		Multicultural Lunch	Cultural performances and delicious food

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Taco Tuesday Long Table Lunch

It is a fun, relaxed dining experience bringing people together to enjoy a delicious Mexican-inspired meal. A selection of fillings and fresh accompaniments will be served.
Join us for an opportunity to enjoy good food and great company!

When: Tuesday 2 February
Time: 12 – 1.30 pm
Where: Upper Mathers
Cost: $25. Bookings essential.

Congratulations, Sajini



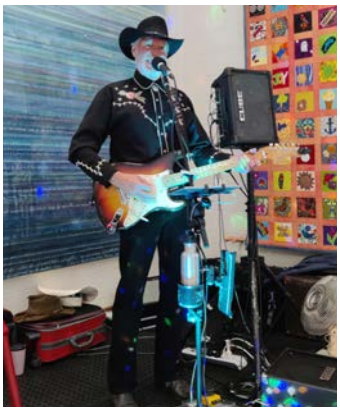
We would like to congratulate Sajini Sumar on the incredible achievement of having been nominated for Senior Australian of the Year 2027. She has been very active at the City of Hobart, joining the City's Networking for Harmony Committee in 1999 when it first started, has been a member of the Hobart Older Persons Reference Group since 2021 and is a frequent visitor at Mathers House.

Sajini co-founded the Multicultural Women's Council of Tasmania, works on multiple boards and advisory groups and advocates for inclusion, multicultural health and cultural diversity. Through her work, she has helped countless people build a life in Tasmania and to promote stronger communities and multiculturalism.

Creative arts and crafts Games Themed lunch Performance/Film

Host	Time	At	Cost	Booking
Mathers	12 – 1.30 pm	UM	$25	Call 6234 1441
Casual	1.30 – 3.30 pm	LM	$2. With afternoon tea: $5	Call 6234 1441
Rosa	10 am – 12 pm	LM	$2	Call 6234 1441
Sam	1 – 3 pm	LM	Free	Not required
Paula & Frances	11.15 am – 12.15 pm	LM	Free	Not required
Mathers	2 – 4 pm	UM	Free	Not required
Lili	10.30 am – 12 pm	LM	$10	Call 6234 1441
Mathers	2 – 3.30 pm	UM	$13	Call 6234 1441
Paula & Frances	11.15 am – 12.15 pm	LM	Free	Not required
Rosa	10 am – 12 pm	LM	$2	Call 6234 1441
Mathers	1.45 – 3.15 pm	LM	Free	Not required
Anne	10 am – 12 pm	UM	Free	Not required
Heather	10 am – 12 pm	Off site	Free	Not required
Mathers	11 am – 1.30 pm	UM	$15	Call 6234 1441

Country with Paul Fenton



Get ready for an entertaining afternoon of country music with Paul Fenton. With years of experience and a passion for music, Paul brings plenty of personality and familiar tunes to the stage.

Booking essential. Tickets include nibbles and a first drink.

When: Friday 12 February
Time: 2 – 3.30 pm
Where: Upper Mathers
Cost: $13. Bookings essential.



Multicultural Lunch

Celebrating the diversity of our community to bring people together through one of the things we all share – food and culture. Come and experience different cultures, traditions and flavours while learning about one another! Entertainment provided.

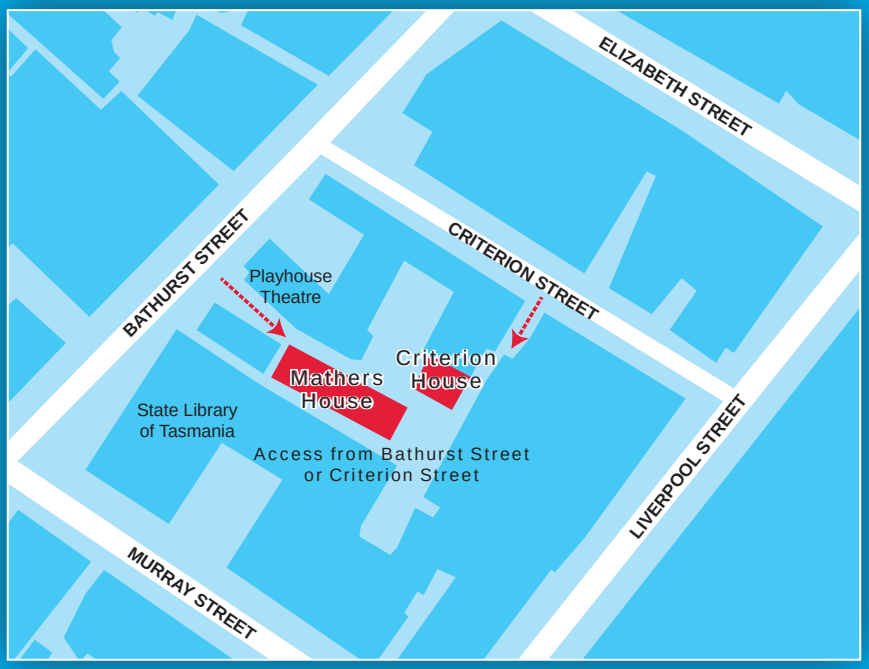
When: Thursday 25 February
Time: 11 am – 1.30 pm
Where: Upper Mathers
Cost: $15. Bookings essential.

Go digital and stay up to date with What's On at Mathers House

By joining our email newsletter you'll receive a digital copy of the program you can view on your device or print.

Fill in the form at:
hobartcity.com.au/positive-ageing
or email:
mathersplace@hobartcity.com.au

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Every effort is made to ensure the information in this brochure is correct at the time of printing.

For information on additional events added throughout the season, changes to events or unscheduled class cancellations please follow us on Facebook.

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

Opening hours: 9.30 am – 3 pm, Monday to Friday
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