

WHAT'S ON

in Positive Ageing

Would you like to meet new people?

Learn something new?

Do you want to stay active and engaged in your community?

Visit Mathers House to learn more.



SPRING 2019

Spring has arrived and after a long cold winter it's time to embrace all that it has to offer. It's a busy program with Adult Learner's Week, Seniors Week and Mental Health Week coming up.

We have everything from dog scenting to Tai Chi, Jazz to Origami. So there's something for everyone.

During the Winter Program we enjoyed a very successful Christmas in July, with fantastic feedback and a great appreciation from the community. We also had a wonderful afternoon high tea and a very popular "felting" course. Cathy who runs our craft classes is always looking for suggestions as we are ourselves, so don't be shy about telling us what you would like to see as part of the Mathers House Program.

Customer Satisfaction Survey

Thank you to all of you who have taken the time to fill in and return a survey. A reminder to those of you who haven't – this is your opportunity for input into Mathers programs, events and the way things are done. Surveys are available in the foyer of Mathers House – or call and we can post one out to you.



We are delighted to have ten new volunteers join our wonderful team. It is great to have you aboard. Please pop in to say hello and welcome them.

Don't forget you are always welcome to grab a coffee or lunch with your "classmates" in our dining room.

Public Holiday Closures

Mathers/Criterion House will be closed on:
Thursday 25 October (Show Day) and
Friday 26 October

Mathers House Office Hours

Monday – Friday, 9 am – 3 pm

Mathers House Cafe Hours

Monday – Friday, 10 am – 2 pm

For Mathers House or Positive Ageing program enquiries, or to register for the What's On newsletter please contact Mathers House on 6234 1441 or email mathersplace@hobartcity.com.au

EVENTS

Adult Learners' Week 1 – 8 September



Adult Learners' Week is celebrated nationally each year. Mathers House is a proud supporter of Life Long Learning.



Learn how scent work can keep your dog active

Does your dog need more exercise and stimulation than you can now provide, or do you just want to give them something more to keep them out of mischief. Come along and learn the scent work technique.

When: Monday 2 September,
10.15 am – 11 am

Where: Mathers House Forecourt

Cost: FREE

Zumba Flashmob

When: Monday 2 September, 11.30 am

Where: Mathers House Forecourt

Cost: FREE

Learn about internet shopping with our own Richard Whittaker

Are you interested in shopping via the internet? Do you already shop via the internet. Come along to a short presentation by Richard and share your own experience with others.

When: Tuesday 3 September, 11 am

Where: Nell Pascoe Room, Criterion House

Cost: FREE

Photographs from an Antarctic journey

Join photographer Barend (Barry) Becker as he shares some of his beautiful photos from the Antarctic.

When: Wednesday 4 September,
11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: FREE

Morning tea provided

BOOKINGS PREFERRED FOR CATERING PURPOSES

Broadway Boogie Flashmob

When: Thursday 5 September, 11.45 am

Where: Mathers House Forecourt

Cost: FREE

Download old time music on your iPad via the internet

Interested in accessing music from long ago for free on your Apple iPad via the internet? Music you can enjoy listening or dancing to?

Jill is providing a one on one session that will last approximately an hour. You will need to bring along your own Apple iPad.

She can probably be persuaded to show you a hilarious pet video as well!

When: Friday 6 September

Sessions available at 9 am, 10 am & 11 am

Where: Mathers House, Upper Level

Cost: FREE

BOOKINGS ESSENTIAL

Drop in and get involved with School for Seniors

Ever wondered what School for Seniors is all about? For Seniors Week, they are throwing open their doors for you to come in and have a look at what it is about. This week the topic is life on the stage and a smidgen of film, presented by Noreen Le Motte.

When: Friday 6 September, 10 am – 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS ESSENTIAL

'Years ahead', tips and tricks to help keep you on the road with Will Oakley from the RACT

Has it been a while since you and your friends started driving? Well, this session is for the young-at-heart. Come along and find out some tips and tricks to keep you driving safely.

When: Friday 6 September,
11.30 am – 12.15 pm

Where: Mathers House, Lower Level

Cost: FREE

BOOKINGS PREFERRED

Island Photos Launch

Photography Exhibition – Come and see some beautiful photographs, which are exhibited in the dining room. These photographs were all taken by the very talented Colleen Delaney, who also volunteers in our dining program.

Public launch

When: Friday 13 September, 3 pm – 4 pm

Where: Mathers House, Upper Level

Cost: FREE

RSVP by Tuesday 10 September

'Record a Compliment' for Mental Health Week!

Words are such an easy and free way to express something kind to another. This is your chance to compliment somebody and have it recorded for playback in a cosy caravan full of positive thoughts! Rose Ertler, owner of the Complimentary Caravan, will be coming to Mathers House to record your compliments in September. During Mental Health Week in October, the general public will be invited to step into her custom-built caravan and bathe in a soundtrack of heartfelt compliments made by you and others in the local community.

When: Thursday 26 September,
10 am – 1 pm

Where: Mathers Place Forecourt

Cost: FREE

NO BOOKINGS REQUIRED



Use it or lose it

Paul McIntyre, host of ABC Radio's 'Medical Matters' is joining us to discuss his new book on dementia prevention and ageing well called "Use it or lose it".

It is a holistic, practical and achievable guide to ageing well. It sorts the fact from the fiction and reveals the practical measures you can take to keep your body in good shape and your brain sharp and alert. It includes key advice from experts in diet, nutrition, dementia research and psychology, and lots of activities and suggestions to inspire you, including some delicious health-boosting recipes.

When: Friday 11 October, 1 pm – 2 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS PREFERRED



A Long Lunch with Ngaire and Martin

Ngaire Hobbins (Dietician and Eat to Cheat Ageing Author) and Martin Modinger (COTA Peer Educator and former chef) will be discussing and presenting on the unique nutrition needs of people as they age, and tips for preparing simple meals.

Please join us at Mathers House for a wonderful lunch and hear about the importance of protein, colour and portion sizes!!

When: Tuesday 15 October,
12 noon – 1.30 pm

Where: Mathers House, Upper Level

Cost: \$15, **payment in advance please**

BOOKINGS ESSENTIAL

Have you or do you know someone who is been scammed? Does the fear of being scammed prevent you doing things online?

Come along to this helpful session. Information and videos are provided to help you recognise a scam. This presentation is aimed at older people in the community.

Presented by the Department of Justice and Australian Competition and Consumer Commission.

When: Wednesday 16 October,
10.30 am – 11.30 am

Where: Mathers House, Lower Level

Cost: FREE

BOOKINGS PREFERABLE FOR CATERING PURPOSES

Who Cares?



This play looks at the challenges and dilemmas facing a woman who is caring for her 94 year old mother in her own home.

Through compassion and humour it gives us

an insight into what life is like for a carer in contemporary Australia. This is a solo performance directed by Carrie McLean and is written and performed by Helen Swain.

It is a one hour performance followed by an afternoon tea and a question and answer session.

Please be aware that this event may trigger some strong emotions as it deals with the loss of her mother.

This production is supported by the Hobart City Council and Tasmania Performs.

When: Wednesday 16 October, 1 pm – 3 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS ESSENTIAL



Australian Army Band Tasmania Senior's Week Concert

The Australian Army Band Tasmania has been serving the Tasmanian community for well over 100 years by enhancing the image of the Australian Army through community and military engagement.

When: Sunday 20 October,
12 noon – 1.30 pm

Where: City Hall, 57-63 Macquarie Street

Cost: FREE

NO BOOKINGS REQUIRED



Melbourne Cup Bonanza

Join us for a fun afternoon. There will be a sweepstake, 'Fashions on the Field' for ladies and gents and a best hat prize.

Judging will be by our own inimitable Freddy Lee Mount.

Special Melbourne Cup High Tea. Entertainment with the "pensionairs".

When: Tuesday 5 November, starts 1.30 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$10, payment in advance please

BOOKINGS ESSENTIAL



Jazz in the afternoon

Get your weekend off to a great start by joining us and Django's Tiger performing Jazz Manouche in the style of Stephane Grappelli and Django Reinhardt. Featuring Charlie McCarthy on violin, Harry Edwards on guitar, and Isaac Gee on double bass, the trio will provide a swinging afternoon of music. The concert will feature both early swing classics, and the compositions of Django and Grappelli.

When: Friday 22 November, 2 pm – 4 pm

Where: Mathers House, Upper Level

Cost: \$5

BOOKINGS ESSENTIAL

NEW PROGRAMS

Chord Piano Lessons with Jim

Come along and learn to play the piano using the easy to learn chord piano method. Be amazed at how quickly you can pick it up.

Beginners are most welcome.

Please bring along your own keyboard if you have one. We do have some keyboards participants can use and if you would like to use one of our keyboards please let us know when you book. (Limited numbers of keyboard available. For use in the class only.)

When: Thursdays from 5 September, 10 am – 11 am

Where: Mathers House, Lower Level

Cost: \$5 (payable on the day)

BOOKINGS ESSENTIAL DUE TO LIMITED NUMBERS

Origami with Cathy

Our craft program with Cathy continues.

This time around join her for a one off session to learn how to make some beautiful flowers. This will be followed by a second more general origami session.

Some paper will be supplied, but do bring any scraps if you have any beautiful paper at home.

When: Monday 16 September & Monday 23 September, 10 am – 11.30 am

Where: Mathers House, Lower Level

Cost: Gold coin donation

BOOKINGS ESSENTIAL

Choose to be Calm

A four week course on positive thinking including an introduction to a simple form of meditation.

When: Tuesdays 1, 8, 15, 22 October, 1 pm – 2 pm

Where: Mathers House, Lower Level

Cost: FREE

BOOKINGS ESSENTIAL

Phone Helen on 6244 8362

Bead Weaving

Learn the craft of Bead Weaving from Cathy. Create a beautiful bracelet using this interesting technique which can be done on a small loom or using beading needles.

When weaving on a loom, the beads are locked in between the warp threads by the weft threads. In off-loom bead weaving, seed beads are woven together into a flat fabric, a rope or a three dimensional object.

When: Mondays 7, 14, 21 & 28 October, 10 am – 11.30 am

Where: Mathers House, Lower Level

Cost: Gold coin donation

BOOKINGS ESSENTIAL

ONGOING PROGRAMS

Info Hub

Is the fact that more and more services are only accessible through the internet an issue for you? If so, come along to Mathers House where our friendly volunteers will be happy to help you. We can also assist with any general queries you might have such as film showings, music, where to walk your dog, community transport. No enquiry is too small.

When: Monday to Friday 10 am – 2 pm

Where: Mathers House Foyer

Cost: FREE

DROP IN

Computer Learning at Mathers House

Mathers House offers one-to-one computer tuition for beginners focusing on building confidence in dealing with computers, tablets or smart phones. These lessons are perfect for those who find it difficult to learn in groups.

When: Week days by appointment

Where: Mathers House Computer Room

Cost: FREE

BOOKINGS ESSENTIAL

Zumba Gold with Ash

A great fun way to exercise, get fit and participate in a program to suit everyone. Come along and try our Zumba rhythms for fitness and fun.

When: Mondays, 10.30 am – 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

NO BOOKINGS REQUIRED

Craft Corner

Enjoy a cuppa and a chat while working on a small craft project in the comfort of the Mathers House Cafe. This is a warm and friendly group interested in growing its numbers. Come along and give it a try!

When: Mondays from 11 am

Where: Mathers House Dining Room

Cost: FREE

NO BOOKINGS REQUIRED

Strength, Flexibility and Balance

Art Healey, a qualified personal trainer, presents one of the programs he found to be very popular and effective in building strength and improving balance.

When: Mondays, 1 pm – 1.45 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (payable on the day)

BOOKINGS ESSENTIAL DUE TO LIMITED NUMBERS

Mah-jong

Mah-jong Monday is a fun, friendly and non-competitive afternoon. It's a tile-based game that originated in China. The group at Mathers House play Western style following the 'Mah-Jong Players Companion'. Basic knowledge of the game is required.

When: Mondays, 1 pm – 3 pm

Where: Mathers House Dining Room

Cost: FREE

NO BOOKINGS REQUIRED

The Ukulele Experience

Explore the fun world of Ukulele and learn the basics in playing and singing. These casual sessions, led by Pete, are sure to inform and entertain!

All levels welcome. You can borrow a ukulele from Mathers House if you just want to see if this is for you.

So come along and have a go!

When: Tuesdays, 9.45 am – 11.45 am

Where: Mathers House, Lower Level

Cost: \$5 (payable on the day)
Morning tea included

BOOKINGS ESSENTIAL



Hips, spine and shoulders alive

Immerse yourself in gentle Feldenkrais lessons on a chair, designed to give you more ease and movement range in your shoulders, hips and spine. Nicole Harstead is a movement educator with 20 years of experience. Nicole loves helping people find joy in their movement. Nicole is a Certified Feldenkrais practitioner and has a Graduate Diploma in Movement and Dance.

When: Tuesdays from 17 September to 15 October, 1 pm – 1.45 pm

Where: Mathers House, Lower Level or Nell Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

Beginners Balance and Stability

Would you like some ideas for improving your balance and stability, flexibility and co-ordination, and learning how you can do resistance (strength) exercises in the comfort of your own home? Join Joanna and bring your questions and your sense of adventure. The movements are small and slow and done at your own pace.

Your presenter, Joanna de Burgh is passionate about health, and about staying active and engaged with the community. She is a Feldenkrais (method for movement, sensation, posture and breathing) Practitioner and retired GP. Previous attendees welcome – always something different to learn!

When: Six week course from Tuesday 29 October to Tuesday 3 December 1 pm – 2 pm

Where: Mathers House, Lower Level

Cost: \$5 (payable on the day)

BOOKINGS ESSENTIAL

Scrabble with Friends

Join us for a friendly game of scrabble. You are also welcome to join the group for a social lunch beforehand from 12 noon, at your own expense. New players are always welcome.

When: Wednesdays, 1 pm – 3 pm

Where: Mathers House Dining Room

Cost: FREE for scrabble (lunch at own cost)

NO BOOKINGS REQUIRED

Come along for Tantalizing Trivia with Quiz Master 'Quiz Quiztofferson'

If you've been before you will know the questions will be entertaining and that it's your life experience that will help with the answers, rather than any academic achievements. Refreshments will be provided. Prizes will be the pride of winning!

When: Wednesday 25 September, 10.30 am – 12 noon

Where: Mathers House, Upper Level

Cost: FREE

BOOKINGS WELCOME



T'ai Chi with Edna

Sessions are held every Thursday morning in Criterion House. Please come along, chat with the instructor Edna and try on the day.

When: Thursday mornings, 9.45 am – 10.45 am

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (payable on the day)

NO BOOKINGS REQUIRED

Community Health Nurse Check & Chat

Drop in and have a chat. Your blood pressure, blood sugar and cholesterol can be checked or just enquire about health issues. All discussions are private and strictly confidential.

When: Thursdays, 11 am – 1 pm

Where: Mathers House Computer Room

Cost: FREE

NO BOOKINGS REQUIRED

Pilates for Older Adults

Hiroko is a qualified Fitness Instructor experienced in assisting people of all ages and fitness levels. These sessions are suitable for open level and beginners. Please note that this is floor work on a yoga mat. Pilates is great to strengthen your core muscles, increase your flexibility and improve your balance. Many of Hiroko's clients say that they have improved their posture, decreased lower back pain and feel better overall.

When: Thursdays, 11.15 am – 12.15 pm

Where: Mathers House, Lower Level

Cost: \$5 (payable on the day)

NO BOOKINGS REQUIRED

Serenity in the City of Hobart

Take time out and give yourself the gift of peace and serenity with 30 minutes of a simple guided meditation.

When: Thursdays, 12.30 pm – 1 pm
(finishes on Thursday 21 November)

Where: Mathers House, Lower Level

Cost: FREE

NO BOOKINGS REQUIRED

Midcity School for Seniors 2019

This popular speaker's program welcomes ongoing and new members. New enrolment enquiries can be made via telephone or in person.

When: Fridays, 10 am – 12 noon

Term 3: 26 July – 11 October

(No classes on 18 October or 25 October)

Term 4: 1 November – 29 November

Where: Nell Pascoe Room, Criterion House

Cost: \$30 annual fee + \$2 each class
for morning tea

BOOKINGS ESSENTIAL on 6234 1441

Information Technology (IT) Learning Club

Devices and data; emails and eMoney; wisdom and websites; social media and scamming; online banking, online shopping and online security; passwords, photos and privacy – these are just some of the topics that were covered in the Positive Ageing IT Learning Club in 2018/19. We learn from each other and from lots of different people and places.

Sessions start with group questions and discussion, followed by morning tea, and then helping each other out with individual IT problems, issues or frustrations (or more chatting).

New members are invited to join. Previous and current members continue to be welcome.

When: Fortnightly on Fridays, 10 am – 11.30 am
Contact Mathers House for term dates.

Where: Mathers House, Lower Level

Cost: FREE (morning tea included)

**ENQUIRIES AND BOOKINGS to
Mathers House on 6234 1441**

Contemporary Issues Discussion Group

The group decides what topics to discuss on the day so there is a chance to respond to very recent events. To make it fair everyone has the chance to pop their suggestion in a hat and two topics will be drawn out for discussion.

When: Fridays 20 September, 18 October,
15 November, 1.15 pm – 2.15 pm

Where: Mathers House, Lower Level or
Nell Pascoe Room, Criterion House

Cost: Gold coin donation

NO BOOKINGS REQUIRED



Recycled Musos!!

Music Jam: Last Saturday of the month

Have you been playing music in your garage, or haven't played at all for years? Come and join our "Recycled Musos" jam and re-ignite your passion.

All you need bring is your instrument (no amplifiers) or voice and an easy to read lyrics and chord chart (maximum 2 pages) along with a few copies. (If you are a vocalist, please bring charts with the key in which you sing).

We are also looking for a few volunteers with a positive 'can do' attitude to help out on the day.

When: Last Saturday of the month, 1 pm – 4 pm

Where: Mathers House, Upper Level

Cost: Gold coin donation

Contact: Craig Collins 0411 106 144

NO BOOKINGS REQUIRED

OTHER NEWS

Expressions of Interest

Do you like playing/teaching chess?

We have had some interest in starting up a chess club. If you are happy to volunteer to share your passion, or join the club, please contact us.

Men's Group

If you would like to join a men's group, let us know the type of activities or events you would like to attend. Almost anything goes!