

WHAT'S ON

in Positive Ageing

AUTUMN 2021



The Positive Ageing Team and the City of Hobart would love to welcome you all into an exciting and active 2021.

We are just a few months into 2021 and we've certainly hit the ground running! Our Summer program has just wrapped up; it was another busy suite of activities. We are very excited to bring you another jam packed program with our tried and tested favourites along with a couple of new offerings.

As a result of the dynamic landscape we find ourselves in the City of Hobart has integrated the *Check in TAS* app in all Council buildings. This is to assist us in the unlikely event of contract tracing if required. If you have any questions/queries please ask our friendly InfoHub volunteers. They would be more than happy to guide you through the process.

We have welcomed some new volunteers since the beginning of 2021 but we are always looking for more. If you are interested please speak to Aisha or Dougal. Alternatively, you can apply directly via our newly created online volunteer portal.

Facebook

Did you know we have a Mathers House Facebook group? It is a wonderful space to stay connected in-between your visits to the centre.

In Facebook search for:

Mathers House Online

If you require any assistance, please ask one of the friendly staff or volunteers.

Autumn Offerings

We look forward to welcoming you to our Autumn events which includes our famous Long Table Luncheon, two Wine, Savoury and Song events with Helen's Idea, the Jamsetters and getting deeper with the Let's Talk discussions.

Staffing Update

By now you may have noticed our new coordinator Dougal floating around the centre. He has been doing his best to get around to as many activities as possible. Please introduce yourself if you see him and if you are wondering who he is, he's the Costa lookalike. 😊

Autumn Public Holidays

Mathers and Criterion House will close for the following public holidays during Autumn 2021:

- Eight Hour Day – Monday 8 March
- Easter break – Good Friday, 2 April to Tuesday 6 April inclusive

Mathers House Office Hours

Monday – Friday, 9 am – 3 pm

Mathers House Café Hours

Monday – Friday, 10 am – 2 pm

For Mathers House or Positive Ageing program enquiries, or to register for the What's On newsletter, which includes full details of upcoming events, please contact **Mathers House** on **6234 1441** or email mathersplace@hobartcity.com.au

Check in TAS app

1. Before you come to Mathers House, download the *Check in TAS* app to your mobile phone. It can be found on the Google Play Store and Apple Store.

A link to the official government information is at <https://www.health.tas.gov.au/covid19>



2. Open the app and register your contact details. You only need to do this once.

COVID-19

We all want to be safe, healthy and active in the community, so please look after yourself which in turn will help us to look after you.

We are asking everyone who enters the building to sanitise their hands and sign in.

Please see below a list of things that you also need to be aware of.

Please don't come to the centre if:

- You have COVID-19 and you are still under instructions to quarantine;
- You are unwell including with fever (or night sweats/chills) or respiratory symptoms, e.g. shortness of breath, cough or sore throat; or
- If you are awaiting the results of a COVID-19 test.

Keeping your distance

Please respect others if they still wish to maintain a 1.5 metre distance from you and if they would prefer not to have any physical contact. Each person needs to do what makes them feel comfortable.

Hygiene

- Wash or sanitise your hands on entering the building and also use the sanitisers we have provided when touching different surfaces.
- Cough or sneeze into your elbow or use a tissue. Dispose of the tissue in a bin immediately afterwards and then wash your hands.
- All surfaces will be cleaned regularly through the day – door handles, light switches, tables and chairs after each usage.
- Don't touch your face, eyes, or mouth – even with gloves.

EVENTS

Harmony Week 15 – 21 March 2021



We are celebrating our cultural diversity by offering meals and music from a different country each day of the week.

Hot lunches served from 12 noon – 2 pm.

When: Monday 15 March – Friday 19 March

Where: Dining Room, Mathers House

Cost: Meal prices – Small \$4, Medium \$8, Large \$10

Let's Talk!

Come along and experience deeper discussion on a variety of topics. Some contentious topics and others not.

Each session will involve a keynote speaker on the selected topic. Following the presentation the group will be posed a variety of questions on the relevant topic. There will be an opportunity for open floor discussions.

When: Tuesdays 30 March, 27 April & 25 May, 2 pm – 3.30 pm

Where: Lower Level, Mathers House

Cost: FREE



Easter Long Table Luncheon

Join us to celebrate the change in season at our Autumn long table lunch. Come alone or bring your friends and treat yourself to our three courses of Easter delights. Please let us know if there are any dietary requests when booking.

We are asking for payment upon booking but can make some exceptions if you come and have a chat with us.

When: Wednesday 31 March, 12 noon – 2 pm

Where: Dining Room, Mathers House

Cost: \$25 paid when booking

BOOKINGS AND PAYMENT ESSENTIAL

Art from Scratch

Have you always wanted to draw your favourite bird or paint that magnificent Tasmanian landscape? Well, we have the course for you! Come and find your inner Albert Namatjira or Tricky Walsh!

This introductory art course with Yilian will allow students to experiment with and enjoy a range of art media and methods through making a finished artwork each week. All materials will be provided.

When: 6 weeks beginning Tuesday 13 April, 1 pm – 3 pm

Where: Criterion House

Cost: \$40

**BOOKINGS ESSENTIAL AS ONLY
12 PLACES AVAILABLE**

Multiculturalism at Mathers

Have fun while sharing stories and knowledge across generations and cultures! Volunteers from Student Mental Health Tasmania are inviting members of the Mathers House community to join us in a joint event with international students with COVID-safe quizzing and conversation.

When: Thursday 15 April, 4 pm – 5.30 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL



Yourstory

Have you ever longed to write your story or someone else's? Here are six classes that promise to set you on your path! Learn how to plan your story, consider possible "roadblocks", provide ideas and begin together; and finishing with a quiet writing time.

When: Fortnightly Fridays 16 April until 25 June, 10 am – 12 noon

Where: Lower Level, Mathers House

Cost: \$30 for 6 weeks

**BOOKINGS ESSENTIAL AS ONLY
12 PLACES AVAILABLE**

Brioche Knitting 1 – Single Coloured

If you can knit a square in garter stitch, you can learn to knit brioche. Come along and learn how to create a soft, cosy, lofty knit for Winter.



When: Mondays 19 & 26 April, 2 pm – 4 pm

Where: Lower Level, Mathers House

Cost: \$3 for class payable on booking

**BOOKINGS ESSENTIAL AS ONLY
8 PLACES AVAILABLE**

Growing Wilder at Legacy Park, Queens Domain

The City of Hobart's Bush Adventures and Positive Ageing Team will once again provide a charming day out, this time at Legacy Park at the Queens Domain.

Enjoy a light morning tea, then join Rob for a special grasslands bush adventure and gain insights into native pollinators, the importance of fire and how you can be part of caring for this ecosystem. Afterwards we will be making some homemade pizzas cooked in Council's onsite wood fired pizza oven. Keep an eye out for the "Two Swinging Ukes" who will be providing the entertainment for the day.

Bus departs Mathers House at 10 am and returns by 2 pm.

When: Tuesday 27 April

Bring: Weather appropriate clothes and comfortable walking shoes

Walk grade: Very easy

Meet: Dining Room, Mathers House at 9.45 am OR Legacy Park at 10.30 am

Cost: \$15 includes bus, light morning tea and a pizza style lunch

BOOKINGS ESSENTIAL and PAYMENT required by Friday 16 April

Wine, Savoury and Song – Helen's Idea

Our show consists of tunes by Ray Charles, Solomon Burke, Van Morrison, Bob Dylan, Tom Waits, Bruce Springsteen, Willie Nelson, James Taylor, BB King and many other well-known artists.

Steve plays lead guitar and harmonica. Paul plays rhythm guitar and lead vocal.

Refreshments will be served.

When: Friday 30 April, 2.30 pm – 4 pm

Where: Dining Room, Mathers House

Cost: \$5 covers entertainment and refreshments





Living Well At Home

People often need information and support to get the right help at home – and having a map of your needs and preferences is a great starting point.

The session will help to simplify the many messages and programs available for older people who need support at home.

When: Wednesday 5 May, 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS ESSENTIAL



Brioche Knitting 2 – Two Coloured

Advance your brioche knitting skills and create amazing two (or more) coloured wraps, cowls, shawls or hats.

When: Mondays 10 & 17 May, 2 pm – 4 pm

Where: Lower Level, Mathers House

Cost: \$3 for class payable on booking

**BOOKINGS ESSENTIAL AS ONLY
8 PLACES AVAILABLE**

Come along for Tantalising 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!

Why not have lunch in our Café after?

When: Wednesday 12 May, 10.30 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Wine, Savoury and Song – Jamsetters

Jamsetters is a traditional folk group performing well known popular folk tunes encouraging audience participation.

It comprises a quartet of friends and musos who met playing in a string band in Hobart over the last several years.

Refreshments will be served.

When: Friday 28 May, 2.30 pm – 4 pm

Where: Dining Room, Mathers House

Cost: \$5 covers entertainment and refreshments

BOOKINGS ESSENTIAL



ONGOING PROGRAMS

MONDAY	<p>By appointment</p> <p>10 am – 11 am or 11 am – 12 noon</p> <p>11 am – 1 pm</p> <p>1 pm – 1.45 pm</p> <p>1.30 pm – 3.30 pm</p>	<p>Computer Learning</p> <p>Zumba Gold</p> <p>Craft Corner</p> <p>Strength, Flexibility and Balance</p> <p>Mah Jong Monday</p>
TUESDAY	<p>By appointment</p> <p>10 am – 11.30 am</p> <p>12.15 pm – 1 pm</p> <p>1.15 pm – 2.15 pm</p>	<p>Computer Learning</p> <p>Ukulele</p> <p>Pilates – Beginner</p> <p>Living Skilfully in your Body</p>
WEDNESDAY	<p>10 am – 11 / 11.30 am</p> <p>1 pm – 3 pm</p>	<p>T'ai Chi</p> <p>Scrabble</p>
THURSDAY	<p>9.45 am – 10.45 am</p> <p>11 am – 12 noon</p> <p>11.15 am – 12.15 pm</p> <p>12.30 pm – 1 pm</p>	<p>Sing-a-long</p> <p>Broadway Boogie</p> <p>Pilates – Intermediate</p> <p>Serenity in the City: Meditation</p>
FRIDAY	<p>By appointment</p> <p>10 am – 12 noon</p> <p>10 am – 12 noon</p>	<p>Computer Learning</p> <p>Midcity School for Seniors 2021</p> <p>IT Learning Club (fortnightly)</p>

EVENTS

MARCH 2021	Monday 15 – Fri 19	A Taste of Harmony (1 week)
	Tuesday 30	Let's Talk! (2 pm – 3.30pm)
	Wednesday 31	Easter Long Table Luncheon (12 noon – 2 pm)
APRIL 2021	Tuesday 13	Art from Scratch (1 pm – 3 pm) (6 weeks)
	Thursday 15	Multiculturalism at Mathers (4 pm – 5.30 pm)
	Fridays 16 & 30	Yourstory (10 am – 12 noon) (fortnightly until 25 June)
	Mondays 19 & 26	Brioche Knitting 1 (2 pm – 4 pm)
	Tuesday 27	Growing Wilder at Legacy Park, Queens Domain (10 am – 2 pm)
	Tuesday 27	Let's Talk! (2 pm – 3.30pm)
	Friday 30	Wine, Savoury and Song – Helen's Idea (2.30 pm – 4 pm)
MAY 2021	Wednesday 5	Living Well At Home (11 am – 12 noon)
	Mondays 10 & 17	Brioche Knitting 2 (2 pm – 4 pm)
	Wednesday 12	Trivia Quiz (10.30 am – 12 noon)
	Friday 14 & 28	Yourstory (10 am – 12 noon) (continues fortnightly until 25 June)
	Tuesday 25	Let's Talk! (2 pm – 3.30pm)
	Friday 28	Wine, Savoury and Song – Jamsetters (2.30 pm – 4 pm)

ONGOING PROGRAMS

Computer Learning at Mathers House

Mathers House offers one-to-one computer tuition that focus on building confidence in dealing with computers, tablets or smart phones. These lessons are perfect for near or complete beginners who can learn at their own pace.



When: Mondays, Tuesdays and Fridays by appointment only

Where: Computer Room, Mathers House

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 am – 11 am or 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL

Craft Corner

Enjoy the company of other crafters while working on your craft project. Drop in for a chat and share different patterns and ideas in the comfort of the Mathers House Café.

Everyone is welcome – no experience required.

When: Mondays, 11 am – 1 pm

Where: Dining Room, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Strength, Flexibility and Balance

As a qualified Fitness Instructor, Hiroko presents a program very popular and effective in building strength and improving balance.

When: Mondays, 1 pm – 1.45 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL



Mah Jong Monday

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 Player's Companion'.

If you have never played before and would like to learn, please contact staff at Mathers House on 6234 1441.

When: Mondays, 1.30 pm – 3.30 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

The Ukulele Experience

Explore the fun world of Ukulele with Alkeiya and Té and learn the basics in playing and singing. All levels welcome. You can borrow a ukulele from Mathers House if you just want to see if this is for you.

When: Tuesdays, 10 am – 11.30 am

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL



Pilates for Older Adults

Hiroko is a qualified Fitness Instructor experienced in assisting people of all ages and fitness levels. There are now two sessions; Beginners on Tuesdays and Intermediate on Thursdays.

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. Bring your own yoga mat or there are some available to borrow.

Many of Hiroko's clients say that they have improved posture, decreased lower back pain and feel better overall.

When:

Tuesdays, 12.15 pm – 1 pm (Beginners)
Thursdays, 11.15 am – 12.15 pm (Intermediate)

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL



Living Skilfully in your Body

This beautifully paced 6 week class is run by retired GP Joanna. Set your own movement goals and Joanna will assist you with the small changes you can make to regain flexibility and confidence in movement.

Bring your curiosity, questions and sense of humour. Be prepared to be kind to yourself.

If you would like to give it a try just come along.

When: Tuesdays from 16 March – 20 April,
1.15 pm – 2.15 pm

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL, MINIMUM OF 6 PEOPLE FOR CLASS TO GO AHEAD

T'ai Chi with Professor John Dickey

John Dickey has been practicing Yang-style T'ai Chi since 1983, and for the last seven years has been practicing Wild Goose Chi Gong with Wendy Hartshorn and other Chi Gong forms as taught by Simon Blow.

This practice is primarily for health and well-being and it can improve balance and mobility.

When: Wednesdays, 10 am – 11 am

Program extension from 11 am – 11.30 am for anyone wanting to go longer.

Where: Nell Pascoe Room, Criterion House

Cost: \$2 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.

New players are always welcome.

When: Wednesdays, 1 pm – 3 pm

Where: Dining Room, Mathers House

Cost: FREE for scrabble (lunch at own cost)

NO BOOKINGS REQUIRED

Sing-a-long

Come and sing popular songs in a friendly, relaxed atmosphere.

Enthusiasm is more important than a great singing voice.



When: Thursdays, 9.45 am – 10.45 am

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

NO BOOKINGS REQUIRED

Broadway Boogie with Ash

Broadway Boogie is a low impact musical theatre style movement class with no singing involved.

Just turn up to enjoy the fun.

When: Thursdays, 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL

Serenity in the City: Meditation

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

Drop in sessions, new people always welcome. Come whenever you feel you need to.

When: Thursdays, 12.30 pm – 1 pm

Where: Lower Level, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Midcity School for Seniors 2021

This popular speaker's program welcomes ongoing and new members.

New enrolment enquiries can be made via phone with registration finalised at a later date.

When: Fridays, 10 am – 12 noon

Where: Nell Pascoe Room, Criterion House

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

BOOKINGS ESSENTIAL on 6234 1441

Information Technology (IT) – Learning Club

Devices, data and digital rights; emails and etickets; wisdom and websites; online banking, online money, online shopping and online security; passwords, photos and privacy – these are just some of the topics that we cover in the Positive Ageing IT Learning Club.

We meet fortnightly on Fridays and learn from each other and from lots of other different people and places.

When: Fridays fortnightly, 10 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE (morning tea included)

Enquiries and bookings to Mathers House on 6234 1441 or to Rosa on 0418 649 024



Picture: Lord Mayor Anna Reynolds with Mathers House Volunteer, Jeff Fung

Special thanks to all of our volunteers, Mathers Place could not function without you!

Long table lunches are a great way to meet new friends or celebrate with those you already have. Each lunch is themed, why not give it a try.



Picture: Spring Long Table Luncheon

Info Hub

- Are you constantly being told “Oh you can find that on the internet”?
- Are you confused about how to fill in a form on the internet?
- Do you want to find out more about what you are entitled to?
- Do you want to book tickets to an event and find increasingly that only way to do that is online?

Our wonderful Info Hub volunteers are ready and able to help with your enquiries.

Drop in 10 am – 1 pm, Monday to Friday for help from one of our volunteer team in the foyer!



City of Hobart Positive Ageing Strategy 2014-2019 Review

You are invited to participate in the review of the **City of Hobart Positive Ageing Strategy 2014-2019**. The strategy can be accessed by entering 'Positive Ageing Strategy' in the search tab of the City of Hobart website.

The review will help to inform the development of a draft *Positive Ageing Commitment*, which will sit under the City's updated Social Inclusion Strategy.

What are we asking?

The Key Issues identified within the Positive Ageing Strategy 2014-2019 are listed below.

- Social isolation
- The diversity of the older population
- The importance of being valued, listened to and empowered
- Availability and access to positive ageing opportunities
- The lack of knowledge of what is available for older people
- Access to flexible and affordable transport

When reviewing the current strategy please consider the following questions:

1. Which, if any, of these Key Issues are still applicable to older people within Hobart?
2. Are there other Key Issues that the City of Hobart could consider?
3. What **current** projects/approaches/activities/programs could the City of Hobart continue to support and implement over the next 2 years to address the Key Issues?
4. What **new** projects/approaches/activities/programs could the City of Hobart consider supporting or implementing over the next 2 years to address the Key Issues?

Please provide your written response to the four questions above and provide any other feedback you would like to add via return email to Mark Joseph at josephm@hobartcity.com.au by **Friday 12 March 2021**.

Once the draft Positive Ageing Commitment is signed off by Council it will be available for review and further comment on the City's [Your Say Hobart](#) website.

Thanks for your input and if you have any questions please feel free to call Mark Joseph on 6238 2772 or email at josephm@hobartcity.com.au
