COTA TASMANIA

# CELEBRATE AGEING

## SENIORS MONTH • OCT 2026

Celebrating a respectful, age-friendly island

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# Welcome to the 2026 Seniors Month Guide

We are excited to present this year's Seniors Month Guide, a resource filled with a vibrant and diverse range of events and activities for you to experience and enjoy.

Seniors Month is all about connection, celebration, and community – we encourage you to join in exploring what is on offer.

## Looking for more Seniors Month activities?

While we have packed this guide with a wide range of events, not all Seniors Month activities make it into the official listing for various reasons.

We encourage you to check with your local council, community groups, libraries, or search online to discover even more exciting activities happening in your area during Seniors Month. There's always something new to explore!

## Access requirements

If you have specific requirements such as access or carer support, please contact the event organiser prior to attendance.

## Disclaimer

This guide is provided as a source of general information. While every effort has been made to ensure the details are accurate and current at the time of publication, event information may change without notice at the discretion of the organiser. COTA Tasmania, including its Board, staff, and volunteers, accepts no responsibility for any loss or inconvenience arising from the use of or reliance on the information in this guide.

## Public liability and patron health and safety

While COTA Tasmania coordinates and promotes Seniors Month, individual event organisers are responsible for their own activities, including ensuring appropriate insurance coverage; such as public liability insurance.

COTA Tasmania strongly encourages all event organisers to implement suitable health and safety measures throughout Seniors Month, in line with current advice from the Tasmanian State Government. This includes staying up to date with any public health guidelines.

Patrons are also encouraged to take responsibility for their personal wellbeing and maintain good hygiene practices when attending events.

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## Bookings

Where booking details are provided, bookings are essential. Please note that events may be cancelled if no bookings are received. We recommend contacting the event organiser directly to confirm details, as events may be subject to change.

## Guide to symbols

| | |
|---|---|
|  | No cost to attend* |
|  | A small voluntary contribution is welcome* |
|  | Continues beyond Seniors Month |
|  | This event is online or has an online option |
|  | The host organisation welcomes new volunteers |

***** Entry or participation fees may apply to all other events.

COTA TASMANIA

*Rethink ageing*

## Guide produced by COTA Tasmania


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# Message from the Minister



Seniors Month is a celebration of people; of the parents, grandparents, neighbours, friends, volunteers, carers and community members who have helped shape the Tasmania we know today.

Older Tasmanians contribute so much to our lives and communities, often in ways that quietly happen every day. They share their knowledge and experience, support others through difficult times, volunteer their time, care for family members, mentor younger generations and help keep communities connected and strong. Their contribution cannot be measured simply by what they have done in the past, but by the difference they continue to make every day.

This year marks an exciting new chapter as Seniors Week is expanded to a full Seniors Month throughout October 2026. This change came directly from Tasmanians and recognises that one week was simply not enough to celebrate the incredible diversity, energy and contribution of older people across our State. Expanding to a month-long program means more opportunities for people to connect, participate and celebrate in ways that suit them and their communities.

The 2026 theme, *Celebrate Ageing*, is about recognising ageing as something positive and valuable.

Ageing brings perspective, resilience, wisdom and deeper connections with others. It is also about continuing to learn, contribute, create and stay engaged in community life. Seniors Month encourages all of us to challenge outdated stereotypes and recognise the important role older Tasmanians play in strengthening our families, workplaces and communities.

Across Tasmania, communities will come alive through local events, conversations, activities and celebrations that create opportunities for inclusion, friendship and belonging. Whether it is a small neighbourhood gathering or a larger community event, every connection matters.

I want to sincerely thank the organisations, volunteers, community groups and local businesses who help make Seniors Month possible. Your efforts create welcoming spaces where people can connect, share stories and celebrate together.

I encourage everyone to take part in Seniors Month 2026, attend an event, host a gathering, meet someone new, reconnect with others and celebrate ageing in all its forms.



**Hon Bridget Archer MP, Minister for Ageing**

# Message from the CEO



We're turning up the celebration! Seniors Week is now bigger and better - introducing Celebrate Ageing | Seniors Month. More events, more connections, more fun...

This October, Celebrate Ageing | Seniors Month will bring communities right across Tasmania together for a month of connection, learning and enjoyment and we would love you to be part of it.

Council on the Ageing (COTA) Tasmania is pleased to once again coordinate the state's annual program, providing a time to celebrate older Tasmanians and their contributions to the fabric of our state.

Seniors Month will be an opportunity to share stories, build new skills, explore interests and strengthen community connections. Whether it's a workshop, open day, morning tea, information session or something completely unique, every event helps make the month diverse, welcoming and engaging.

Celebrate Ageing | Seniors Month would not be possible without the generous and ongoing support of the Tasmanian Government, along with our program sponsors and advertisers who support our vision for an inclusive and age friendly state.

Your support ensures we continue to celebrate older Tasmanians and provide opportunities for connection not only during October, but from the ongoing friendships forged.

To our COTA team and Board, thank you for your passion and commitment to advocate for older people and their needs, and your role in raising awareness of the need for lifelong respect and recognition of older Tasmanians.

We look forward to you joining us this October, making this year's Seniors Month bigger and more connected than ever.



**Brigid Wilkinson, Chief Executive Officer, COTA**

# About Council on the Ageing (COTA) Tasmania

For over 60 years, Council on the Ageing (COTA) Tasmania has been the leading voice for older Tasmanians. We are a not-for-profit organisation dedicated to promoting the rights, interests, and well being of older people across the island. Our work is guided by our mission to challenge ageism and promote the rights, interests, and value of all Tasmanians as they age.

## Care Finder

Navigating the aged care system can be complex. Our Care Finder program helps vulnerable older people who have circumstances that make it harder to navigate alone without intensive support. We provide free, personal and independent advice, information and assistance, to guide people through the aged care system and other community supports. We operate across Tasmania, including rural and remote areas, with offices in Hobart, Launceston and Penguin.

## Lifelong Respect

Our Lifelong Respect Program is a commitment to raising awareness, inspiring action and impacting long term change to help eliminate the abuse of older people and contribute to Tasmania being a place where all people are treated with respect, kindness and dignity throughout their lifetime.

We provide education, resources, and support to help individuals, families and communities to recognise, respond and prevent elder abuse.

A key part of this work is magnifying the lived experience of older people as unique change agents through our Older Voices for Change program. Advocates safely share their stories and help drive positive change in the community and in policy to shape better protection for others.

Each year we coordinate World Elder Abuse Awareness Day (WEAAD) events and activities across Tasmania to encourage greater awareness, education and prevention of elder abuse and promote respectful relationships in our homes, services and communities.

Together, we are building a culture where older people feel valued, safe, heard and included regardless of age of difference.

## Rethink Ageing | Ageism Awareness

These programs encourage people of all ages to be equally accepting of each other, regardless of age. Our work encourages everyone to challenge ideas, feelings and actions that discriminate against older people, and instead build a more connected community.

We do this through workshops, community events and hardcopy/online resources, along with talking with and learning from older Tasmanians.

## Digital Inclusion

In today's digital world, staying connected online is vital. Our new pilot program, Generations Connect: Tech Together offers digital skills training and support through our Young Digital Mentors and is designed to help older Tasmanians in Residential Aged Care Homes to confidently use technology, access information, and stay connected with family and friends.

## Generations Connect Fun Days

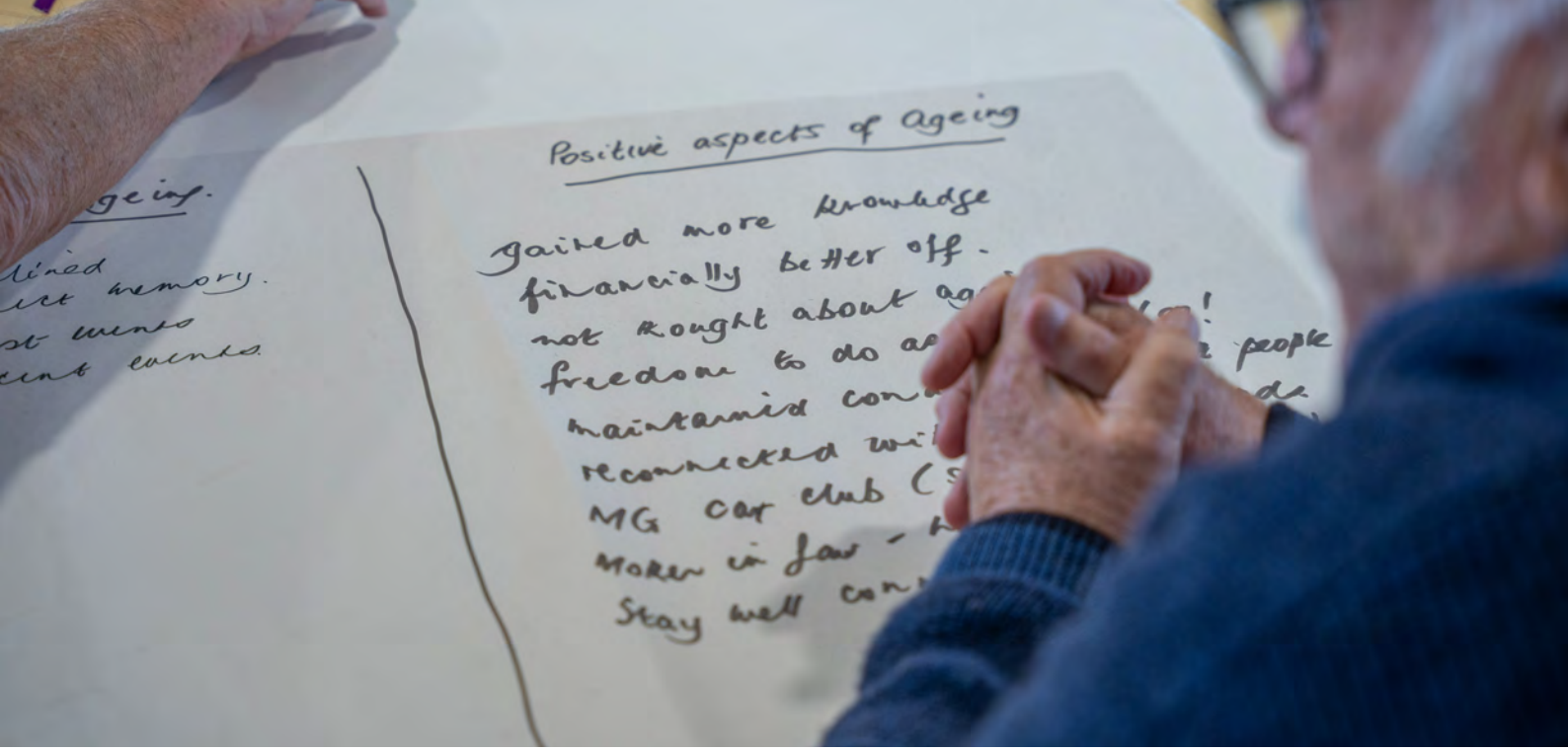
We believe strong communities are built when people of all ages have opportunities to connect, learn from one another, and have fun together. These free community events help reduce social isolation, challenge age stereotypes, and build stronger, more inclusive communities by creating opportunities for meaningful interactions between generations.

## Policy Submissions

We actively engage with policymakers to represent the interests of older Tasmanians. Our policy submissions address issues such as aged care, elder abuse prevention, health, transport and digital inclusion, ensuring that the voices of older people are heard in decision-making processes.

## Become a Supporter Member

Join us in advocating for the rights and well-being of older Tasmanians. As a supporter member, you'll receive updates on our work, opportunities to participate in events, and the chance to contribute to positive change. Individual COTA Supporter Membership is FREE!




## Community Activities Webpage

A free, easy-to-use webpage designed to help you discover and share local activities, groups, and events that support healthy and positive ageing.

## Celebrate Seniors Month with COTA Tasmania

Come along and meet COTA staff at the following events and activities:


| | |
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| Lifelong Respect: Online and Engaged | page 22 |
| Care Finder / Aged Care Help | page 23 |
| Dunalley Neighbourhood House | page 37 |
| Ageing Together EXPO | page 39 |
| Legal Clinics | pages 46, 76 |
| Let's Talk Aged Care | page 49 |
| Tech Together A 4 Week Digital Skills Program | pages 50, 60, 72, 73, 87, 91 |
| Seniors' Morning Tea and Talk at Town Hall | page 78 |
| Seniors' Social Sessions at the Hub | page 78 |


## www.cotatas.org.au

LinkedIn: **www.linkedin.com/company/cota-tasmania**
Facebook: **www.facebook.com/COTATas**
Instagram: **www.instagram.com/COTATas**
Level 12, 39 Murray St Hobart TAS 7000
PO Box 4679, Hobart TAS 7000 • (03) 6231 3265

## Sponsor Acknowledgement

On behalf of older Tasmanians across the state, thank you to everyone making Celebrate Ageing | Seniors Month 2026 possible. In our biggest year yet, expanding from one week to a full month of statewide celebration, this support means more communities than ever can connect, share stories and celebrate the contributions of older people.

Alongside our valuable Sponsors and Media Partners, we would like to this year acknowledge Partner organisations, who have supported Seniors Month through joint activities, collaborations and support to COTA Tasmania: COTA Insurance, Healthy Ageing Tasmania, Service Tasmania / Seniors Card, and RACT.

Your generosity helps bring this guide to thousands of Tasmanians and supports connection and wellbeing all October long. Thank you for celebrating ageing with us.

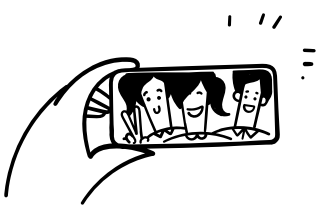
Partners:

COTA INSURANCE

SENIORS CARD

RACT

Healthy Ageing Tasmania



## Tag us! #COTATas

**#CelebrateAgeingSeniorsMonth2026**




Plan your trip at metrotas.com.au
or download the Metro Tas App

Metro



# Connection matters

## From free postcards to support services, Australia Post and Beyond Blue are helping connection happen in your postcode.

Scan the QR code for connection and mental wellbeing tips

Proud partner Beyond Blue

Australia Post

# Caring for a loved one can feel overwhelming at times, but you don't have to do it alone.



Carer Gateway can help you if you care for a family member or friend with disability, mental ill health, chronic or life-limiting illness, alcohol or other drug dependence, or who is frail aged.

## We can provide you with FREE support such as:

- Information, advice and referrals
- Tailored support packages
- Counselling
- Coaching
- Pre-employment training and support
- Access to residential respite
- Emergency support
- Connection with others
- Wellbeing events

To register, phone **1800 422 737** (and press 1 at the menu)

Email: intake@care2serve.com.au
Website: care2serve.com.au

Carer Gateway
An Australian Government Initiative

care2serve
YOU'RE ALWAYS FIRST
PART OF THE CARERS TASMANIA GROUP

# OneCare
www.onecare.org.au

*Your care, your community, your choice.*



## Residential Aged Care

## Home Care

## Retirement Living

*'Barossa Living by OneCare' now under construction – secure your unit today*

## Respite Care

## Palliative Care

REGISTERED CHARITY
acnc.gov.au/charityregister

**Bishop Davies Court**
27 Redwood Road
Kingston 7050
(03) 6283 1100

**Barossa Park Lodge**
17a Clydesdale Avenue
Glenorchy 7010
(03) 6208 0800

**The Manor**
1–7 Guy Street
Kings Meadows 7249
(03) 6345 2100

**Umina Park**
22–24 Mooreville Road
Burnie 7320
(03) 6433 5166

**Rubicon Grove**
89 Club Drive
Port Sorell 7307
(03) 6427 5700

**Home Care**
Statewide
1300 555 409

COTA TASMANIA
SENIORS MONTH
OCT 2026

CELEBRATE AGEING

Public Trustee
Every moment counts



# Free Wills For Seniors

*Available to the first 70 eligible enquiries

## Protect the people you care about

A Will helps make sure your wishes are clear and can reduce stress for the people you care about.

As part of COTA's Seniors Month, we are offering the following to eligible Seniors Pensioner/Seniors Card holders.

- ✓ Free standard Will
- ✓ Free Enduring Power of Attorney
- ✓ Choose the Public Trustee or your own executor or attorney

Get started today

www.publictrustee.tas.gov.au

1800 068 784

* Conditions apply - for details about eligibility please go to our website

# Our team helps ageing Tasmanians keep *living independently.*



Whether you need a trusted nurse
or just a little extra help, we bring the right care
together to support your independence
in the home and community you love.

## The District Nurses™

**Call or visit us online today to discuss your needs:**

thedistrictnurses.org.au 03 6208 0500


TRIPLE M
BREAKFAST
WITH KAZ & TUBES
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107.3
HOBART


WIN NEWS
TASMANIA'S NEWS
WEEKNIGHTS 5.30PM

# The power of protein

## Protein is essential to maintain a good quality of life as we age.

Including protein foods with every meal is important as we get older. These foods can help older people:

- stay well for longer
- maintain or build strength
- speed up recovery
- live at home independently.

Taste changes, difficulty chewing or cost limitations can sometimes mean people don't eat as much meat (such as beef, chicken or lamb). Luckily, there are plenty of other foods high in protein that you can add to meals.

Other protein foods include:

- fresh or canned fish (e.g. tinned tuna, sardines)
- eggs
- nuts, seeds and nut spreads (e.g. peanut butter)
- legumes, such as lentils and baked beans
- dairy products: milk, yoghurt, cheese, custard prepared with milk and milk powder.

## Eating well also means eating enough.

You can tell if you are eating enough if your energy levels and your weight are stable. If you are struggling to eat enough or notice you're losing weight, it's important to talk to your GP or an Accredited Practising Dietitian (APD). Find an APD in your area at **www.dietitiansaustralia.org.au**

## About us

Healthy Ageing Tasmania provides support and resources to staff and volunteers who help older people to live well at home.

Our resources, including online training and webinars, are freely available at **www.health.tas.gov.au/healthyageing**

If you are a Tasmanian community aged care provider and would like support, please contact us at **community.nutrition@health.tas.gov.au**

Healthy Ageing Tasmania

Tasmanian Government



**Here's a recipe from our friends at Eat Well Tasmania.** Forget savoury mince how you know it — try the same comforting flavours in this fabulous high-protein lentil savoury mince. This recipe is a brilliant way to stretch the budget without sacrificing flavour. Brown lentils give the dish a lovely texture, while red lentils help thicken the sauce and boost the protein content. It's cheaper than minced meat, packed with fibre and protein, and it is absolutely delicious.




# High Protein Lentil Savoury Mince

## by Chef Kirsten Bacon

eat well tasmania

### Serves 4

### Ingredients:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 carrot, grated
- 1 celery stalk, finely chopped
- 1 cup dried brown lentils
- ½ cup dried red lentils
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika
- 1 teaspoon fresh mixed herbs, or whatever herbs you have (dried herbs work well too)
- 3 ½ cups vegetable stock or water
- Salt and pepper, to taste
- 1 ⅓ cups grated cheese, to serve

### Method:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion, garlic, carrot and celery and cook until softened.
2. Stir in the tomato paste, smoked paprika and mixed herbs and cook for another minute until fragrant.
3. Add the brown lentils, red lentils, Worcestershire sauce and stock. Bring to the boil, then reduce the heat and simmer gently for 30–40 minutes, stirring occasionally, until the lentils are soft and the mixture is thick and rich.
4. Add a little extra water or stock if needed during cooking.
5. Season well with salt and pepper.
6. Serve the lentil savoury mince on toast, over mashed potato, with rice or pasta, on baked potatoes, or alongside steamed vegetables. You can also top it with a mix of mashed cauliflower and potato to create a very special shepherd's pie.
7. Top each serve with 1/3 cup grated cheese for extra flavour and protein.

# Fact or Fiction?

**Leaving your heat pump running when you're not home is cheaper than turning it off.**

**Fiction - It's actually cheaper to turn it off when you're not using it!**

**Learn more useful tips at a Power People session near you during Seniors Month.**

Scan the QR code or visit www.powerpeopletas.com.au to learn more.

auroraenergy TasNetworks Tasmanian Government

Proud supporters of
**The Power People Project**

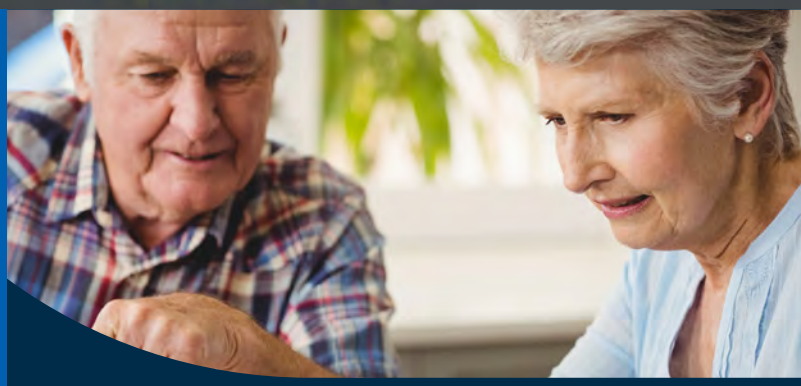
# Get your spring bill into shape.




Get the free aurora+ app

Manage payments, see how much electricity you're using, and when, access free electricity with Power Hours events and more. It's all on the aurora+ app – free to download and free to use. For more information visit auroraenergy.com.au/plus

auroraenergy



# Save money
## on your energy bill

**Free energy advice:**

Energy efficiency tips
Concessions and discounts
Understanding your energy bill
Payment plan support, and more

**Book your free appointment:**

**1800 313 126**
**tasnetworks.com.au/uniting**

TasNetworks | Powering a Bright Future

Uniting



Kidsafe®
Child Accident Prevention Foundation of Australia

# Free child car restraint checks for seniors

## Do you transport grandchildren, family members, or young children in your vehicle?

During this October's Seniors Month, Kidsafe Tasmania, together with COTA Tasmania, will be offering **free child car restraint checks** and advice for older Tasmanians who regularly transport children requiring a child restraint.

Our qualified and experienced child restraint fitters will:

- Check that your child is correctly installed
- Ensure the restraint is suitable for the child's age and size
- Provide practical tips on safely transporting children
- Answer your child passenger safety questions

We'll be bringing our expert team to communities across Tasmania and may be visiting a venue near you.

Interested in hosting a session in your area? If you have six or more people interested in attending a child car restraint checking session, we'd love to hear from you. Contact Jenny Branch-Allen on 0417 381 721.

Otherwise, keep an eye on local community notices and social media for details of when our team will be visiting your area.

## Keeping grandkids safe on every journey.

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Heart Foundation
WALKING



# *Boost* your health and meet new people!

## Join or start a Heart Foundation Walking group

Looking for fun, fitness and friends in your community? Heart Foundation groups provide a free, safe and supportive environment to walk together for a healthy mind, body and heart.

**Benefits**

- Improve your health, wellbeing and mood
- Meet new people
- Enjoy local walks
- Volunteer led groups
- Rewards and recognition
- Free!

**Want to start your own group?**

Starting a Heart Foundation Walking group is a great way to meet new people.

- Free merchandise and resources
- Full training provided
- Heart Foundation will support you every step of the way

> "It's such an amazing way to connect with locals who you may not have otherwise gotten to know! You basically have a team of others to inspire and motivate you if you need it, or at the very least a new group of friendly faces you get to look forward to seeing"
>
> - Katie

**13 11 12**

**heartfoundationwalking.org.au**

Scan the QR code → to find out more or register

Terms of use: This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation Walking website at https://walking.heartfoundation.org.au/terms-and-conditions/walk-organiser for Terms of Use. ©2025 National Heart Foundation of Australia ABN 98 008 419 761

Proudly supported by
Australian Government

# Walk your way to better heart health

## Are you ready to improve your heart health, boost your wellbeing and connect with others while you do it?

Welcome to Heart Foundation Walking, one of Tasmania's largest free walking programs. For more than 30 years, we've been supporting people to get out the door and walk towards better heart health.

### Working wonders with every step

If you're looking for an activity that ticks off multiple health benefits in one, it's hard to look past walking. The quintessential all-rounder, walking is free, widely accessible and doesn't require any special equipment — and it can transform almost every aspect of your wellbeing.

This includes your physical health (walking reduces the risk of cardiovascular disease, stroke and type 2 diabetes, among other conditions), your mental health (walking helps protect against mental health conditions like depression) and even your social health (walking with a friend or joining a walking group can strength your social connections).

### Towards a healthy mind, body and heart

There are lots of good reasons to start walking but building a habit can be challenging. That's where Heart Foundation Walking comes in.

### Walking groups

Joining a walking group is a great way to get moving with the support and motivation of others — and with Heart Foundation Walking groups all across Tasmania, there's likely to be one near you. They're free to join and run by volunteers, so all you need to bring is a spring in your step.

Each walking group is designed with different types of walkers in mind, from suburban strollers to more ambitious bushwalkers, which means you can pick and choose the group that's right for you. You might even choose to become a volunteer walk organiser and start a group of your own!

### Personal Walking Plans

If you prefer to walk at your own pace or on your own schedule, a Personal Walking Plan might be just what you're looking for. These six-week plans are designed by experts and tailored to your current fitness level. They'll help you start slowly and build your strength and stamina over time.

And even though they're designed for individuals, you'll never feel alone — you'll receive regular tips, tricks and recipes, as well as SMS support to keep you motivated.

### Choose your path

If you've been thinking about getting active, improving your health, or simply moving more and connecting with your community, Heart Foundation Walking could be just what the doctor ordered. No matter your age, fitness level, or experience, there's a way for you to get started!

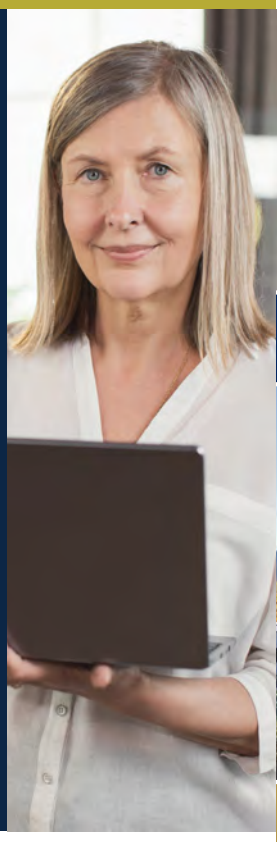



**You can't deny the research some 'men only' time is critical for men's health and well being.**

This is why the Men's Shed Movement in Tasmania continues to grow and thrive - providing safe places in Tasmanian Communities for men to enjoy the company of other men, have a laugh, make mates and learn new skills. If you are feeling lonely and missing the camaraderie that goes with 'men time' drop into a Men's Shed today, there's bound to be one not far from you! **Men's Sheds - It's all about Men's Health.**

COMMITTED TO THE
HEALTH & WELLBEING!
OF TASMANIAN MEN

# Stay Safe. Spend Smart.



**Don't get caught out. Minimise the risk with four simple tips:**

1. **Resist** pressure tactics or offers that seem too good to be true.
2. **Research** products and services before you make a decision.
3. **Review** terms and conditions before you commit to anything.
4. **Report** suspicious activity and share your story with others.

Attend a Seniors Month education session and learn more at **www.justice.tas.gov.au/seniorsmonth**

**Department of Justice**

Tasmanian Government

# OneCare Barossa Park Retirement Village

## CELEBRATING SENIORS MONTH THROUGH CONNECTION, CREATIVITY AND COMMUNITY



*Barossa Park Community Centre*



You're invited to join us at OneCare Barossa Park Retirement Village on **Thursday October 15** between **10am and 3pm** for a welcoming day of entertainment, friendship, and discovery as we celebrate Seniors Month.

Enjoy live music, connect with friends over a delicious morning tea and take part in a range of engaging activities designed to inspire wellbeing and social connection.

Take time out to hear about the exciting future Barossa Living has to offer and explore your retirement options with guided tours of our village and display villa.

Whether you're a resident, family member, friend, or simply curious about retirement living, we'd love to welcome you for a day of fun, laughter, and community spirit.

## HIGHLIGHTS INCLUDE:

- Live musical entertainment
- Morning tea and refreshments
- Interactive games and prizes
- Guided village and villa tours
- Information on retirement living options
  - Guest Speakers 11am & 1pm
  - Retirement Living & Financial Advisor
- Updates on our new 56-unit development

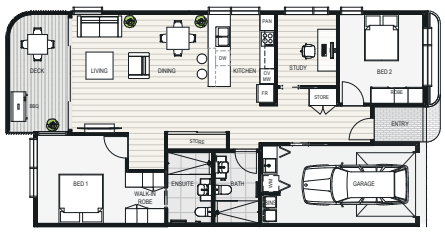
**BAROSSA PARK VILLAGE** | 33A Clydesdale Avenue, Glenorchy **ENQUIRIES:** (03) 6220 1260

## NOW SELLING OFF THE PLAN



- View a range of villa and apartment floor plans
- Explore the modern interior design, fixtures and finishes
- Learn about our village lifestyle and residents' community centre
- Understand retirement village financial arrangements and purchasing options

### VILLAS TYPE A1




| 2 | 1 | 2 | 1 |
|---|---|---|---|

**AREA**

| | |
|---|---|
| INTERNAL FLOOR AREA: | 102 m² |
| DECK AREA: | 12 m² |
| GARAGE FLOOR AREA: | 18 m² |

**ROOM SIZES**

| | |
|---|---|
| KITCHEN: | 3.7 x 2.7m |
| DINING/LIVING: | 5.7 x 4.7m |
| STUDY: | 2.9 x 2.4m |
| BED 1: | 3.6 x 3.6m |
| BED 2: | 3.6 x 3.4m |

### APARTMENTS TYPE C7 – L2




| 2 | 1 | 2 | 1 |
|---|---|---|---|

**AREA**

| | |
|---|---|
| INTERNAL FLOOR AREA: | 124 m² |
| DECK AREA: | 14 m² |

**ROOM SIZES**

| | |
|---|---|
| KITCHEN: | 4.2 x 2.7m |
| LIVING: | 5.5 x 4.0m |
| DINING: | 4.3 x 3.2m |
| STUDY: | 2.75 x 2.4m |
| BED 1: | 3.7 x 3.6m |
| BED 2: | 3.9 x 3.5m |
| GARAGE: | Single bay located in Ground Floor secure carpark |

**Your next chapter starts here. Contact Carol Joseph:**



33A Clydesdale Avenue, Glenorchy
(03) 6220 1260
barossaliving@onecare.org.au
**barossaliving.org.au**

**Barossa Living** BY OneCare

## New Town - Lenah Valley
## Combined Probus Club Inc.

*Discover new interests and unlimited possibilities in retirement*

Venue: The New Town Bay Rowing Function Centre
Address: 5 Marine Esplanade, New Town 7008



***Be a part of a Social Club to meet new friends, hear from guest speakers, enjoy activities and outings.***

Monthly meetings are held on the 2nd Wednesday
February - November
at 10.00am - 12.00

We welcome new Members
To find out more information contact
Sue - 0419 387 585 OR Ronnie - 0419 352 861

# All eligible Tasmanians have a right to a peaceful, pain-free death.

Voluntary Assisted Dying information is available from Dying with Dignity Tas Inc:

**dwdtas.org.au**

or Tasmanian Department of Health Voluntary Assisted Dying:
**health.tas.gov.au/health-topics/voluntary-assisted-dying-1**



## One network. 46 libraries across Tasmania. Stay connected with your library – it's free.

### What's available

- Social activities and events including author talks and book chats.
- Computers, Wi-Fi and help with digital skills.
- Books, large print and audiobooks.
- Reading, writing and maths assistance.

### Join your library

- Visit your local library or scan the QR code to sign up online.
- Enjoy books, magazines, movies and the eLibrary.
- Home Library Service available.

libraries.tas.gov.au/join

LIBRARIES TASMANIA

Tasmanian Government



Lifeline TASMANIA

# Social Support for older Tasmanians

## Aged Care Volunteer Visitors Scheme (ACVVS)

Friendship and companionship for older people who are socially isolated in a ***Residential Aged Care*** setting or have a current ***Support At Home*** program.

Contact our team on **0477 883 942**
**acvvs@lifelinetasmania.org.au**

*ACVVS is funded by the Australian Government*

ACVVS

## Chats

Group and individual social support around Tasmania, preventing social isolation and lonliness for older adults ***still living at home.***

Contact our team on **03 6282 1555**
**chats.admin@lifelinetasmania.org.au**

Chats embrace life
ANOTHER PROGRAM OF LIFELINE TASMANIA



# Live more, pay less

Tasmanians that have turned 60 years old can enjoy generous savings by holding a Seniors Card.

Pick up your free copy of the **Seniors Card Directory** to see what's on offer, from Service Tasmania, Libraries Tasmania, and Visitor Information Centres, or visit the website.

**Haven't got a free Seniors Card yet?**

Apply at your nearest Service Tasmania service centre, on the Seniors website - **seniors.tas.gov.au** or by calling **1300 13 55 13**.

SENIORS CARD

Tasmanian Government | Service Tasmania

# EVENTS ONLINE ONLY

## Building Strength With Dumbbells – 30min Online Standing and Floor Exercise Class

Third Age Fitness

Stay fit and active from home with our online combo class using dumbbells and mat! Join Carol for a fun workout that targets your entire body with both standing and floor strength and core exercises, helping you build overall fitness and improve flexibility. Online via Zoom.

**Monday 12 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)

## Building Strength with Bands – 30min Online Standing and Floor Exercise Class

Third Age Fitness

Stay fit and active from home with our online combo class using a resistance band and mat! Join Carol for a fun workout that targets your entire body with both standing and floor band and core exercises, helping you build strength and improve flexibility. Online via Zoom.

**Monday 5 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)

## Free Online Safety Presentation – Staying Safe on Facebook

eSafety Commissioner

Join our live one-hour presentation and learn how to use Facebook with confidence. Perfect for beginners or anyone looking to refresh their skills, this practical session will help you feel more confident using Facebook as a tool for staying connected without compromising your safety or privacy. You'll discover how to: navigate Facebook and make the most of its key features, connect with friends, family, and community groups; take control of your privacy and protect your personal information; recognise and avoid common scams; and understand how Facebook advertising works. Attendees can register online for all Be Connected online safety presentations on the Be Connected website - https://beconnected.esafety.gov.au/online-safety-presentations

**Tuesday 6 Oct 10am–11am**

Bookings: https://beconnected.esafety.gov.au/online-safety-presentations#fb (close: 5/10)
Enquiries: Beconnected.enquiries@esafety.gov.au

## Better Balance – 30min Online Standing Exercise Class

Third Age Fitness

Stay fit and active from the comfort of your home with our online balance class! Join Carol for a fun workout that combines standing and seated exercises to enhance your stability and coordination. Improve your balance while using a chair for support — no other equipment necessary! Online via Zoom.

**Tuesday 13 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)

## Lifelong Respect: Online and Engaged

COTA Tasmania

Join us in conversation with key organisations and people with lived experience of elder abuse. Find out about awareness raising, where you can go to get help and support, and the latest Tasmanian research on safeguarding older adults. Participants will be sent an online link once they register.

**Wednesday 21 Oct 2pm–3pm**

Bookings: https://events.humanitix.com/lifelong-respect-online-and-engaged (close: 16/10)
Enquiries: 6231 3265 | juliea@cotatas.org.au

## Building Strength with Dumbbells – 30min Online Standing Exercise Class

Third Age Fitness

Stay fit and active from home with our online strength class using dumbbells! Join Carol for a fun workout that targets your entire body with standing strength and coordination exercises, helping you build overall fitness and improve muscle performance – just bring your dumbbells! Online via Zoom.

**Wednesday 7 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)

## COTA Care Finder/Aged Care Help Sessions

COTA (Council on the Ageing) Tasmania

The aged care system is a tough nut to crack. Give us 30 minutes to see if we can help! COTA Tasmania's Care Finder program supports vulnerable older Tasmanians who are unable to arrange aged care services without support and who do not have a carer or support person to assist them. For Seniors Month 2026, our experienced team is available to assist you by providing free, independent, and personalised aged care navigation support via telephone or video call. We'll offer tailored information and guidance to help you access the right services to meet your needs.

**Thursday 8 Oct 1pm- 4pm**
**Wednesday 14 Oct 9:30am-12:30pm**
**Tuesday 20 Oct 1pm-4pm**
**Monday 26 Oct 9:30am-12:30pm**

Bookings: 1800 518 048 (waitlisted times available)

## Free Online Safety Presentation – Protecting Your Personal Information Online

eSafety Commissioner

Join our live one-hour presentation and learn how to protect your personal information in today's digital world. From social media to everyday apps, your details are constantly being shared. This session will help you stay informed about potential risks and feel more confident to protect your data online. You'll learn: why information privacy matters; practical ways to keep your data safe online; how to recognise and avoid impersonation scams, and where to go for help if something goes wrong. Attendees can register online for all Be Connected online safety presentations on the Be Connected website: https://beconnected.esafety.gov.au/online-safety-presentations

**Thursday 15 Oct 3pm–4pm**

Bookings: https://beconnected.esafety.gov.au/online-safety-presentations#personal-information (close: 14/10)
Enquiries: Beconnected.enquiries@esafety.gov.au


COTA TASMANIA
Rethink ageing

cotatas.org.au/ageism-awareness





## Free Online Safety Presentation: Can You Spot a Scam?

eSafety Commissioner

Join our live one-hour presentation to build the skills to stay one step ahead of scammers. Scams are always evolving and increasingly using social media and fake websites to target people, but with the right knowledge you can recognise the signs and take control. By the end of the session you'll feel more confident to spot scams and protect yourself online. You'll learn: common scams, including the latest Tax and Medicare scams; practical tips to spot red flags before it's too late; what to do if you're targeted; and where to go for help and support. Attendees can register online for all Be Connected online safety presentations on the Be Connected website: https://beconnected.esafety.gov.au/online-safety-presentations

**Thursday 22 Oct 3pm–4pm**

Bookings: https://beconnected.esafety.gov.au/online-safety-presentations#spot-a-scam (close: 21/10)
Enquiries: beconnected.enquiries@esafety.gov.au

## Seated Strength Builder – 30min Online Seated Bodyweight Exercise Class

Third Age Fitness

Stay fit and active from the comfort of your home with our online strength class! Join Carol for a fun workout that improves your upper and lower body strength while seated. Enjoy safe and effective movements to enhance your fitness and coordination, all from your lounge room chair – no equipment necessary! Online via Zoom.

**Friday 2 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)

## Seated Strength Builder – 30min Online Seated Bands Exercise Class

Third Age Fitness

Stay fit and active from the comfort of your home with our online bands class! Join Carol for a fun workout that improves your upper and lower body strength while seated. Enjoy safe and effective movements to enhance your fitness and coordination, all from your lounge room chair – just bring your resistance band! Online via Zoom.

**Friday 9 Oct 10:30am–11am**

Cost: $5 Unlimited Festival Pass (6 classes)
Bookings: 0411 246 741 | carol@thirdagefitness.com.au
https://bit.ly/2026SeniorsFestivalPass (close: 13/10)



# We've built a place to help every Tasmanian get healthier.

We know that health can be a handful. That's why we've custom built our wellness hubs with one goal in mind - to make every Tasmanians health journey a little easier.

Visit a St Lukes wellness hub to learn, explore, and be inspired, with regular activities like yoga, run club, nutrition classes, and a lunch-time concert series. Find help understanding and navigating the healthcare system, or just come in and have a chat to our team about your health insurance needs.

Just another way we're working to make Tasmania the healthiest island on the planet.

**Scan the QR code to learn more about what's on offer at our wellness hubs.**

**stlukes.com.au/wellnesshub 1300 651 988**

st.lukes

LIFELONG RESPECT

# Ending the abuse of older people.



**1 in 6 older people in Australia experience elder abuse.**

If you are experiencing elder abuse or know someone who is, please call the Tasmanian Elder Abuse Helpline on

**1800 441 169**

## What is elder abuse?

Elder abuse is when an older person is mistreated by someone they trust.

- One in six (1 in 6) older people experience elder abuse.
- There are many types of abuse. Emotional abuse, the most common form, includes belittling, ignoring, insults, threats and manipulation.
- Financial abuse, also common, includes pressuring for money, moving in and not paying rent or food costs, taking money and/or possessions.
- Physical abuse includes pushing, hitting and also neglect such as leaving a dependent person without food.
- Other forms of abuse such as social and cultural include controlling contact and support from family and friends. People can experience one or a combination of these types of abuse.
- Many people don't seek help because they don't know support is available.
- Ageism is the main driver of abuse.
  (Source: National Elder Abuse Prevalence Study: Summary report | Australian Institute of Family Studies [aifs.gov.au])

## Preventing elder abuse

Together we can all help prevent the abuse of older people.

Valuing people as we age helps respectful behaviours and attitudes.

Negative views to the experience of ageing can lead to ageism e.g., "*older people lack worth and make less of a contribution to our society*."

Ageism can lead to all forms of abuse. Older people experiencing abuse can blame themselves and be ashamed to seek assistance.

Plan ahead. Think about your future healthcare, accommodation and finances. Do you have:

- ☐ A Will?
- ☐ Advanced Care Directive?
- ☐ Enduring Power of Attorney?
- ☐ Enduring Guardianship?

Find out more about free and confidential services such legal advice, advocacy, counselling or mediation at:
**cotatas.org.au/get-support/elder-abuse-support**

COTA TASMANIA
*Rethink ageing*

SUPPORTED BY
Tasmanian Government

In an emergency, please call Tasmania Police on **000**

Concerned about someone receiving aged care services? Contact the Aged Care Quality and Safety Commission on **1800 951 822**

Need an interpreter? Contact the Translating and Interpreting Service (TIS) on **131 450**

You can find more information at: **elderabuse.tas.gov.au**

# EVENTS IN THE EAST

## BICHENO

### Free Hearing Checks at Bicheno Library

Hearing Australia

Hearing Australia and Bicheno Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Tuesday 27 Oct 10am–12:30pm**
78 Burgess St, Bicheno
Enquiries: 6387 5609

### Energy Efficiency Tips to Save You Money

Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use — to save money on your power bills straight away. Refreshments will be provided. Hosted by the Power People Project. There is no cost to attend but please contact Annette to RSVP for catering purposes. For other Power People Project sessions which may not be listed here, please visit www.powerpeopletas.com.au

**Tuesday 6 Oct 2pm–3:30pm**
Bicheno Bowls Club, 13 Sinclair St, Bicheno
Bookings: Annette 0412 791 082
bichenobowlsrsl@gmail.com (close: 4/10)
Enquiries: Peter 0417 109 070

### Seniors Month High Tea

Glamorgan Spring Bay Council

Celebrate Seniors Month with a welcoming morning of connection, conversation and delicious refreshments at our Seniors Month High Tea in Bicheno. Hosted by Glamorgan Spring Bay Council in partnership with the Here We Are Group, this free community event provides an opportunity for older community members to come together, enjoy a selection of sweet and savoury treats, tea and coffee, and spend time catching up with friends and meeting new people in a relaxed setting.

**Wednesday 14 Oct 10am–12pm**
Cohealth Building, 94 Foster Street, Bicheno
Bookings: community@freycinet.tas.gov.au (close: 12/10)
Enquiries: 6256 4777 | www.gsbc.tas.gov.au

## FINGAL

### Fingal Visit to Scamander Garden Club

Fingal Valley Neighbourhood House

Join us for a fun bus trip through the Fingal Valley to visit Scamander Garden Club. Bookings required, limited places available.

**Monday 19 Oct 10:30am–2:30pm**
Fingal Valley Neighbourhood House, 20 Talbot St, Fingal
Bookings: 6374 2344 (close: 1/10)

### Fingal Men's Group

Fingal Valley Neighbourhood House

A weekly catch up for men in the Fingal area to make new connection over morning tea. All welcome to come along. Guest speakers and excursions also offered.

**Monday 5 Oct 10:30am–11:30am**
Fingal Community Shed, 20 Talbot St, Fingal
Enquiries: 6374 2344

### Community Morning Tea

Fingal Valley Neighbourhood House

Join us at Fingal Valley Neighbourhood House for our weekly morning tea from 10-11am each Wednesday. We have a regular roster of guest speakers, craft activities, board games and visiting groups.

**Wednesday 7 Oct 10am–11am**
Fingal Valley Neighbourhood House, 20 Talbot St, Fingal
Enquiries: 6374 2344

### Eating With Friends

Fingal Valley Neighbourhood House

Join us at Fingal Valley Neighbourhood House our monthly lunch, featuring delicious home style cooked meal.

**Wednesday 14 Oct 12pm–2pm**
Fingal Valley Neighbourhood House, 20 Talbot St, Fingal
Cost: $12/pp payable in advance
Bookings: 6374 2344 | admin@fvnh.org.au (close: 1/10)

### Art for Life

Fingal Valley Neighbourhood House

A celebration of the creativity of older people in our community. This exhibition will be held at the Fingal Village and will display art work from across a range of visual arts styles. Entries close on the 28th August, entry forms available from FVNH. Entry is free to residents of Break O'Day aged 55 years+. The theme is "Art for Life"

**Exhibition opening: Thursday 1 Oct 10am**
**Exhibition dates: All of October 10am–2pm**
Fingal Village, 29 Talbot St, Fingal
Cost: Gold Coin
Enquiries: 6374 2344

# ORFORD

## Seniors Month High Tea

Glamorgan Spring Bay Council

Join us for a delightful Seniors Month High Tea at Orford, celebrating the valuable contributions of older Tasmanians in our community. Enjoy a relaxing afternoon with a selection of sweet and savoury treats, tea and coffee, and the opportunity to connect with friends, meet new people, and enjoy good conversation in a welcoming environment. This event is open to seniors and is a wonderful chance to celebrate Seniors Month while fostering social connection and community spirit. For more information regarding the event, please visit Council's website or Facebook page.

**Thursday 15 Oct 11am–1pm**

Orford Bowls Club, 1 Rheban Rd, Orford
Bookings: 6256 4777 | community@freycinet.tas.gov.au (close: 12/10)

# ST HELENS

## Hearts'n'Hands Craft Group

Hearts'n'Hands

Are you a new resident to our beautiful East Coast or feeling isolated or alone. Are you interested in crafts and forming new friendships? Hearts'n'Hands provides a welcoming environment for women to share their craft, learn new crafts or play scrabble and other board games. Hearts'n'Hands meets each Thursday during school term in the Anglican Church Hall in Cecilia St, St Helens from 10-12. A donation of $2 to cover morning tea, and a trade table might have something you are looking for. Hearts'n'Hands has provided craft items and financial donations to approx 50 community organisations locally, statewide and internationally. These include Royal Flying Doctors, Marine Rescue, Medea Park Residential Home, personal care packs for teenagers, 1000 hearts campaign, trauma teddies, natural disasters such as floods and bushfires, Christmas hampers in the Break O'Day region and Samaritan Purse's Operation Christmas Child boxes.

**Thursday 22 and 29 Oct 10am–12pm**

Anglican Church Hall, 56 Cecilia St, St Helens
Cost: Gold Coin
Enquiries: 0487 637 668

## Bus Trip to Oatlands

Break O'Day Council in conjunction with Fingal and St Helens Neighbourhood Houses

Join us for a free seniors bus trip to Oatlands to explore the town and discover the many attractions, shops, and local experiences on offer. The day will also include time to relax and enjoy a quick swim at the pool. A great opportunity to socialise, get out and about, and enjoy a fun day away. One-off event for Seniors Month.

**Tuesday 13 Oct 9am–5pm**

32-34 Georges Bay Esplanade, St Helens
Bookings: 6376 7900 | admin@bodc.tas.gov.au (close: 6/10)

## Book Chat

Libraries Tasmania

Love reading? Enjoy chatting about great books? Join us at St Helens Library for a relaxed and friendly book chat! Whether you're an avid reader or simply looking for your next page-turner, this welcoming session is the perfect place to connect with fellow book lovers. Share what you've been reading, pick up new recommendations, or just sit back and enjoy the conversation. There's no pressure to read a specific book – just bring your curiosity and love of stories. Second Wednesday of every month.

**Wednesday 14 Oct 10am–11am**

St Helens Library, 61 Cecilia St, St Helens
Enquiries: 6387 5600

## One to One Digital Support

Libraries Tasmania

Need some extra one-to-one support with your digital device? Our friendly digital volunteer can help you with the basics and guide you through using your device with confidence. Marko is here to support you every step of the way and help build your digital skills in a relaxed, welcoming environment.

**Wednesdays 2pm–4pm, Fridays 10am–11am**

St Helens Library, 61 Cecilia St, St Helens
Bookings: sthelens.library@libraries.tas.gov.au (close: 30/10)
Enquiries: 6387 5600

## Cuppa and Chat

Celebrate Health Care Ltd.

Community members are invited to join Break O'Day Home Care Coordinator Estelle and her team for a cuppa and chat at The Lifebuoy Cafe. This informal gathering is a great opportunity to connect with others in the community and learn more about how our friendly team may be able to support you at home. Come along, meet the team, ask questions, and enjoy a coffee in good company. Limited seats available.

**Friday 16 Oct 10:30am–12pm**

The Lifebuoy Cafe, 29 Quail St, St Helens
Bookings: 6257 9101 | community@celebrate.org.au (close: 15/10)

## ST MARYS

### Active4Life
Fingal Valley Neighbourhood House

Join us for a light lunch to celebrate Seniors Month and to mark 10 years of Active4Life programs in Break O'Day. Come along and explore the options to keep you physically and mentally well in our community.

**Tuesday 20 Oct 12:30pm–1:30pm**

St Marys Multi-Purpose and Evacuation Centre, Harefield Rd
Enquiries: 6374 2344

## SWANSEA

### May Shaw Halloween Parade
Celebrate Health Care Ltd.

Join us for our 2026 Halloween Parade at May Shaw and get into the spooky spirit! We warmly invite our community to dress up in your favourite costumes and join staff, residents and fellow community members for a fun-filled celebration. Enjoy a lively parade through the grounds, plenty of laughter, and the chance to connect across generations. Morning tea will be provided for all attendees. Come along and help make this a memorable day of creativity, colour and community spirit.

**Monday 26 Oct 10:30am–11:30am**

May Shaw, 37 Wellington St, Swansea
Enquiries: 6257 9100

### Celebrate Olympic Games
Celebrate Health Care Ltd.

Join Exercise Physiologist Taylor and the team at May Shaw for an afternoon of Olympic-themed activities. Enjoy inclusive events and games, including the opportunity to experience our Motiview Bikes. There will be refreshments provided as part of the celebration. This event promotes movement, participation and community connection, encouraging positive ageing through fun and accessible physical activity. Come along to cheer each other on and enjoy an afternoon of friendly competition, wellbeing and celebration.

**Monday 19 Oct 1:30pm–3pm**

May Shaw, 37 Wellington St, Swansea
Bookings: 6257 9100 | mayshaw@celebrate.org.au (close: 16/10)

### Free Hearing Checks at Swansea Library
Hearing Australia

Hearing Australia and Swansea Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Thursday 1 Oct 9:30am–12:30pm**

Swansea Library, 31 Franklin St, Swansea
Enquiries: 6257 8607

### CelebrateFEST
Celebrate Health Care Ltd.

Join the residents and staff at May Shaw for CelebrateFEST, our annual Oktoberfest-inspired celebration! Dress in your best Oktoberfest attire and enjoy an afternoon of live entertainment, fun, nibbles and refreshments in a warm and welcoming atmosphere. Bring your friends and family along to share in the festivities, connect with the community and celebrate together. We look forward to welcoming you for an afternoon filled with laughter, music and great company.

**Thursday 1 Oct 1:30pm–3pm**

May Shaw, 37 Wellington St, Swansea
Bookings: 6257 9100 | mayshaw@celebrate.org.au (close: 25/9)

### Celebrate with Friends
Celebrate Health Care Ltd.

Join us for Celebrate with Friends, a special edition of our much-loved Lunch with Friends in Swansea. This relaxed community gathering brings people together to enjoy a two-course meal and good company. This month's event will also feature live music, adding to the friendly and uplifting atmosphere. Held at the Swansea Golf Club on the second and fourth Thursday of every month. RSVP required.

**Thursday 8 Oct 12pm–1:30pm**

Swansea Golf Club, 1C Franklin St, Swansea
Cost: Registered participant (via My Aged Care) $10, other participants $16
Bookings: 6257 9101 | community@celebrate.org.au (close: 7/10)

### Voice from Dunbarton Gaol 1842 – Stories From the Past
Tammy Woolley

There will be a presentation from a member of our Glamorgan Spring Bay Historical Society, and morning tea to be provided. Followed by a visit to the East Coast Heritage Museum showcasing the Louisa Anne Meredith Exhibition.

**Friday 30 Oct 11am–12:30pm and 1pm–2:30pm**
(second session subject to bookings)

Glamorgan Courthouse, Noyes Street, Swansea
Cost: Gold Coin
Bookings: Tammy Woolley 0417 534 714

## TRIABUNNA

### Energy Efficiency Tips to Save You Money
Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use — to save money on your power bills straight away. Refreshments will be provided. Hosted by the Power People Project. For other Power People Project sessions which may not be listed here, please visit www.powerpeopletas.com.au

**Wednesday 7 Oct 12:30pm–1:30pm**

The Village Triabunna, 20 Melbourne St, Triabunna
Bookings: Jane Teniswood 0458 631 689
windsong@skymesh.com.au (close: 5/10)
Enquiries: Peter 0417 109 070



# Build strength and community with CBS

CBS is here to help you feel strong in your body and connected in your community. Ageing Backwards offers gentle movement to support staying active, improving mobility and feeling confident at home. This Seniors Month, we're offering free trials at our Montrose and New Norfolk classes. See the program listings for more information.

Our Social Hubs in New Town and Kingston offer relaxed, welcoming spaces to share activities, enjoy conversation and build friendships that support you to get involved with your community.

community based support
maximising client independence

1300 227 827
**cbsaust.org.au**

COTA TASMANIA

*Rethink ageing*

11am — 2pm 1 October

# AGEING TOGETHER EXPO

C3 Convention Centre

64 Anglesea St | South Hobart

More details on page 39

# EVENTS IN THE SOUTH

## BATTERY POINT

### Move It Easy Exercises

Move It Easy Exercises

This class is all about celebrating what your body can do — at any age. The classes are focused on gentle, safe, and affective movements to 60's music. To improve strength, balance and flexibility, all while having a little fun along the way. These classes are a chance to feel good in your body, connect with others and keep enjoying the activities you love. So come as you are, move at your own pace and let's stay active together!

**Monday 12 Oct 9:30am–10:30am**

St George's Church Hall, Cromwell St, Battery Point
Cost: $15 per class
Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 31/10)

### Dementia Australia Open Afternoon

Dementia Australia

Worried about your memory, want to know more about dementia or know someone who is living with or supporting someone living with dementia? If so, we invite you to pop into our office for an open afternoon. Our team will be on hand to answer your questions, provide you with information and help to connect you with any services and supports you may need. With dementia now being the number one killer of all Australians, now is the time to talk.

**Tuesday 20 Oct 1pm–3pm**

Dementia Australia - Battery Point, Lower Ground,
38 Montpelier Retreat, Battery Point
Enquiries: 6279 1100

### Jimpa Movie Screening with Intergenerational Speaker Panel

Working It Out

Join us for a screening of Jimpa, a film based on the family of acclaimed Australian filmmaker Sophie Hyde. Funny, accessible, full of sadness and joy, and with a wonderful multi-generational cast, Jimpa is a celebration of LGBTIQA+ culture. It brings a queer family to screen, taking a nuanced look at just how much has changed in terms of social expectation and our understanding of family over three generations. The film stars favourites Olivia Colman and John Lithgow, with newcomer Aud Mason-Hyde. Join us for this special community screening and the panel of guest speakers that will follow.

**Sunday 18 Oct 3pm–6pm**

Salamanca Arts Centre - The Long Gallery, 77 Salamanca Place, Battery Point
Cost: Flexible ticketing - $5 per ticket, with an option to 'pay-it-forward' for a community member to attend free of charge.
Bookings: https://events.humanitix.com/jimpa-film-screening-hobart (close: 14/10)
Enquiries: 6231 1200

## BELLERIVE

### Bellerive Historical Society Inc

Bellerive Historical Society Inc

Call in for a free map of Bellerive that gives information and direction about historical buildings in Bellerive,

**Wednesday 14 Oct 10am–3pm**

Watch House and Police Station, 17 Cambridge Rd
Enquiries: 0400 974 056

### Bellerive Hub

Bellerive Historical Society Inc

Four volunteer-run Bellerive organisations are opening their doors on Wednesday 14th to offer a unique "hub" experience in multiple venues located within close walking distance of each other. Visit the wonderful collection in the Sound Museum, do a little Family History, observe some arts and craft, do a short walk up to the historical Bellerive Bluff Battery after collecting a free map at the Bellerive Historical Centre.

**Wednesday 14 Oct 10am–3pm**

Bellerive Historical Centre, 17 Cambridge Rd, Bellerive
Enquiries: 0400 974 056

### Bellerive Community Arts Centre

Bellerive Community Arts Centre

The Bellerive Community Arts Centre is located in the historic 1842 watch house. Each day members enjoy a range of activities including needlework, knitting, painting, drawing, paper craft and basket making. There are also monthly workshops which are open to non members. Come and see what we do. It is an atmosphere of laughter and friendship and provides a welcome break from this hectic world.

**Wednesday 14 Oct 10am–2pm**

Bellerive Community Arts Centre, 17 Cambridge Rd
Enquiries: 6245 1036

### Strum and Sing Together with the Fuchsias

Fuchsia House Ukulele Players Inc.

Ever wanted to strum along to your favourite songs? Join us for a fun, relaxed ukulele session where you'll learn just four simple chords—or simply strum or tap along to the beat! Then, sing your heart out with the Fuchsia Ukulele Players in a lively group singalong of well-loved tunes. No instrument? No problem—ukuleles will be available and lyrics are provided on the big screen. We will finish the morning with a cheerful cuppa and celebrate our progress together. Everyone's welcome—come for the music, stay for the joy!

**Friday 16 Oct 10:30am–12:30pm**

Clarence Uniting Church, York St, Bellerive
Cost: Gold Coin
Enquiries: 0409 150 716

## Come 'n Try Croquet

Eastern Shore Croquet Club

Join us for an afternoon of fun and enjoyment playing the unique game of croquet. Learn the basics of the game and the skills required to put the ball through the hoop! Then stay and join us for afternoon tea. No previous experience required but please wear comfortable clothing and flat shoes.

**Monday 12 Oct 1pm–3pm**

Eastern Shore Croquet Club, 57-61 South St, Bellerive
Bookings: 0457 194 772 (close: 12/10)

## Bellerive Sound Museum

Sound Preservation Association of Tasmania

The Bellerive Sound Museum in the old 1897 Bellerive post office building, has a huge collection of historical of items relating to the recording and reproduction of sound. We have old radios, Edison cylinder players, phonographs, gramophones, record players, tape recorders and so much more. Some of our displays are interactive and you can hear sounds from the past and operate antique equipment. Our volunteers will happily give you a tour or answer your questions. Please note: the museum does not have wheel chair access, and we can accommodate up to eight visitors at a time.

**Wednesday 7, 14, 21 and 28 Oct 11am–3pm**
**Thursday 1, 8, 15, 22 and 29 Oct 11am–3pm**
**Friday 2, 9, 16, 23 and 30 Oct 11am–3pm**

Bellerive Sound Museum, 19 Cambridge rd, Bellerive
Cost: Gold Coin
Enquiries: 0407 847946

## How to Use DNA to Enhance Your Family History

Tasmanian Family History Society, Hobart Branch

This 'Back to Basics' presentation will explain how having your DNA tested can be used to enhance your family history research. We will explain the importance of having a family tree attached to your DNA results, your ethnicity results, your match list, what all those numbers mean, shared matches, common ancestors, and how to 'do the dots'. A handout will be provided. Suitable for people thinking about having their DNA tested, and those who have already tested and don't know how to interpret it. Booking essential as numbers restricted by space constraints.

**Wednesday 14 Oct 2pm–3pm**

Old Post Office, 19 Cambridge Rd, Bellerive
Bookings: 6245 9351 | library@hobart.tasfhs.org (close: 9/10)

## Finding Your Family's History

Tasmanian Family History Society, Hobart Branch

Open Day at the Hobart Branch of the Tasmanian Family History Society. Experienced family historians will be available to assist your exploration of our extensive resources to find your ancestors and your family's stories. We can help you find the final resting place of that elusive ancestor, and much, much more. This event is part of the Bellerive Hub of facilities open in this area on this day.

**Wednesday 14 Oct 9:30am–3pm**

Old Post Office, 19 Cambridge Rd, Bellerive
Enquiries: 6245 9351

## Move It Easy Exercises

Move It Easy Exercises

This class is all about celebrating what your body can do — at any age. The classes are focused on gentle, safe, and affective movements to 60's music. To improve strength, balance and flexibility, all while having a little fun along the way. These classes are a chance to feel good in your body, connect with others and keep enjoying the activities you love. So come as you are, move at your own pace and let's stay active together!

**Monday 12 Oct 11:15am–12:15pm**
**Wednesday 14 Oct 11:15am–12:15pm**
**Thursday 15 Oct 9:30am–10:30am**

St Marks Church Hall, Cnr Scott and Church Streets
Cost: $15 per class
Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 31/10)

## Bellerive Spinners Come and Try Session

Handweavers Spinners and Dyers Guild Tasmania Inc

Discover the joy of spinning and weaving in our relaxed "come and try" session—no experience needed, just curiosity! Meet new people, learn a timeless craft, and enjoy a creative, hands-on experience at your own pace. To find a group in your area go to www.hwsdguildtasmania.org/groups

**Thursday 29 Oct 5:30pm–8:30pm**

Bellerive Yacht Club, Marine Bar, 64 Cambridge St
Cost: Gold Coin
Enquiries: 0448 337 675

## Low Intensity Zumba Classes with Eastside Moves

Eastside Moves

Join us for low intensity Zumba classes every week on the Eastern Shore! Perfect for those who are looking for a Zumba® class that has the original moves you love at a lower intensity. Classes are designed for everyone to go at their own pace, modify steps as needed, create a social feel-good atmosphere and above all be lots of FUN! Come along ready to move, dance and even sing along to some great music - promising to boost your mood, leave a bounce in your step and a smile on your face!

**Wednesday 7, 14, 21 and 28 Oct 9:30am–10:15am**

St Mark's Church Hall, Corner Scott and Clarence St
Cost: $12 casual class or $50 for a 5 class pack (no expiry)
Enquiries: 0435 614 434

### Elder Abuse Helpline

**1800 441 169**

9am–5pm Monday to Friday (not public holidays)
helpline@yoursaytas.org or text 0457 806 963
www.elderabuse.tas.gov.au

# BLACKMANS BAY

## Rooted in Creativity

Mindful Musing Creative Health

Join Lesley, 30 years cultural community development experience and practicing mixed media artist and therapeutic arts, in Blackmans Bay for a session of mindful nature-based creative expression. We will be connecting with nature through creative activities of natural materials foraging, sketching, watercolour painting and mindful observation. A calm, welcoming atmosphere that explores creativity for improved wellbeing and building connections with nature and each other. Simple art for self- care. No art experience is necessary and all materials are provided. One off taster session of a mindful arts program.

**Thursday 1 Oct 10:30am–12pm**

Blackmans Bay Hall, 24 Ocean Esplanade, Blackmans Bay
Cost: $30
Bookings: 0459 740 594 | mindfulmusingch@gmail.com
(close: 24/9)

## Olde Time Portraits Create a Unique Portrait

Olde Time Portraits

Dress in costume to create a fun unique portrait in colour or old-fashioned sepia. Dress as the residents of Olde Hobart Town in colonial Victorian gowns, top hat and tails, gangsters, 1920s flappers, bush rangers saloon girls in saloon bar. Choose from over 200 costumes to fit the whole family in multi sizes. Studio located Blackmans Bay Beach 15 mins drive from Hobart. View at your session Hobart portraits from the 1870s and discover what secrets lay in a hidden cupboard and below floor boards in Old Hobart residences.

**Every day in Oct 9am–6pm**

48 Ocean Esplanade, Blackmans Bay
Cost: $100 (1-2 person) includes two 8 x 10 inch print and 2 postcards of the same print. Seniors receive a 10% discount on any of our portrait packages as listed on our website: www.oldetimeportraits.com.au
Bookings: 0456 394 562 | oldetimeportraits@gmail.com
(close: 31/10)

## Pet Portraits by Olde Time Portraits

Olde Time Portraits

A beautiful portrait of you and your pet or just your pet created in our studio at Blackmans Bay Beach with gorgeous backdrops and cute props. A fun experience and outing. Helena Blundell has been a wedding and portrait photographer Tasmania for over 30 years and loves her pets and photographing them. A perfect gift for your loved ones or for your own mantle piece. Look on her website at her pet portraits.

**Every day in Oct 9am–6pm**

48 Ocean Esplanade, Blackmans Bay
Cost: $110 includes the photo session, all photos emailed to you, one 8 x 12 inch print and 2 postcards of the same print.
Bookings: 0456 394 562 | oldetimeportraits@gmail.com
www.oldetimeportraits.com.au (close: 31/10)

# BRIDGEWATER

## Family History Help at Bridgewater Library

Libraries Tasmania

Get one-to-one help to build your family tree. Bookings required.

**Friday 16 Oct 1pm–4pm**

Bridgewater Library, 23 Green Point Rd, Bridgewater
Bookings: bridgewater.library@libraries.tas.gov.au
6165 5446 (close: 16/10)

## Discover, Create and Connect – Seniors Workshop Day in Bridgewater

Brighton Council

Celebrate Seniors Month with a vibrant day of creativity, movement and community connection in Bridgewater at the Brighton Civic Centre. Try your hand at Djembe drumming, line dancing, pottery and a range of engaging workshops and activities designed to inspire, entertain and bring people together. Whether you're keen to learn something new, reconnect with old friends or simply enjoy a fun day out, there's something for everyone.

**Thursday 8 Oct 10am–1pm**

Brighton Civic Centre, 25 Green Point Rd, Bridgewater
Bookings: admin@brighton.tas.gov.au | 6268 7000
https://events.humanitix.com/discover-create-and-connect-seniors-workshop-day-in-bridgewater (close: 5/10)

# CAMBRIDGE

## FREE Come & Try Golf Clinic

Golf Australia

All men and women over 55 are welcome to join PGA professional Debra Brinkley for a fun and engaging free golf clinic at Golf Park Hobart. All equipment will be provided but if you have your own, please bring these along.

**Thursday 1, 8, 15, 22, 29 Oct 10am–11am**

Golf Park Hobart, 6 Cranston Parade, Cambridge
Bookings: simon.weston@golf.org.au
https://golf.com.au/get-into-golf
Enquiries: 0404 369 462

## 2026 Seniors Month – FREE Get into Golf Session

Golf Australia

All adults over the age of 55 are welcome to join PGA Professional Adam Holden for a fun and engaging golf session at the beautiful Tasmania golf club. All equipment can be supplied but of you have your own please bring these along.

**Monday 5 Oct 12pm–1pm**

Tasmania Golf Club, 1420 Tasman Highway, Cambridge
Bookings: https://golf.com.au/venue/tasmania-golf-club
(close: 5/10)
Enquiries: 0491 118 460

## 2026 Seniors Month – FREE Come & Try Clinic

Golf Australia

All men and women over 55 are welcome to join PGA professional Adam Holden for a fun and engaging free golf clinic at Golf Park Hobart. All equipment will be provided but if you have your own, please bring these along.

**Monday 19 and 26 Oct 3:30pm–4:30pm**
**Tuesday 6 and 13 Oct 12pm-1pm**

Golf Park Hobart, 6 Cranston Parade, Cambridge
Bookings: simon.weston@golf.org.au
https://golf.com.au/venue/golf-park-hobart
Enquiries: 0404 369 462

# CHIGWELL

## Afternoon Tea with Favourite Recipe Swap

Bucaan Community House

Join us at Bucaan Community House for a delightful Afternoon Tea & Favourite Recipe Swap. Enjoy a relaxed afternoon of delicious food, friendly conversation, and sharing favourite recipes with others. Bring along a plate to share if you wish, and if you have a favourite recipe, we'd love you to bring a copy to exchange with fellow attendees. Whether you enjoy cooking, or simply spending time with others over a cuppa, everyone is welcome. Come along discover new recipes, and celebrate the joy of food and community.

**Monday 19 Oct 2pm–4pm**

Bucaan Community House, 8 Bucaan St, Chigwell
Bookings: 6249 5363 | loreta@chigwellcommunity.org.au
(close: 12/10)

## Staying Active Lite

Freedom Health and Wellness

Staying Active Lite is a gentle, seated exercise class (with standing options) designed for older adults and those with limited mobility or balance concerns. Led by qualified Exercise Professionals, the class focuses on improving strength, flexibility, balance and overall wellbeing in a safe, supportive and welcoming environment. Exercises can be adapted to suit individual abilities, making it an ideal option for people returning to exercise or looking to stay active with confidence. Enjoy moving your body, meeting new people and discovering how regular physical activity can help you maintain your independence and quality of life. Free for new participants during Seniors Month.

**Tuesday 20 and 27 Oct 11:45am–12:35am**

Chigwell Barn, 10 Bucaan Street, Chigwell
Enquiries: 0417 464 476

# CLAREMONT

## Staying Active Lite

Freedom Health and Wellness

Staying Active Lite is a gentle, seated exercise class (with standing options) designed for older adults and those with limited mobility or balance concerns. Led by qualified Exercise Professionals, the class focuses on improving strength, flexibility, balance and overall wellbeing in a safe, supportive and welcoming environment. Exercises can be adapted to suit individual abilities, making it an ideal option for people returning to exercise or looking to stay active with confidence. Enjoy moving your body, meeting new people and discovering how regular physical activity can help you maintain your independence and quality of life. Free for new participants during Seniors Month.

**Tuesday 6, 13, 20 and 27 Oct 10:30am–11:20am**
**Friday 2, 9, 16, 23 and 30 Oct 10:30am–11:20am**

Claremont Girl Guide Hall, 5 Boxhill Rd, Claremont
Enquiries: 0417 464 476

## Men's Only Class

Freedom Health and Wellness

Join our friendly Men's Exercise Class in a supportive environment, where you can improve your strength, balance, mobility and overall fitness alongside other local men. Led by qualified exercise professionals, the class includes a variety of exercises that can be adapted to suit all fitness levels and abilities. It's a great opportunity to stay active, build confidence, make new friends and enjoy the many physical and mental health benefits of regular exercise. Whether you're returning to exercise or looking to maintain your health, new participants are always welcome. Free for new participants during Seniors Month.

**Thursday 1, 8, 15, and 29 Oct 10:30am–11:20am**

Claremont Girl Guide Hall, 5 Boxhill Rd, Claremont
Enquiries: 0417 464 476

## 9D Breathwork – 9dmt Trip Activation Session

AAT - All About Tranquil Health and Well-being

Discover the power of breath in this unique and immersive 9D Breathwork experience. Wearing headphones you'll be guided through sound technology and mindfulness practices to support relaxation, emotional wellbeing and personal growth. Many participants report feeling calmer, lighter, more connected and experiencing improvements in stress levels, sleep quality and overall wellbeing. This substance-free experience offers an opportunity to explore altered states of awareness through breath alone in a supported environment. Suitable for those looking to invest in their wellbeing, reconnect with themselves and experience a different approach to stress reduction and personal development. No previous experience required.

**Sunday 11 Oct 5pm–7pm**

Claremont Girl Guide Hall, 5 Box hill Rd, Claremont
Cost: $80
Bookings: 0415 055 097 | aatranquil@gmail.com
www.aatranquil.com.au (close: 9/10)

## Cross Training

Freedom Health and Wellness

Challenge yourself with this fun and supportive Cross Training class designed for older adults. Improve your strength, balance, fitness and mobility through a variety of functional exercises that can be tailored to suit your individual ability and fitness level. Led by qualified exercise professionals, this welcoming class encourages you to work at your own pace while building confidence and enjoying the motivation of exercising with others. Whether you're looking to stay active, improve your health or try something new, you'll leave feeling stronger, energised and accomplished. Free for new participants during Seniors Month.

**Monday 5, 12, 19 and 26 Oct 9:30am–10:20am and 10:30am–11:20am**
**Tuesday 6, 13, 20 and 27 Oct 9:30am–10:20am**
**Wednesday 7, 14, 21, and 28 Oct 8:30am–9:20am**
**Thursday 1, 8, 15, and 29 Oct 9:30am–10:20am**
**Friday 2, 9, 16, 23 and 30 Oct 9:30am–10:20am**

Claremont Girl Guide Hall, 5 Boxhill Rd, Claremont
Enquiries: 0417 464 476

## Seniors Month – FREE 4-week Golf Introductory Program

Claremont Golf Club

This is a free 4-week golf introductory program hosted by PGA professional Roger Hughes at Claremont GC. All adults over the age of 55 are welcome to register and come along. Equipment can be supplied but if you have your own, please bring these along.

**Tuesday 6, 13, 20 and 27 Oct 12pm–1pm**

Claremont Golf Club, 1 Bournville Cres, Claremont
Bookings: https://golf.com.au/get-into-golf (close: 27/10)
Enquiries: 6249 1000

## Social Bowls

Claremont Bowls and Community Club

Claremont Bowls Club invites interested seniors to join us for social bowls. Bowls and coaching available for non-bowlers.

**Wednesday 14 Oct 5:30pm–8pm**

Claremont Bowls & Community Club, 1 Bournville Crescent
Cost: $10 (includes bowls and a BBQ)
Enquiries: 6249 2559

## Zumba

Freedom Health and Wellness

A high-energy, Latin-inspired dance workout that's all about fun, music and movement - no dance experience required! Led by a qualified Zumba instructor, this class is suitable for everyone! Free for new participants during Seniors Month.

**Wednesday 7, 14, 21, and 28 Oct 9:30am–10:20am**

Claremont Girl Guide Hall, 5 Boxhill Rd, Claremont
Enquiries: 0417 464 476

# CREMORNE

## Experience the Outrigger Canoe Community

Hobart Outrigger and Canoe Club

Reconnect, paddle and belong! Discover the joy of outrigger canoeing with the Hobart Outrigger and Canoe Club, affiliated with Paddle Australia. Whether you're trying something new, reconnecting with an active lifestyle, or bringing family or friends along, everyone is welcome. No experience is needed - we provide all equipment, including paddles and life jackets, and our experienced members will guide you every step of the way. Suitable for ages 5 and over, outrigger canoeing offers fitness, friendship and fun in a welcoming community. Bring a friend. Come and experience the water, the people and the unique spirit of paddling together.

**Sunday 18 Oct 9:30am–11:30am**

Pipe Clay Esplanade — Cremorne Boat Ramp, Cremorne
Bookings: 0477 676 703 | scranfield16@gmail.com (close: 4/10)

# CYGNET

## Friday Fitness Hussys

Cazars Mad For Zumba

Start of the month is Zumba Gold for active older adults: weighted dumbbells BYO, move and stretch, mystery gym day. BYO mat and water. Come along meet, move and have fun with us, we look forward to meeting you.

**Friday 2, 9, 16, 23 and 30 Oct 9:30am–10:30am**

Cygnet Town Hall, Main Rd, Cygnet
Cost: $15 cash only
Enquiries: 0400 089 515

## Cygnet Social/Games

Cygnet Social/Games

We arrive, have a chat, and start playing whatever game people like. Whether that is 500, Chess, Qwirkle, Sequence, Mah Jong, Triominos, Rummikub, or anything else available.

**Thursday 1, 8, 15, 22 and 29 Oct 12:30pm–4pm**

Unit 1, 5 Lourdes Rise, Cygnet 7112
Enquiries: 0437 050 746

## Cygnet Mah Jong

Cygnet Mah Jong

Mah Jong is the best analogue game ever, and is known to stave off dementia. It requires your brain to do a fair bit of work. Ones you know the game, you loooove it! No digital devices please!

**Tuesday 6, 13, 20 and 27 Oct 12pm–4pm**

Unit 1, 5 Lourdes Rise, Cygnet
Enquiries: 0437 050 746 (evenings)

## DERWENT PARK

### Free Hearing Checks at Derwent Park AMCAL

Hearing Australia

Hearing Australia and Derwent Park AMCAL have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.

*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Wednesday 7 Oct 9:30am–1pm**

254 Main Rd, Derwent Park

Enquiries: 6272 6601

## DODGES FERRY

### Eating with Friends

Okines Community House

Join us at Okines on the last Friday of the month at 12pm for a nutritious 2 course meal and meet new people.

**Friday 30 Oct 12pm–1pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $10 for a 2 course meal

Enquiries: 6265 7016

### Spinners & Weavers

Okines Community House

Join our friendly local members of the Handweavers, Spinners & Dyers Guild Tasmania Inc. Held on the second and fourth Friday of the month at Okines.

**Friday 9 and 23 Oct 10am–1pm**

The Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Enquiries: 6265 7016

### Okines Book Club

Okines Community House

Bring a plate to share and come along for a good book chat! Titles alternate between Library provided books and discussing current reads. Free to attend and all welcome.

**Thursday 8 Oct 12pm–1:30pm**

Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Enquiries: 6265 7016

### Okines Social Painting Group

Okines Community House

Meet some new people and spark your creativity at our fun and friendly social painting group! All are welcome to join and no bookings are necessary! BYO supplies – morning tea provided.

**Wednesday 7, 14, 21 and 28 Oct 10am–1pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $3

Enquiries: 6265 7016

### Okines Card Group

Okines Community House

Join us Tuesdays for a game of 500!

**Tuesday 6, 13, 20 and 27 Oct 1pm–3pm**

The Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $2

Enquiries: 6265 7016

### Okines Community Tai Chi

Okines Community House

Tai Chi is an effective exercise for health and wellbeing. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment required, please wear comfortable clothes.

**Tuesday 6, 13, 20 and 27 Oct 10am–11am**

The Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $5

Enquiries: 6265 7016

### Knit & Natter & Sew

Okines Community House

A weekly group open to all community members. Learn to knit, sew or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided. Drop in anytime on a Monday between 10:30am to 12:30, tea and coffee provided — the nattering is up to you!

**Monday 5, 12, 19 and 26 Oct 10:30am–12:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $2

Enquiries: 6265 7016

### Okines Chair Yoga

Okines Community House

Boost your fitness, strength, flexibility, balance and breathing in a gentle, fun and supportive class that helps you relax, feel great and move with easebreathingtreeyoga.com.au

**Friday 2, 9, 16, 23 and 30 Oct 1:30pm–2:30pm**

Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Cost: $15 per class or 6 class pass for $75

Enquiries: 0412 451 192

### Okines Creating Communities – Making Sessions

Okines Community House

Come along to Okines Community House every Thursday and get creative! Join a group project, bring something you're working on or perhaps try something new in a social and supportive environment! No experience necessary.

**Thursday 1, 8, 15, 22 and 29 Oct 12pm–2:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry

Enquiries: 6265 7016

## Dodges Ferry Flicks – Film Society

Okines Community House

Join us here at Okines on the 3rd Saturday of the month for D'Ferry Flicks with the Dodges Ferry Film Society. Come along at 6:30pm, enjoy a complimentary drink and bring a plate to share for a film screening starting at 7pm. BYO camp chair or cushion for comfort.

**Saturday 17 Oct 6:30pm–8pm**

The Terrapin Room - Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Cost: $25 for annual membership, $5 per casual
Enquiries: 6265 7016

# DOVER

## Get Together Barbeque

Dover Community Workshop

The Dover Community Workshop is hosting a barbeque where all seniors are welcome to join us and visit the shed to explore the range of activities that are available in their local community. The Workshop is open Tuesday and Thursday from 10am to 2pm. All adults are welcome.

**Thursday 15 Oct 11:30am–2pm**

Dover Community Workshop, 6987 Huon Highway, Dover
Bookings: 0403 350 524 | menssheddover@gmail.com
(close: 13/10)

# DUNALLEY

## Savour the Moment: The Recipe Exchange 'Sharing Food, Stories and Traditions'

Dunalley Tasman Neighbourhood House

Join us for a special Seniors Month edition of Eating with Friends, celebrating the recipes, stories and connections that bring our community together. Enjoy a delicious shared lunch, put your taste buds to the test in our fun Mystery Taste Challenge, and contribute your favourite recipe to help create the Community Recipe Book. Whether your recipe has been passed down through generations, reflects your cultural heritage or is simply a family favourite, we'd love you to share it. Come along for good food, plenty of laughs, wonderful conversation and the chance to celebrate the stories behind every recipe.

**Tuesday 6 Oct 11am–2pm**

Dunalley Community Hall, 5 Franklin St, Dunalley
Cost: $10
Bookings: communityconnector@dunalleytasman.org 6253 9000 | (close: 5/10)

# FERNTREE

## Wellbeing Club 13 Inc

Wellbeing Club 13 Inc

Benefit from the companionship of joining the Wellbeing Club for one of its weekly Wednesday walks. Meet at Fern Tree Park for morning tea (BYO) before walking along the Pipeline Track to Neika where we will stop for lunch (BYO) before returning the same way. Approx 8 km. Wear suitable clothing and sturdy footwear. Carry water, food and rain jacket in a daypack.

**Wednesday 14 Oct 10am–3pm**

Fern Tree Park, opposite the Fern Tree Tavern on Huon Rd
Enquiries: Sandra Newton 0419 519 451

# GEEVESTON

## Geeveston Mah Jong

Geeveston Mah Jong

Mah Jong is the best analogue game ever, and not at all as what can be played online. It requires your brain to do a fair bit of work. Once you know the game, you looooooove it! It is claimed to stave off dementia! No digital devices please!

**Monday 5, 12, 19 and 26 Oct 12pm–4pm**

Geco, 9b School Rd, Geeveston
Enquiries: 0437 050 746 (text only)

## Learn and Lunch – Navigating Aged Care Services

Geeveston Community Centre

Come and join us to celebrate ageing, learn about services to keep you well, and connect with your community. 11am-12:30pm Workshop: Navigating Aged Care Service — hear how this system works in plain language. Learn what supports and services the age care system provides. You will take home easy to follow guides on how to make your first call to My Aged Care, advocate for your needs and find the right service provider for you. Join us around the table for lunch (12:30-2:00pm) as we share stories, connect with one another and celebrate seniors and ageing in our community.

**Wednesday 7 Oct 11am–2pm**

Geeveston Community Centre, 9B School Rd, Geeveston
Cost: $5 contribution for lunch catering
Bookings: 6297 1616 | michelle@geevestoncommunitycentre.com | https://events.humanitix.com/learn-and-lunch-navigating-aged-care-services (close: 28/9)

# GLENORCHY

## Family History Help at Glenorchy Library

Libraries Tasmania

Get one-to-one help to build your family tree.
Bookings required.

**Friday 9 Oct 10:30am–3:30pm**

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: glenorchy.library@libraries.tas.gov.au 6165 5502 (close: 9/10)

## Free Hearing Checks at Glenorchy Library

Hearing Australia

Hearing Australia and Elizabeth Street AMCAL Hobart have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Thursday 29 Oct 9:30am–1:30pm**
4 Terry St, Glenorchy
Enquiries: 6165 5493

## Senior Assist Information Session

Community Transport Services Tasmania

Join us this Seniors Month for an informative talk at the CTST Glenorchy office, presented by Senior Assist. As a team of lawyers and case managers, Senior Assist provides free legal advice, help and support to seniors who are experiencing, or are at risk of elder abuse. Morning tea provided by CTST.

**Thursday 1 Oct 10am–11am**
CTST, 320 Main Rd, Glenorchy
Bookings: 1800 781 033 | https://tinyurl.com/28huyxep (close: 23/9)

## Beyond Blue Speaker

Community Transport Services Tasmania

Join us this Seniors Month to hear from a Beyond Blue volunteer, who will share their personal experience of living with a mental health condition. Beyond Blue Speakers are not trained professionals, they raise awareness and reduce stigma around mental health by sharing their stories. Morning tea will be provided.

**Thursday 8 Oct 10am–10:45am**
CTST, 320 Main Rd, Glenorchy
Bookings: 1800 781 033 | https://tinyurl.com/28huyxep (close: 1/10)

## Beamafilm – Ali and Ava at Glenorchy Library

Libraries Tasmania

A free movie and popcorn! Ali and Ava, both lonely for different reasons, meet and sparks fly. Over a lunar month a deep connection begins to grow, despite the legacy of Ava's past relationship, and Ali's emotional turmoil at the breakdown of his marriage. Sparks fly after Ali and Ava meet through their shared affection for Sofia, the child of Ali's tenants whom Ava teaches. As the pair begin to form a deep connection, they have to find a way to keep their newfound passion from being overshadowed by the stresses and struggles of their separate lives and histories.

**Friday 30 Oct 10:30am–12:30pm**
Glenorchy Library, 4 Terry St, Glenorchy
Bookings: glenorchy.library@libraries.tas.gov.au | 6165 5502 (close: 30/10)

## Warm Water Aqua Aerobics

Freedom Health and Wellness

Enjoy the benefits of exercising in the warmth and comfort of a heated pool. Our Warm Water Aqua Aerobics class is a fun, low-impact workout that helps improve strength, balance, fitness, flexibility and mobility while being gentle on the joints. Led by qualified exercise professionals, the class is suitable for a wide range of fitness levels and is ideal for anyone looking to stay active in a supportive and welcoming environment. Meet new people, enjoy moving your body and experience the many benefits of exercising in warm water. Bookings essential.

**Thursday 1, 8, 15 and 29 Oct 12:10pm–12:55pm and 1:10pm–1:55pm**
Revive Motional Health, 1a Anfield St, Glenorchy
Cost: $18
Bookings: admin@freedomhealthandwellness.com
0417 464 476 (close: 1/10)

## Move It Easy Exercises

Move It Easy Exercises

This class is all about celebrating what your body can do — at any age. The classes are focused on gentle, safe, and affective movements to 60's music. To improve strength, balance and flexibility, all while having a little fun along the way. These classes are a chance to feel good in your body, connect with others and keep enjoying the activities you love. So come as you are, move at your own pace and let's stay active together!

**Wednesday 14 Oct 9:30am–10:30am**
Tolosa Street Hall, 148 Tolosa St, Glenorchy
Cost: $15 per class
Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 31/10)

## Friendship Hub at Glenorchy Library

Libraries Tasmania

A safe, accessible and inclusive place for seniors in our community to come and share friendships and learn from each other.

**Thursday 22 Oct 10am–1pm**
Glenorchy Library, 4 Terry St, Glenorchy
Bookings: glenorchy.library@libraries.tas.gov.au
6165 5502 (close: 14/10)

## Creativity and Community – OneCare Ltd, Barossa Park Lodge

OneCare Ltd, Barossa Park Lodge

Celebrate Seniors Month at OneCare Barossa Park Retirement Village with a day of entertainment, connection, and discovery. Home Care Talks run 10am–11am and 2pm–3pm. Enjoy games and prizes from 10:30am, morning tea from 10:45am, guest speakers at 11am–11:45am and 1pm–1:45pm, live music 11:30am–12pm and 12:30pm–1pm, Village Tours at 2pm, and afternoon refreshments from 2:30pm. Meet residents and staff, explore retirement living, and learn about home care support. Everyone is welcome.

**Thursday 15 Oct 10am–3pm**
Barossa Park Retirement Village - Community Centre, 33A Clydesdale Avenue, Glenorchy
Enquiries: 6208 0800

## Knitting and Conversation at Glenorchy Library

Libraries Tasmania

Enjoy a relaxed time of knitting and conversation while meeting new people. New members are always welcome.

**Wednesday 14 Oct 10am–12pm**

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: glenorchy.library@libraries.tas.gov.au
6165 5502 (close: 14/10)

## Lawn Bowls

Glenorchy Rodman Bowls and Community Club

A great sport to help keep the mind, body and spirit active. A sport for all ages and abilities. No experience necessary, and lots of fun. We even provide the bowls if you don't have any. A great way to meet new friends! Please wear flat / smooth soled shoes, and dress appropriate for the weather. Located behind Glenorchy Centrelink.

**Tuesday 6, 13, 20 and 27 Oct 12pm–2:30pm**
**Friday 2, 9, 16, 23 and 30 Oct 12pm–2:30pm**

Rodman Bowls and Community Club, 2 Innes St, Glenorchy
Enquiries: 6273 2239

# HOBART

## Council on the Ageing (COTA) Tasmania's Ageing Together Expo

COTA Tasmania

On the International Day of Older Persons, join COTA Tasmania for the inaugural Ageing Together Expo, a new community event bringing people, organisations and generations together under one roof. Explore a range of stalls, activities and interactive displays from community groups, government agencies, businesses and local organisations, and discover practical ideas, programs and opportunities that help people stay connected to their communities, and make the most out of life.

**Thursday 1 Oct 11am–2pm**

C3 Convention Centre, 64 Anglesea St, South Hobart
Bookings: https://events.humanitix.com/ageing-together-expo (close 1/10)
Enquiries: 6231 3265 | www.cotatas.org.au (close: 31/7)

## Deep Water Aqua Aerobics

Doone Kennedy Hobart Aquatic Centre

A low impact water workout designed to move and stretch your body at your own pace. With a flotation belt to aid in buoyancy, and the addition of noodles and aqua dumbbells. The variety of exercises included makes this suitable for everyone. We have a large Aqua Aerobics timetable year round! Contact for more info if required.

**Monday 5, 12, 19 and 26 Oct 9:15–10am**
**Wednesday 7, 14, 21 and 28 Oct 9:15–10am**
**Friday 2, 9, 16, 23 and 30 Oct 9:15–10am**

The Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue, Queens Domain
Cost: Casual Class (Aqua Aerobics Concession) available to eligible concession card holders — $17.80
Bookings: 6222 6999 | dkhac@hobartcity.com.au (close: 2/10)

## Free Soldiers Walk and Deep Water Aqua Aerobics Class

Doone Kennedy Hobart Aquatic Centre

Two free activities: Soldiers Walk and a low impact water workout designed to move and stretch your body at your own pace. Contact us for more infomation.

**Wednesday 28 Oct 8:15am Soldiers Walk**
**Wednesday 28 Oct 9:15am Deep Water Aqua Aerobics Class**

The Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue, Queens Domain
Bookings: 6222 6999 | dkhac@hobartcity.com.au

## Free Hearing Checks at the Hobart Library

Hearing Australia

Hearing Australia and the Hobart Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Friday 9 Oct 9:30am–1pm**

1st Floor, 91 Murray St, Hobart
Enquiries: 6165 5597

## Your Future, Your Way – Everything You Need to Know about Estate Planning Starts Here

Public Trustee

Join the Public Trustee for one of their free seminars to learn how to make your financial, medical and legal wishes clear and legally recognised. Discover how documents such as a Will, Enduring Power of Attorney and Enduring Guardianship can help protect your interests and support those close to you. You'll also gain an understanding of the Public Trustee's role in providing a vital financial safety net for the Tasmanian community. These practical, informative sessions offer valuable guidance to help you plan ahead with confidence and safeguard your future wishes.

**Tuesday 13 Oct 10am–11am**

C3 Convention Centre, 64 Anglesea St, Hobart
Bookings: www.publictrustee.tas.gov.au/seniors-month-hobart-event (close: 8/10)
Enquiries: 6235 5217

## Children's Lunch

Mathers House

In addition to the regular lunch we are serving at Mathers House, we have special lunch meals for children this month. Bring along your grandkids for a healthy and tasty meal!

**Monday-Friday all Oct 12pm–1:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Cost: Two courses for children at $7 per person
Enquiries: 6234 1441

## Yoga with Jenn

Mathers House

Uplifting morning yoga.

**Monday 5, 12, 19 and 26 Oct 10am–11am**

Lower Mathers, 108-110 Bathurst St, Hobart
Cost: $10 per person
Enquiries: 6234 1441

## Zumba Gold with Ashley

Mathers House

Zumba Gold is a fun, low-impact dance fitness class designed especially for active older adults and beginners. It features easy-to-follow dance moves set to lively music, focusing on improving balance, coordination, flexibility, and overall fitness—and you can do it at a pace that suits you!

**Monday 5, 12, 19 and 26 Oct 10am–11am**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $8 per person
Enquiries: 6234 1441

## Tai Chi for Beginners with Georgina

Mathers House

Improve your health and balance.

**Monday 5, 12, 19 and 26 Oct 11:15am–12:15pm**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $2 per person
Enquiries: 6234 1441

## Quiz with Frances & Paula

Mathers House

Test your wit and knowledge. Second Monday of every month.

**Monday 12 Oct 11:15am–12:15pm**

Mathers House - Lower level, 108 - 110 Bathurst St, Hobart
Enquiries: 6234 1441

## Stronger for Longer with Manu

Mathers House

Cardio/strength class suitable for all levels.

**Monday 5, 12, 19 and 26 Oct 1pm–1:45pm**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $10 per person
Enquiries: 6234 1441

## Mah Jong

Mathers House

For those who know how to play. Improves cognitive, mental and social interaction.

**Mondays and Wednesdays 1:30pm–3:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Quiddler with Lois

Mathers House

This entertaining card game is similar to Scrabble, but you don't need long words to win! It's easy to learn but hard to stop playing.

**Monday 5, 12, 19 and 26 Oct 1:30pm–3:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## IT Basics

Mathers House

One on one basic coaching for computers and phones, by appointment only. Booking essential.

**Monday 5, 12, 19 and 26 Oct 1pm–3pm**
**Tuesday 6, 13, 20 and 27 Oct 10am–12pm, 1pm–3pm**

Mathers House, 108-110 Bathurst St, Hobart
Bookings: 6234 1441

## Five Crowns

Mathers House

Easy card game - similar to gin rummy with a twist - beginners welcome.

**Monday 5, 12, 19 and 26 Oct 2pm–4pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Hobart Ukulele Group

Mathers House

Any ability welcome. Request in advance to borrow a uke.

**Monday 5, 12, 19 and 26 Oct 6:45pm–8:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Cost: Gold Coin
Enquiries: 6234 1441

## Line Dancing with Ngaire

Mathers House

Low impact exercise that improves cardiovascular health, balance and coordination.

**Tuesday 6, 13, 20 and 27 Oct 10am–10:45am**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $2
Enquiries: 6234 1441

## Core, Balance and Stretch with Manu

Mathers House

Take charge of your mind-body connection. Improve your flexibility, balance and strength.

**Tuesday 6, 13, 20 and 27 Oct 10am–10:50am**

Lower Mathers, 108-110 Bathurst St, Hobart
Cost: $10
Enquiries: 6234 1441

## Tai Chi with John

Mathers House

Improve your flexibility, balance and strength.

**Tuesday 6, 13, 20 and 27 Oct 11am–12:30pm**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $2
Enquiries: 6234 1441

## Knitting Group

Mathers House

Bring your current project and join the group as we enjoy a yarn.

**Tuesday 6, 13, 20 and 27 Oct 2pm–4pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Spanish Class with Ricardo

Mathers House

All levels welcome. Class runs every week (except the second Tuesday of the month). Bookings essential.

**Tuesday 6, 20 and 27 Oct 5pm–6pm**

Mathers House - Lower level, 108-110 Bathurst St
Cost: Seniors $6 per class or $55 for 10 classes
Bookings: 6234 1441

## Paper Craft with Catherine

Mathers House

Learn to make cards — materials provided. On every Wednesday, bookings essential.

**Wednesday 7, 14, 21 and 28 Oct 10am–11:15am**

Mathers House - Upper Level, 108-110 Bathurst St
Cost: Seniors $7 pp
Enquiries: 6234 1441

## Talking Cafe

Mathers House

Come along for a friendly chat and a cuppa 10am to 12pm – everyone is welcome. Our Talking Café is held on the last Wednesday of each month and is led by Anne and Jan. You're also welcome to drop in on other weekdays to relax, read the newspaper, and enjoy a chat with other visitors.

**Wednesday 28 Oct 10am–12pm**

Mathers House - Upper Level, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Lunch Talk – Staying Safe Online

Mathers House

It's not only Seniors Month, but also Get Online Week. Peter Edwards from Neighbourhood Watch is an expert on how to stay safe online and will deliver a lunch talk. Arrive at 12pm to secure a seat and order lunch beforehand. Attendance free, lunch at own cost.

**Wednesday 21 Oct 12:30pm–1:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Scrabble with Friends

Mathers House

Enjoy a friendly game of scrabble. Meet at 12pm for a pre-game lunch and then play until you've run out of words. Normal lunch price.

**Wednesday 7, 14, 21 and 28 Oct 1pm–3pm**

Mathers House - Upper Level, 108-110 Bathurst St
Enquiries: 6234 1441

## How to Protect Your Legal Rights As You Age

Mathers House

Presented by Senior Assist, Tasmania Legal Aid - how to protect your legal rights as you age.

**Wednesday 21 Oct 1:30pm–2:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Learn Mah Jong – Sneak Peak

Mathers House

Would you like to learn about Mah Jong? Observe learners of our current class to see if the game is the right fit for you. We offer courses to learn the game all year long.

**Wednesday 7, 14, 21 and 28 Oct 1:30pm–3:30pm**
**Thursday 1, 8, 15 and 29 Oct 1:30pm–3:30pm**

Mathers House, 108-110 Bathurst St, Hobart
Bookings: 6234 1441

## Variety Concert – Playing Our Part

Mathers House

Our theatre group POP has prepared a mix of variety and comedy for your entertainment

**Wednesday 28 Oct 1:30pm–3pm**

Criterion House, 108-110 Bathurst Street Hobart, Hobart
Cost: Gold Coin
Enquiries: 6234 1441

## Special Event – Stand Up for Ageing

Mathers House

Stand up comedy - Stand up for Ageing but not necessarily on the bus. Special event with Daryl Peebles.

**Wednesday 14 Oct 2pm–3pm**

Mathers House - Upper Level, 108-110 Bathurst St, Hobart
Cost: Gold Coin
Enquiries: 6234 1441

## Rock Jam Session

Mathers House

Join our Community Rock jam session! Bring your own instruments and gear.

**Wednesday 7, 14, 21 and 28 Oct 6:45pm–9pm**

Mathers House, 108-110 Bathurst St, Hobart
Cost: Gold Coin
Enquiries: 6234 1441

## Coffee Walk with Heather

Mathers House

Enjoy the outdoors with friends. Meet outside C3 Church to walk along Hobart Rivulet Track. Held once a month at different locations.

**Thursday 22 Oct 10am–12pm**

Off-site, 10-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Broadway Boogie with Ashley

Mathers House

Low impact musical theatre style movement. On every Thursday.

**Thursday 1, 8, 15, and 29 Oct Oct 10am–11am**

Criterion House, 108-110 Bathurst Street, Hobart
Cost: Seniors $8pp
Enquiries: 6234 1441

## Mat Pilates with Lisa

Mathers House

A great start or continuation of your fitness journey. On every Thursday.

**Thursday 1, 8, 15, and 29 Oct 11:10am–12pm**

Mathers House - Lower level, 108-110 Bathurst St
Cost: $10
Enquiries: 6234 1441

## Serenity in the City with Helen

Mathers House

Enhance your focus and mental clarity with a 30 minute guided meditation. Every Thursday.

**Thursday 1, 8, 15, and 29 Oct 12:30pm–1pm**

Mathers House - Lower level, 108-110 Bathurst St
Enquiries: 6234 1441

## Special Event – Long Table Lunch

Mathers House

Put a spring in your step with a 3-course special menu — first drink included. Special Event — can purchase tickets onsite or by phone Monday to Friday 9.30-3pm.

**Thursday 29 Oct 12pm–1:30pm**

Mathers House - Upper Level, 108-110 Bathurst St, Hobart
Cost: Adults $25pp
Bookings: 6234 1441 (close: 26/10)

## Quilt Making with Sue

Mathers House

Make a quilt — no experience required — materials provided. On every Thursday.

**Thursday 1, 8, 15 and 29 Oct 2pm–4pm**

Mathers House, 108-110 Bathurst St, Hobart
Cost: $10pp or $5 for concession card holders
Enquiries: 6234 1441

## Midcity School for Seniors

Mathers House

Speakers program with talks on a wide variety of topics followed by morning tea. The class schedule is published on the Mathers House Facebook page.

**Friday 23 and 30 October 10am–12pm**

Criterion House, 108-110 Bathurst St, Hobart
Cost: $2
Enquiries: 6234 1441

## Friday Films

Mathers House

Every third Friday of the month we show a film in collaboration with the State Library. This month's movie is "How to Live Forever" (2009, 1 h 34 mins, rated MA15+). Director Mark Wexler embarks on a worldwide trek to investigate just what it means to grow old and what it could mean to really live forever.

**Friday 16 Oct 1:45pm–3:30pm**

Mathers House - Lower Level, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## Tai Chi – Introduction

Mathers House

Class for first timers.

**Friday 9, 16, 23 and 30 Oct 1pm–2pm**

Criterion House, 108-110 Bathurst Street Hobart, Hobart
Cost: Gold Coin
Enquiries: 6234 1441

## Great Balls of Fibre with Sam

Mathers House

Knitting, crochet and craft for men. Once a month.

**Sunday 4 Oct 1pm–3pm**

Mathers House - Lower level, 108-110 Bathurst St, Hobart
Enquiries: 6234 1441

## The Healthcare System Doesn't Have to be Confusing – Ask A Health Navigator

St Lukes

We know there's a lot of information out there and it can be hard to know where to start. Whether you're a member or not, our Health Navigators can help you find the right services to support your health and wellbeing. Free and confidential. We do the searching for you. Personalised options based on your needs. Only open Monday to Friday.

**Monday-Friday all of Oct 9am–5pm**

St Lukes Hobart, 72 Elizabeth St, Hobart
Enquiries: 1300 361 988

## Adaptive Yoga for Every Body

St Lukes Hobart

Join us in our wellness hub for a range of movement sessions for the whole community this October. Our yoga sessions focus on improving your flexibility and mobility, balance and co-ordination with classes designed for all bodies and levels of experience. Go to St Lukes events on their website to make your bookings and get moving this October! Bookings essential.

**Monday 5 Oct 11am–11:45am**

Bookings: https://square.link/u/zwZjnctK (close: 4/10)

**Monday 12 Oct 1:30pm–2:15pm**

Bookings: https://square.link/u/sxrno88m (close: 11/10)
St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Cost: $10
Enquiries: 0497 965 888

## Strength For Life by Kieser

St Lukes Hobart

Join St Lukes Hobart in our wellness hub for a range of movement sessions for the whole community FREE for seniors this October. Strength for Life aims to improve the health and vitality of older with a combination of strength and balance exercises to help improve physical fitness and mobility for a better quality of life. Go to St Lukes events on their website and use the code SENIORS2026 when making your bookings and get moving this October! Bookings essential. Runs all year round.

**Monday 5, 12, 19 and 26 Oct 9:30am–10:30am**
**Wednesday 7, 14, 21 and 28 Oct 9:30am–10:30am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 31/10)
Enquiries: 0497 965 888

## Navigating the Aged Care Maze with Confidence with GDA

St Lukes Hobart

Finding the aged care maze hard to navigate? Join GDA for this FREE seminar on how to navigate the maze. Whether you need to help a parent, you are planning ahead or would like more general information, GDA will explain the choices for accessing aged care. You will learn about: the types of aged care services; the costs of residential aged care; the payment options available and strategies to optimise your financial outcome.

**Monday 12 Oct 10am–11am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 11/10)
Enquiries: 0497 965 888

## Free Health Checks for Everyone

St Lukes

Drop in to the St Lukes wellness hub in Hobart and have your blood pressure, heart rate, body fat percentage, height, body mass index, weight, smoking status, perceived stress and Type 2 Diabetes risk checked from a medical grade SiSUhealth station. It is free and simple to use, all you need is an email address and spare five minutes. If you have any questions, one of our dedicated Health Navigators will be on hand to assist. No bookings required. Only open Monday to Friday.

**Monday–Friday all of October 9am–5pm**

Hobart Wellness Hub, 72 Elizabeth St, Hobart
Enquiries: 1300 651 988

## Mat Pilates

St Lukes Hobart

Join St Lukes Hobart in our wellness hub for a range of movement sessions for the whole community FREE for seniors this October. Mat Pilates is a form of exercise that focuses on strengthening the core muscles, improving flexibility and enhancing overall body alignment for all abilities. Go to St Lukes events on their website and use the code SENIORS2026 when making your bookings and get moving this October! Bookings essential.

**Monday 5, 12, 19 and 26 Oct 12:15pm–1pm**
**Wednesday 7, 14, 21 and 28 Oct 12:15pm–1pm**
**Thursday 1, 8, 15, 22 and 29 Oct 8am–8:45am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 31/10)
Enquiries: 0497 965 888

## Osteoporosis Awareness and Prevention

St Lukes Hobart

Join OsteoStrong for an insightful presentation on bone health. Discover the essential role of minerals, vitamins, exercise and hormones in maintaining strong bones, and learn strategies to prevent bone loss as we age. Equip yourself with the knowledge to protect your bones and ensure lifelong strength. This session is designed to benefit all, particularly those at risk of osteoporosis and other conditions related to bone density.

**Monday 19 Oct 5:15pm–6:15pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 18/10)
Enquiries: 0497 965 888

## 1000 Hearts – Create & Gift

St Lukes Hobart

1000 Hearts is a social enterprise which encourages kindness through action. Our global community makes eco-friendly felt pocket hearts which are created and gifted in random acts of kindness. We will provide materials and instruction for attendees to make their own hearts and learn about the benefits of compassion. This is a walk-in event, no bookings required.

**Tuesday 6 Oct 9am–11:30am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## Building Healthy Eating Habits – Nutrition Workshop

St Lukes Hobart

Join our monthly nutrition workshop with Accredited Practising Dietitian Lizzie Edwards, designed to support you in building practical, sustainable healthy eating habits. Whether you're looking to improve your overall wellbeing, boost your energy, or support healthy blood sugar levels, this session offers simple, evidence-based guidance you can apply every day. Suitable for all adults, no prior knowledge needed – just a willingness to learn and invest in your health. Each monthly session explores a different topic or focus area, providing a variety of practical tips and insights across the year.

**Tuesday 20 Oct 10am–11am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 20/10)
Enquiries: 0497 965 888

## Samchykivka Floral Folk Art

St Lukes Hobart

Inspired by Australia's beloved blue wren and the vibrant tradition of Ukrainian Samchykivka folk art, this workshop invites you to slow down, pick up a brush and create something beautiful. Under the guidance of artist Anna Mykhalchuk, you'll explore bold colour, flowing shapes and symbolic pattern — discovering how two cultures can speak the same language through nature and art. No experience needed. Just bring curiosity and an open heart. Walk away with a finished artwork, a moment of calm, and a story worth telling.

**Tuesday 13 Oct 9:30am–11am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Cost: $45
Bookings: https://events.humanitix.com/blue-wren-bloom-samchykivka-art-for-wellbeing/tickets (close: 12/10)
Enquiries: 0497 965 888


Visit our Community Activities webpage



COTA TASMANIA

cotatas.org.au/events-and-activities/activities

## Create & Connect by Relationships Australia

St Lukes Hobart

Share quality time with your grandchildren these school holidays. This fun, hands-on craft workshop invites parents, grandparents and senior carers to connect with children aged 5–12 through games, movement and relaxing art-making. Led by Relationships Australia, the session supports positive, communication and joy across generations. Come along to strengthen your bond relationships, spark creativity, and learn more about each other in a warm, supportive environment. This is a joint grandparent/carer and child session designed to be playful, meaningful and memorable.

**Tuesday 6 Oct 12:30pm–2pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 5/10)
Enquiries: 0497 965 888

## Mindfulness Meditation with Dr Bruno Cayoun

St Lukes Hobart

Join Dr. Bruno Cayoun for a 45-minute mindfulness meditation to enhance presence, emotional balance, and compassion through mindfulness of breath, body sensations and loving-kindness meditation. Dr. Cayoun is an experienced psychologist who has been teaching mindfulness meditation in clinical practice for the past 25 years to support wellbeing and personal growth.

**Wednesday 7 Oct 5:45pm–6:30pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Bookings: www.stlukes.com.au/events (close: 6/10)
Enquiries: 0497 965 888

## Sip & Sow

St Lukes Hobart

Join St Lukes Hobart in our wellness hub for a range of events for the whole community. Connect with likeminded community members, enjoy a cuppa and plant some vegetable seeds into a compostable pot which you get to take home. Bring your friends and family for this enjoyable hands-on pop-up event at St Lukes Hobart. No bookings required for this pop-up event.

**Thursday 1 Oct 10am–1pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## Warming Wednesdays Soup Kitchen

St Lukes Hobart

Join St Lukes Hobart in celebrating Seniors Month with a free lunchtime soup kitchen for all. Grab a seat or a takeaway, spark up a conversation with someone new and share a story or recipe about your favourite soup! Feel free to bring the whole family and connect over a tasty soup. No bookings required. 2 hour event or until soup lasts.

**Wednesday 7, 14, 21 and and 28 Oct 11:30am–1:30pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## Thankful Thursdays – Pop Up Postcard Exchange

St Lukes Hobart

Visit St Lukes this month and take part in simple activities celebrating connection, gratitude and community. Leave a positive message on our gratitude wall for others to read, or write a heartfelt postcard to someone in your life to take away and send. Sometimes the smallest gestures can make the biggest impact. No bookings required and all materials are provided (please note stamps are not included).

**Thursday 1, 8, 15, 22 and 29 Oct 9am–5pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## 9D Breathwork Break – Practical Tools, Powerful Reset

St Lukes Hobart

A focused session combining simple breathwork techniques with a shorter 9D journey, designed to support your nervous system without a big time commitment. Learn tools you can use anytime, experience a guided mini 9D journey and be supported to feel calmer, clearer and more in control of your nervous system. Perfect for busy people wanting a meaningful shift, fast.

**Thursday 15 Oct 12pm–12:45pm**

St Lukes Hobart wellness hub, 72 Elizabeth St, Hobart
Cost: $15
Bookings: www.stlukes.com.au/events (close: 14/10)
Enquiries: 0497 965 888

## Puzzle for Pituitary

St Lukes Hobart

Join us this October for Pituitary Awareness Month and get involved in Puzzle for Pituitary! Drop in anytime and enjoy fun, relaxed puzzle stations for all ages—go solo or connect with others at a communal table. Complimentary tea and coffee provided while you piece things together, connect and learn more about pituitary in Tasmania. No bookings needed—just pop in! Find out more about pituitary health at: https://pituitary.asn.au

**Thursday 1 Oct 2pm–4pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## World SMILE Day with St Lukes Dental (Pop-Up)

St Lukes Hobart

As part of Seniors Month, join us for a welcoming pop-up dental session open to the whole community. Drop in to access helpful resources, giveaways, and friendly advice from the St Lukes Dental team. Whether you're a senior or supporting one, this is a great opportunity to ask questions, pick up oral health tips, and learn how to keep your smile healthy at every age. No bookings required for this pop-up event.

**Friday 2 Oct 10:30am–1:30pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## Hearing Australia – FREE 15 min Hearing Checks

St Lukes Hobart

Rediscover the sounds you love with a quick free 15-minute hearing check* with Hearing Australia's friendly team. At the hearing check, Hearing Australia staff will guide you through maintaining good hearing health and provide information on how to manage common hearing issues. Take the first step to start your journey towards better hearing. Walk in and make your booking on the day in our wellness hub from 9am. To secure a hearing check Hearing Australia staff will guide you through maintaining good hearing health and provide information on how to manage common hearing issues. Take the first step to start your journey towards better hearing. Walk in and make your booking on the day in our wellness hub from 9am. To secure a hearing check, you must book with our team on the day.

**Friday 2 Oct 9am–2pm**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## Community Connect Morning Tea with The Silvertones

St Lukes Hobart

Slow down, connect and enjoy a moment of wellbeing at our Community Connect Morning Tea. Share a cuppa and friendly conversation while The Silvertones provide gentle, mood-boosting barbershop harmonies that evoke warmth, nostalgia and joy. This welcoming event is designed to support social connection and wellbeing in a calm, relaxed setting. Everyone is welcome — come along, unwind, and enjoy the comfort of community.

**Friday 30 Oct 10am–11:30am**

St Lukes wellness hub Hobart, 72 Elizabeth St, Hobart
Enquiries: 0497 965 888

## MADE Mature Artists Dance Experience – Introductory Classes

MADE Mature Artists Dance Experience

Discover contemporary dance with MADE! These welcoming Introductory Classes, led by experienced MADE tutors, use simple creative dance and movement to build wellbeing, confidence and connection. No dance experience is needed –just come along, move at your own pace and enjoy trying something new. Introductory classes are held at St Lukes Wellness Hub. Celebrate Ageing – Dance! MADE dance classes are usually only available in 10 week blocks. These Introductory Classes are your opportunity to try a single session, or just a few classes, and dip your toe into Contemporary Dance.

**Thursday 29 Oct 10am–11am**

St Lukes Wellness Hub, 72 Elizabeth St, Hobart
Cost: $17
Bookings: dance@madecompany.com.au
https://events.humanitix.com/2026-introduction-to-contemporary-dance-made-at-st-lukes-wellness-hub
(close: 27/10)
Enquiries: 0427 198 845

## MADE Transformative – Mature Artists Dance Experience Costume Exhibition and Parade

MADE Mature Artists Dance Experience

Visit MADE TRANSFORMATIVE, an exhibition celebrating 21 years of dance through costume, storytelling and film. This is a rare chance to see MADE's performance costumes in detail. At midday, watch a vibrant costume parade performed by MADE dancers as they bring the exhibition to life. For over 20 Years MADE has been celebrating creativity, wellbeing and connection, while challenging perceptions of ageing through artistry, dance and theatre. Costumes and dance can both be transformative. Together, we celebrate dance as a powerful force for expression, belonging and community. Visit www.madecompany.com.au to see footage of costumes in past productions.

**Friday 16 and Saturday 17 Oct 10am–3:30pm**

St Lukes Wellness Hub, 72 Elizabeth St, Hobart
Enquiries: 0427 198 845 | dance@madecompany.com.au

## TMAG Walk and Talk: Convict Artisans

Tasmanian Museum and Art Gallery

Did we benefit from the work of convict artisans? Join experienced museum guide Rosie Severs and discover more about the artisan skills of convict Hobart and their legacy. Please meet your guide on the TMAG Courtyard verandah.

**Tuesday 27 Oct 11am–12pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Bookings: 6165 7000 | www.trybooking.com/DNQLS
(close: 27/10)

## Tasmanian Museum and Art Gallery Highlight Tour – Part One

Tasmanian Museum and Art Gallery

Explore The Tasmanian Museum and Art Gallery's (TMAG) Welcome Garden, historic Commissariat complex and the Bond Store exhibitions with a TMAG guide. Please note: this is a scheduled public tour available to all throughout the year. Please meet your guide on the TMAG Courtyard verandah.

**Friday 2, 9, 16, 23 and 30 Oct 1pm–2pm**
**Sunday 4, 11, 18 and 25 Oct 1pm–2pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Enquiries: 6165 7000

## Tasmanian Museum and Art Gallery Highlight Tour – Part Two

Tasmanian Museum and Art Gallery

Discover the treasures and exhibitions in the Henry Hunter galleries with a TMAG guide. Please note: this is a scheduled public tour available to all throughout the year. Please meet your guide in the TMAG Central Gallery.

**Friday 2, 9, 16, 23 and 30 Oct 2pm–3pm**
**Sunday 4, 11, 18 and 25 Oct 2pm–3pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Enquiries: 6165 7000

## Art Gallery Tour

Tasmanian Museum and Art Gallery

Join a TMAG art guide to explore the current art exhibitions and state collection. Please note this is a scheduled public tour available to all. Please meet your guide in the TMAG Central Gallery.

**Friday 2, 9, 16, 23 and 30 Oct 11am–12pm**
**Saturday 3, 10, 17, 24, 31 Oct 11am–12pm**
**Sunday 4, 11, 18 and 25 Oct 11am–12pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Enquiries: 6165 7000

## Sketching in the TMAG Galleries

Tasmanian Museum and Art Gallery

Join TMAG's experienced art guides for this informal drawing session. Using pencil, discover an enriching way to engage with the artworks at The Tasmanian Museum and Art Gallery. Meet your guide in the TMAG Central Gallery.

**Friday 30 Oct 11:30am–1pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Bookings: 6165 7000 | tmag.bookings@tmag.tas.gov.au | www.trybooking.com/DNPZS (close: 30/10)

## RACT Years Ahead: Seniors Month Road Safety Session Hobart

RACT

Enjoy a group presentation designed to give experienced drivers valuable information to help keep them safe on the road. The group presentation covers: road safety tips for drivers and pedestrians, road rules, the importance of choosing a safe car, the importance of being fit to drive, the impact of health and medications on driving and how to assess your own driving ability.

**Wednesday 28 Oct 5:30pm–6:30pm**

RACT House, 179-191 Murray St, Hobart
Bookings: community@ract.com.au
https://events.humanitix.com/ract-years-ahead-seniors-month-road-safety-session-hobart (close: 28/10)
Enquiries: 132 722

## A Better Future for Osteoarthritis in Tasmania

Menzies Institute for Medical Research, University of Tasmania

Tasmania has some of the longest joint replacement wait times in the country, and one of the highest rates of opioid prescribing. But surgery and painkillers aren't the only path forward for people with osteoarthritis. Join Associate Professor Dawn Aitken for an eye-opening look at how exercise is often underused as a first-line treatment, and how physiotherapy programs could ease pressure on our health system while helping people stay active, mobile, and pain-free for longer.

**Thursday 8 Oct 10am–11am**

Menzies Institute for Medical Research, 17 Liverpool St
Bookings: https://events.humanitix.com/a-better-future-for-osteoarthritis-in-tasmania (close: 8/10)
Enquiries: 0423 740 440 | Caitlin.mcleod@utas.edu.au

## Free Legal Clinic for Seniors

COTA Tasmania

Are you an older Tasmanian needing legal advice? Legal Aid's clinics, held at COTA Tasmania, offer free, private and confidential 30-minute appointments. Appointments are held in our Hobart office, if you are unable to attend our office we can book a phone consultation from anywhere in the state. Bookings are essential. We offer phone appointments for those living outside the Hobart area or if you would prefer this option.

**Wednesday 7 Oct 10am–12pm**

COTA Tasmania, Level 12, 39 Murray St, Hobart
Bookings: 6231 3265 | admin@cotatas.org.au (close: 6/10)

## Living Life to the Fullest – Reframing Palliative Care (Hobart)

Palliative Care Tasmania

Join us for an informative and welcoming session exploring how palliative care can improve quality of life, the importance of having meaningful conversations, planning ahead, Advance Care Directives, and managing symptoms. There will also be plenty of opportunity to ask questions in a supportive environment. During the session, you'll be invited to take part in a relaxing 1000 Hearts stitching activity, helping create small handmade hearts that share kindness and comfort with people experiencing difficult times. No sewing experience is needed.

**Tuesday 13 Oct 2:30pm–4:00pm**

St Lukes Wellness Hub, 72 Elizabeth St, Hobart
Enquiries: 0418 765 610

## Is Your Back Hurting?

Hobart Chiropractic Centre

Are you suffering from back pain, or at risk of back pain? Find out who are most at risk of back pain. Find out if back pain sufferers should use medication alone to treat their back pain. Is back pain holding you back? This Seniors Month, take a step to seeking answers. Book for a complimentary screening.

**Monday 5, 12, 19 and 26 Oct 8am–6pm**
**Tuesday 6, 13, 20 and 27 Oct 8am–6pm**
**Wednesday 7, 14, 21 and 28 Oct 8am–5pm**
**Thursday 1, 8, 15, 22 and 29 Oct 2pm–6pm**
**Friday 2, 9, 16, 23 and 30 Oct 8am–6pm**

Hobart Chiropractic Centre, 181 Harrington St, Hobart
Bookings: 6231 6131 | admin@hobartchiropractic.com.au
www.hobartchiropractic.com.au (close: 31/10)

## Senior's Month Tour of the Forest and Morning Tea

University of Tasmania

Join University of Tasmania staff for a guided tour of the Forest Building. Discover the facilities, learn more about the work taking place within the building, and meet some of the people who work there. Afterwards, enjoy a morning tea with the opportunity to connect with staff, ask questions, and continue the conversation.

**Friday 2 Oct 10am–12pm**

The Forest, 83 Melville St, Hobart
Bookings: https://events.humanitix.com/senior-s-month-tour-of-the-forest-and-morning-tea (close: 1/10)
Enquiries: 6324 3249

## Science Bites: Discover, Dine and Be Inspired A Free Lecture and Lunch Event

Presented by the Wicking Dementia Centre and the ISLAND Project

Curious about the latest discoveries in brain health and dementia research? Join us for Science Bites, a relaxed and engaging lunchtime event that brings science to life. Enjoy thought-provoking talks from leading researchers and experts as they explore the science of dementia, ways to reduce dementia risk, and exciting innovations shaping the future of brain health. After the presentations, stay for a complimentary light lunch and our Meet the Researchers. This is your opportunity to chat directly with scientists and researchers, ask questions, share ideas, and gain firsthand insights into current research. Whether you're interested in healthy ageing, lifelong learning, or simply discovering something new, there's something for everyone. Enjoy a free lunch while exploring new ideas.

**Thursday 1 Oct 11am–1pm**

University of Tasmania, Medical Sciences Precinct, 17 Liverpool St
Bookings: https://events.humanitix.com/science-bites-event | island@dementia.utas.edu.au (close: 30/9)
Enquiries: 6226 6999

## Speaking Made Easy – Hobart CBD – Communicate with Confidence

Speaking Made Easy

Have you been asked to host an event at your community group? Want to overcome your nerves when speaking in public? Have you been asked to join a committee but not sure about meeting procedures? Well come join members of Speaking Made Easy to practice your communication and meeting procedure skills. Learn to speak effectively in front of an audience that is there to encourage and support you. Each meeting is packed with tips and tricks to help develop your speaking and meeting skills. Registration is essential as space is limited. For more information go to https://speakingmadeeasy.com.au/hobart-city

**Monday 12 Oct 1:05pm–1:55pm**

Bookings: https://speakingmadeeasy.wildapricot.org/event-6536862 (close: 7/10)

**Monday 26 Oct 1:05pm–1:55pm**

Bookings: https://speakingmadeeasy.wildapricot.org/event-6536863 (close: 21/10)
Office of Andrew Wilkie, Ground Floor 188 Collins St, Hobart

## The Breed – Party like it's 1966!

City of Hobart

If you love that 1960's sound then this is the gig for you. The Breed's unique and popular blend of rock, Merseybeat, mod, R&B and power-pop will have you up and grooving in the beautiful Town Hall ballroom in no time! Yeah, baby, yeah! This free concert will celebrate the 100th meeting of the Hobart Older Person's Reference Group, which has supported positive ageing activities, events and programs at the City of Hobart since 2013.

**Tuesday 27 Oct 2pm–4pm**

Hobart Town Hall, 50 Macquarie St, Hobart
Bookings: https://events.humanitix.com/the-breed-at-town-hall | mathersplace@hobartcity.com.au (close: 26/10)

## Tune Up @ 2 Concert

City of Hobart & Australian Army Band Tasmania

Join the Australian Army Band Tasmania for the final Tune Up @ 2 concert for 2026. The Town Hall Ballroom will once again provide a magnificent setting to enjoy your old favourites the way you remember them. These remarkable performers are also well known for putting their unique big band stamp on the pieces they perform so you can also expect a few very pleasant surprises.

**Sunday 11 Oct 2pm–3pm**

Hobart Town Hall, 50 Macquarie St, Hobart
Enquiries: 6234 1441 | mathersplace@hobartcity.com.au

## From the Lab to Your Life: New Medical Research in Tasmania

Menzies Institute for Medical Research, University of Tasmania

Hear from three of our PhD students who are working to improve health outcomes for Tasmanians. Read more about the topics and register on the Humanitix event page. Attendance can be in person or online. Those who have registered online will be emailed a link to the live stream a few days before the event. There is no parking available within the building, we recommend parking at a nearby public car park, such as the Argyle street car park. Toilets are available. This event is wheelchair accessible.

**Monday 19 Oct 11am–12pm**

Menzies Institute for Medical Research, 17 Liverpool St
Bookings: https://events.humanitix.com/from-the-lab-to-your-life (close: 19/10)
Enquiries: 0423 740 440 | Caitlin.mcleod@utas.edu.au

## Game On: Board Game Meet Up

Libraries Tasmania - Hobart Library

Join our growing community of board gamers for some fun! We've got a library of games for you to explore—or bring your favourite to share with the group. Whether you're a seasoned strategist or just looking for a good laugh, there's something for everyone! Come alone or bring your friends, everyone is welcome. Light refreshments provided.

**Friday 23 Oct 5pm–7pm**

Hobart Library, Level 1, 91 Murray St, Hobart
Bookings: hobartlend.library@libraries.tas.gov.au https://tinyurl.com/yx3awzbh (close: 23/10)
Enquiries: 6165 6448

## Digital Skills Support

Libraries Tasmania - Hobart Library

Do you need help using a computer, your smart phone or tablet? Whether you are starting from the basics or building on existing skills, support is available to help you. Book some time with our Digital Mentor volunteers. Various time slots available. Contact the library to book. Please note there are various time slots available from approximately 10:00am until 4:00pm depending on volunteer availability.

**Every day in October 10am–4pm**

Hobart Library, Level 1, 91 Murray St, Hobart
Bookings: hobartlend.library@libraries.tas.gov.au
6165 5597 | https://libraries.tas.gov.au/

## Knitworking: Knitting Meet Up

Libraries Tasmania - Hobart Library

Knitworking is for anyone who enjoys yarn crafts or wants to learn! Bring a coffee or lunch, your project or start something new. Yarn and needles are available to get you started if you're a beginner. Every fortnight. No bookings required.

**Thursday 1, 15 and 29 Oct 12pm–2pm**

Hobart Library, Level 1, 91 Murray St, Hobart
Enquiries: 6165 5597

## Matters of the Heart: A Cardiovascular Health Research Talk

Menzies Institute for Medical Research, University of Tasmania

To mark World Stroke Day, join us at the Menzies Institute for Medical Research and hear about our latest work on cardiovascular health and stoke prevention. Tickets are free but limited. Register and read more about the talk on our Humanitix page.

**Thursday 29 Oct 1pm–2pm**

Menzies Institute for Medical Research, 17 Liverpool St
Bookings: https://events.humanitix.com/matters-of-the-heart-lecture (close: 29/10)
Enquiries: 0423 740 440 | Caitlin.mcleod@utas.edu.au

## Seniors Shaping Research at Menzies

Menzies Institute for Medical Research

Join us for an inspiring and informative session about how older people can be part of medical research at the Menzies Institute for Medical Research. You will hear from community members who work closely with researchers and share their lived experience of health conditions to help shape and improve Menzies' research. Through their stories, you'll learn how consumer and community involvement makes medical research more relevant, more useful, and focused on what really matters to people. Attendance can be in person or online. Learn more and register via the link below

**Tuesday 13 Oct 11am–12pm**

Menzies Institute for Medical Research, 15-17 Liverpool St
Bookings: CCI@menzies.utas.edu.au | https://events.humanitix.com/seniors-shaping-research-at-menzies (close: 12/10)
Enquiries: CCI@menzies.utas.edu.au | 6226 8348

## Connect with Your Community!

Bob Brown Foundation

Come along to a morning tea to celebrate ageing in Seniors Month with BBF. In a world where we're more digitally connected than ever, it's easy to feel disconnected if you don't have regular face to face interactions. Volunteering is a way to build your community with like minded people and work together toward common goals. We'll enjoy some delicious treats and a cuppa in our campaign head office. You will hear from other volunteers about their experiences and the BBF team will provide campaign updates. Our volunteer coordinator Sarah will talk to you about how you can get involved.

**Tuesday 20 Oct 10am–11:30am**

Max Angus House, 1/116 Bathurst St, Hobart
Bookings: 6294 0620 | volunteer@bobbrown.org.au (close: 16/10)
Enquiries: 0474 720 370

## Free Meditation Class for Beginners

True Heart Inc.

Would you like to have an improved mood, feel calmer and be happier? If so, please join us for a relaxing Open Heart Meditation. Throughout our lives we've continued to seek true and lasting happiness. Perhaps the answer has always been too close. It is deep within us, our Spiritual Heart. Let go of what no longer serves you—emotional burdens and negativities—and reconnect with the gentle feelings within your Spiritual Heart. As we get older, life doesn't have to feel like it's fading. It can be a beautiful unfolding of our relationship with the Source of love and life. Please join us for a cuppa and chat after the meditation.

**Tuesday 13 Oct 1:30pm–3pm**

Mathers House (Lower Mathers Multipurpose Room), 108-110 Bathurst St, Hobart
Enquiries: 0417 380 169

## Life's Big Changes: A Panel Discussion

Harrington Road

Downsizing. Moving into aged care. Managing a loved one's estate. These moments arrive whether we're ready or not, and most people face them without knowing where to start. Join four local professionals for an interactive panel discussion on preparing for life's big transitions. Hear from a legal specialist, a professional organiser, an aged care expert and a property preparation specialist, each covering the part people find hardest to navigate. Hosted by Harrington Road at Mathers House, with tea, coffee and afternoon tea provided. Come with your questions. This is a conversation, not a lecture.

**Monday Oct 5 2pm–3pm**

Criterion House, Mathers Place, 108 Bathurst St, Hobart
Bookings: https://www.trybooking.com/DNZOJ (close: 4/10)
Enquiries: 0472 625 926

# HOWRAH

## Vanishing Towns in Tasmania Talk

Howrah School for Seniors

Talk on history of some of the vanishing towns in Tasmania by the author Michael Holmes who has written many books on this subject.

**Friday 9 Oct 10am–12pm**

Howrah Community Centre, 11 Howrah Rd, Howrah
Cost: $5
Bookings: Christopher 0417 549 141 (close: 9/10)

## Living with Arthritis Talk

Howrah School for Seniors

Talk on the management and alleviation of symptoms for those who suffer from arthritis, with Jane Hope from Arthritis and Osteoporosis Tasmania.

**Friday 16 Oct 10am–12pm**

Howrah Community Centre, 11 Howrah Rd, Howrah
Cost: $5
Bookings: Christopher 0417 549 141 (close: 15/10)

## Fire and Safety Talk

Howrah School for Seniors

A talk on the measures we can all take to reduce the risk of fire in and around the home, a risk that only increases as we age. Presented by Emalisa White, Coordinator Home Fire Risk Management at the Tasmania Fire Service.

**Friday 30 Oct 10am–12pm**

Howrah Community Centre, 11 Howrah Rd, Howrah
Cost: $5
Bookings: Christopher 0417 549 141 (close: 29/10)

## Free Hearing Checks at Shoreline AMCAL

Hearing Australia

Hearing Australia and Shoreline AMCAL Howrah have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Thursday 15 Oct 9:30am–1:30pm**

Shoreline Shopping Centre, 6 Shoreline Drive, Howrah
Enquiries: 6247 9616

## Free Hearing Checks at Wentworth AMCAL

Hearing Australia

Hearing Australia and Wentworth AMCAL Howrah have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Tuesday 6 Oct 9:30am–1pm**

178 Clarence St, Howrah
Enquiries: 6244 5858

## Let's Talk Aged Care – Howrah

City of Clarence

You are invited to join representatives from the Department of Health, Disability and Ageing for a discussion about aged care. Conversation will focus on Commonwealth-funded services, including: Australian Government-funded aged care services; how to register with My Aged Care; how to get an aged care assessment; where to find services that meet your needs; contributions to care fees; changes to aged care from 1 November 2025. Light refreshments will be provided. Proudly supported by City of Clarence.

**Tuesday 13 Oct 10am–11:30am**

Howrah Community Centre, 11 Howrah Rd, Howrah
Bookings: 6217 9500 | clarence@ccc.tas.gov.au
https://events.humanitix.com/let-s-talk-about-aged-care-vsxdy2qk (close: 9/10)

## Jazz Band Live Performance

Howrah School for Seniors

Weekly meetings held throughout the year of retired and semi-retired persons to enjoy listening to speakers and experience other events in a convivial and friendly environment. Four events are programmed in Seniors Month: the first being a Jazz Band Live Performance. The LCM Jazz Band will give a one-hour performance of traditional jazz.

**Friday 2 Oct 10am–12pm**

Howrah Community Centre, 11 Howrah Rd, Howrah
Cost: $5
Bookings: 0417 549 141 (close: 1/10)

# HUONVILLE

## Escape Artists Book Group

Huonville Library

Discover new reads, connect with fellow readers, and enjoy lively discussions.

**Friday 9 Oct 2:30pm–4:30pm**

Huonville Library, 1 Skinner Drive, Huonville
Enquiries: 6121 7010

## Family History

Huonville Library

Get started on your family history journey. Everyone welcome.

**Thursday 8 Oct 2:30pm–4:30pm**

Huonville Library, 1 Skinner Drive, Huonville
Enquiries: 6121 7010

## Free Hearing Checks at Huonville Library

Hearing Australia

Hearing Australia and Huonville Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Monday 19 Oct 9:30am–1:30pm**

1 Skinner Drive, Huonville
Enquiries: 6121 7010

## Craft Group

Huonville Library

Bring your current projects to a relaxed welcoming craft group.

**Thursday 29 Oct 10am–12pm**

Huonville Library, 1 Skinner Drive, Huonville
Enquiries: 6121 7010

## Huon Valley Writers Group

Huonville Library

Connect and share with fellow writers!

**Saturday 17 Oct 10am–12pm**

Huonville Library, 1 Skinner Drive, Huonville
Enquiries: 6121 7010

## Judbury Crafters Come and Try

Handweavers Spinners and Dyers Guild Tasmania Inc

Make your own — from pattern to sewing to finish piece to take away. Weave your own — small woven piece to do and finish to take. Spin — have a go at spinning fibre. Demonstrations — of spinning, quilting, weaving. Display of various Judbury Crafter creations. Tea, coffee and snacks available. To find a group in your area go to www.hwsdguildtasmania.org/groups

**Wednesday 14 and Thursday 15 Oct 10am–3pm**

Huonville Hub, 23-25 Main st, Huonville
Enquiries: judburycrafters@gmail.com

# KINGSTON

## Free Hearing Checks at Kingston Library

Hearing Australia

Hearing Australia and Kingston Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome. *Other services may attract charges/ fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Wednesday 21 Oct 9:30am–1pm**

11 Hutchins St, Kingston
Enquiries: 6165 6208

## Book Chat

Kingston Library

Join our friendly Book Chat group! This month's topic is books that have water on the cover. Bookings required.

**Wednesday 21 Oct 2pm–3pm**

Kingston Library, 11 Hutchins St, Kingston
Bookings: kingston.library@libraries.tas.gov.au
6165 6208 (close: 21/10)

## Beamafilm – Faces Places

Kingston Library

Join us at Kingston Library for the screening of Faces Places. Share a pleasant, relaxed morning with local fellow film lovers. Bookings required.

**Wednesday 14 Oct 10:30am–12:30pm**

Kingston Library, 11 Hutchins St, Kingston
Bookings: kingston.library@libraries.tas.gov.au
6165 6208 (close: 14/10)

## 1000 Hearts

Kingston Library

Join the founder of 1000 Hearts and make pocket hearts to be shared with others as a symbol of kindness, courage and connection. A lovely social inclusion activity for Seniors Month.

**Thursday 15 Oct 10:30am–12pm**

Kingston Library, 11 Hutchins St, Kingston
Bookings: kingston.library@libraries.tas.gov.au
6165 6208 (close: 15/10)

## Family History Help

Kingston Library

Join our family history group for help with family research.

**Friday 2 Oct 1:30pm–4:30pm**

Kingston Library, 11 Hutchins St, Kingston
Enquiries: 6165 6208

## Walking Football (Soccer)

Walking Football Tasmania

Join us at the Kingborough Sports Centre every Tuesday from 12:30-1:30pm. We have players from 35 to 75 years of age. Running or tackling not allowed. Friendly, safety conscious games. First game free (usually $6 a game).

**Tuesday 6, 13, 20 and 27 Oct 12:30pm–1:30pm**

Kingborough Sports Centre, 10 Kingston View Drive
Enquiries: 0479 180 421

## Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Kingston Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Kingston Library.

**Monday 5, 12, 19 and 26 Oct 10am–12pm**

Kingston Library - Corella Room, 11 Hutchins St, Kingston
Bookings: 6231 3265 | melk@cotatas.org.au | https://tinyurl.com/maerb7xz (close: 1/10)
Enquiries: 0407 512 315

## Is Your Back Hurting?

Kingston Chiropractic Centre

Are you suffering from back pain, or at risk of back pain? Find out who are most at risk of back pain. Find out if back pain sufferers should use medication alone to treat their back pain. Is back pain holding you back? This Seniors Month, take a step to seeking answers. Book for a complimentary screening.

**Monday 5, 12, 19 and 26 Oct 8am–5pm**
**Tuesday 6, 13, 20 and 27 Oct 8am-12pm**
**Wednesday 7, 14, 21 and 28 Oct 3pm-7pm**
**Thursday 1, 8, 15, 22 and 29 Oct 8am-12pm**
**Friday 2, 9, 16, 23 and 30 Oct 8am-12pm**

Kingston Chiropractic Centre, Unit 3, 7 John St, Kingston
Bookings: 6229 7900 | admin@hobartchiropractic.com.au
www.hobartchiropractic.com.au/ (close: 31/10)

## Lunch Link

Kingston Christian Reformed Church

Are you 65+ and looking for some company? Join us every Tuesday at the Lantern Centre for a free lunch of delicious soup and sandwiches, followed by tea, coffee, and a sweet treat. It's a relaxed and welcoming space to enjoy the company of others, make new friends, share stories, and have a chat. Whether you come on your own or with someone else, you'll find a warm welcome and friendly faces waiting for you. We'd love to see you there!

**Tuesday 20 and 27 Oct 12pm–1pm**

The Lantern Centre, 17 Denison St, Kingston
Enquiries: 0418 571 802

## Ukulele Concert

Bishop Davies Court

Come along and enjoy an afternoon of music, fun and community spirit. Sit back, relax and listen to a wonderful selection of songs performed by local talented ukulele players. Booking required. Limited numbers.

**Tuesday 13 Oct 1:45pm–3pm**

Bishop Davies Court, 27 redwood Rd, Kingston
Bookings: 6283 1100 | emma.nichols@onecare.org.au
(close: 8/10)

## Cake Decorating Class

Bishop Davies Court

Get creative and join us for a delicious cake decorating class. Whether you're an experienced baker or simply enjoy being creative, this activity is a wonderful opportunity to decorate your own cake using colourful icing, sprinkles and a variety of tasty toppings. Bookings limited .

**Wednesday 14 Oct 1:45pm–3:15pm**

Bishop Davies Court, 27 Redwood Rd, Kingston
Bookings: 6283 1100 | emma.nichols@onecare.org.au
(close: 8/10)

## Reset Your Vagus Nerve for Anxiety

Kingborough Council

The vagus nerve is a key part of the nervous system. It plays an important role in regulating emotions and can be stimulated to reduce anxiety and promote relaxation. In this practical workshop you will learn some techniques such as breathing, humming and stretching so that you can support your nervous system at home.

**Tuesday 20 Oct 2pm–3pm**

Kingborough Community Hub, 7 Goshawk Way, Kingston
Cost: $5
Bookings: 6211 8200 | kc@kingborough.tas.gov.au
https://events.humanitix.com/reset-your-vagus-nerve-seniors
(close: 19/10)

## RACT Years Ahead: Seniors Month Road Safety Session Kingston

RACT

Enjoy a group presentation designed to give experienced drivers valuable information to help keep them safe on the road. The group presentation covers: road safety tips for drivers and pedestrians, road rules, the importance of choosing a safe car, the importance of being fit to drive, the impact of health and medications on driving and how to assess your own driving ability.

**Wednesday 7 Oct 5:30pm–6:30pm**

RACT, Shop 11, Spring Farm Village, 200 Channel Highway
Bookings: community@ract.com.au
https://events.humanitix.com/ract-years-ahead-seniors-month-road-safety-session-kingston (close: 7/10)
Enquiries: 132 722

## Kingston Neighbourhood House Seniors Celebration

Kingston Neighbourhood House

At Kingston Neighbourhood House we will have an afternoon of fun, food, games and music for our amazing seniors.

**Friday 23 Oct 1pm–3pm**

Kingston Neighbourhood House, 24 Hawthorn Drive
Enquiries: 6229 4066

## Protecting Against Scams and Navigating Consumer Rights

Department of Justice

Join the Department of Justice for an engaging session designed to help seniors navigate today's consumer landscape with confidence. Discover how to spot scams before they catch you, protect yourself from fraud, and understand your consumer rights. With practical advice and real-world examples, you'll gain the knowledge needed to make informed decisions and safeguard your finances. Would your organisation like to help combat scammers and protect your community? We're inviting community organisations across Tasmania to host free, 1-hour scams and consumer information session for their members. Visit justice.tas.gov.au/seniorsmonth

**Tuesday 13 Oct 10:30am–11:30am**

Kingston Library, 11 Hutchins St, Kingston
Enquiries: 1300 654 499

## Peace Education Program

Peace Education Program

The sessions are strength based workshops designed to help you gain a better understanding of yourself and the wider world. The course features video footage of International Peace Ambassador and author Dr Prem Rawat. There are two themes each session for five sessions, with a cuppa in between. Themes include appreciation, self awareness, dignity, choice and hope. There will be time for your own reflection, you may like share your thoughts on what you have just heard. The sessions are non-political and non-religious. It is simply about your personal journey of self discovery. Ongoing.

**Wednesday 7, 14, 21, 28 Oct and 4 Nov 9:30am–12pm**

Kingston Neighbourhood House, 24 Hawthorn Drive
Bookings: https://peaceeducationprogramhobart.com
(close: 7/10)
Enquiries: 6229 8141

## Come and Try Croquet

Kingston Croquet Club Inc

Join us for a fun afternoon of Croquet in Kingston. It's a great game for young and old. Get some low impact exercise in the beautiful outdoors. It's also a great way to meet new friendly people. Full tuition and equipment provided. This event is free with afternoon tea included.

**Monday 5 Oct 1pm–3pm**

159 Summerleas Rd, Kingston
Bookings: kingstoncroquetclub@gmail.com
Enquiries: 0429 000 186

## Coffee, Connection and Wellbeing – Small Conversations, Big Difference

Richmond Futures

A free afternoon event where older people can come together to enjoy good company, meaningful conversations, and a few fun activities. Join us for afternoon tea, play interactive games like Wellbeing Bingo, and pick up simple tips for looking after your mental wellbeing. Whether you come with a friend or on your own, everyone is welcome. Our hope is that you'll leave feeling connected, supported, and with a smile on your face.

**Thursday 15 Oct 1:30pm–3pm**

Kingborough Hub, 7 Goshawk Way, Kingston
Bookings: 6223 8746 | imalkak@richmondtas.com.au (close: 1/9)
Enquiries: 6223 8746

# KINGSTON BEACH

## Basketry and Coiling Workshop

Kingborough Council

Come along and learn how to make your own coiled basket using recycled materials. All materials provided.

**Wednesday 28 Oct 10am–1pm**

KIN Creative Space, 20 Beach Rd, Kingston Beach
Cost: $30
Bookings: 6211 8200 | kc@kingborough.tas.gov.au
https://events.humanitix.com/basketry-and-coiling-workshop-seniors (close: 27/10)

## Move It Easy Exercises

Move It Easy Exercises

This class is all about celebrating what your body can do — at any age. The classes are focused on gentle, safe, and affective movements to 60's music. To improve strength, balance and flexibility, all while having a little fun along the way. These classes are a chance to feel good in your body, connect with others and keep enjoying the activities you love. So come as you are, move at your own pace and let's stay active together!

**Tuesday 13 Oct 11:15am–12:15pm**

Kingston Beach Hall, Beach Rd, Kingston Beach
Cost: $15 per class
Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 31/10)

## Introduction to Line Dancing

Kingborough Council

Line dancing is a fun and friendly way to exercise. Join George and Carmen from the Kingston Fun Rockers to learn some easy, beginner dance moves. Line dancing is great for your fitness, memory, balance and coordination. You may even make some new friends and have a laugh. No partner required.

**Friday 2 Oct 11am–12pm**

Kingston Beach Hall, 20 Beach Rd, Kingston Beach
Cost: $5
Bookings: 6211 8200 | kc@kingborough.tas.gov.au
https://events.humanitix.com/line-dancing-seniors (close: 1/10)

## Cuppa and Canvas

Kingborough Council

Come along to create your own painting of Sunset at Boronia Beach in a welcoming, supportive environment. Be guided by a professional artist and experienced teacher to develop your artwork from start to finish. No experience is necessary, just bring your curiosity and creativity. Share a cuppa, connect with others, and discover the joy of painting.

**Thursday 15 Oct 10:30am–12:30pm**

KIN Creative Space, 20 Beach Rd, Kingston Beach
Cost: $25
Bookings: 6211 8200 | kc@kingborough.tas.gov.au
https://events.humanitix.com/cuppa-and-canvas-for-seniors (close: 7/10)

# LAUDERDALE

## Probus 50th Anniversary Lunch

Probus Club of Lauderdale Combined Inc.

Have you ever considered joining a Probus Club but are not sure what to expect? Lauderdale Probus Club members welcome retired and semi retired men and women to our anniversary lunch (BYO drinks) at the Lauderdale Football clubrooms where indoor and outdoor facilities allow for all weather. This will be an opportunity to take part in just one of our many activities. Come along and enjoy the fun and friendship, you'll be warmly welcomed by all!

**Tuesday 6 Oct 12pm–3pm**

Lauderdale Football Clubrooms, 10 Dona Rd, Lauderdale
Enquiries: 0417 593 681

## Supporting Seniors to Live Well

Christian Homes Tasmania

Come together for a relaxed morning tea and an open conversation about support at home with Laxmi (Manager Home Care) and Lee (Registered Nurse/Case Manager). This is an opportunity to ask questions, exchange ideas, and learn about services and programs available to seniors.

**Wednesday 28 Oct 10:30am–12:30pm**

Roches Beach Living, 86 Mannata St, Lauderdale
Enquiries: 6239 3516

# LENAH VALLEY

## Free Hearing Check at Lenah Valley AMCAL

Hearing Australia

Hearing Australia and Lenah Valley AMCAL have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Tuesday 13 Oct 9:30am–1:30pm**

106 Augusta Rd, Lenah Valley
Enquiries: 6228 1268

## Move It Easy Exercises

Move It Easy Exercises

This class is all about celebrating what your body can do — at any age. The classes are focused on gentle, safe, and affective movements to 60's music. To improve strength, balance and flexibility, all while having a little fun along the way. These classes are a chance to feel good in your body, connect with others and keep enjoying the activities you love. So come as you are, move at your own pace and let's stay active together!

**Tuesday 13 Oct 9:30am–10:30am**
**Thursday 15 Oct 6:30pm–7:30pm**

Lenah Valley Community Hall, Creek Rd, Lenah Valley
Cost: $15 per session
Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 31/10)

# LINDISFARNE

## Queen Victoria Care Community Fair

Queen Victoria Care

At the Queen Victoria Community Fair, we're opening our doors to celebrate community spirit. Explore local market stalls, savour delicious food, enjoy live entertainment, and let the kids play and create. It's a day designed to bring the community together and honour the connections that make Queen Victoria Care feel like home.

**Saturday 10 Oct 10am–2pm**

Queen Victoria Care, 13 Milford St, Lindisfarne
Enquiries: 0456 608 722

## CWA Lindisfarne Craft Morning

CWA Lindisfarne Gift Shop

CWA Lindisfarne hold a regular craft morning. This is an opportunity for members of the public to come along and view/participate in the crafts undertaken during this session. There will be an opportunity for hands on craft — learn to knit or crochet, card making, embroidery/cross stitch patchwork.

**Monday 5 Oct 9:30am–12pm**

CWA Lindisfarne Hall, 39 Lincoln St, Lindisfarne
Cost: Gold Coin
Bookings: cwalindisfarnebranch@gmail.com
0488 539 915 (close: 30/9)

## Lindisfarne Walk, Talk and Play

City of Clarence

Join council and the Heart Foundation's Clarence Walk and Talk group to enjoy a scenic river walk from Simmons Park to ANZAC Park and return. Pause to reflect at the memorial then return to Simmons Park for a cuppa, light snack, and guided play at the Seniors Exercise Park.

**Wednesday 14 Oct 10am–12pm**

Simmons Park Lindisfarne, 26A Esplanade, Lindisfarne
Bookings: 6217 9500 | clarence@ccc.tas.gov.au
https://events.humanitix.com/clarence-seniors-month-lindisfarne-walk-talk-and-play (close: 9/10)

## Fairway Rise Total Journey Experience, Explore Your Future with Confidence

Southern Cross Care Tasmania

Discover the complete Fairway Rise journey and explore your future with confidence. Join us for a personalised 45-minute tour to experience our Independent Living Village, speak directly with our home care team about in-home supports in your own home or as a resident of our independent living units, and explore future care options within our Aged Care Facility. Enjoy a guided bus tour of the Village and an escorted tour of our residential aged care home. Whether you're planning ahead or considering your next move, we invite you to see all that Fairway Rise has to offer.

**Thursday 15 Oct 1pm–3:15pm**

Fairway Rise Clubhouse, 1 Toogood drive, Lindisfarne
Bookings: 6185 0780 | fairwayrisevillage@scctas.org.au
(close: 1/10)

## Low Intensity Zumba Classes with Eastside Moves

Eastside Moves

Join us for low intensity Zumba classes every week on the Eastern Shore! Perfect for those who are looking for a Zumba® class that has the original moves you love at a lower-intensity. Classes are designed for everyone to go at their own pace, modify steps as needed, create a social feel-good atmosphere and above all be lots of FUN! Come along ready to move, dance and even sing along to some great music – promising to boost your mood, leave a bounce in your step and a smile on your face!

**Monday 5, 12, 19 and 26 Oct 9:30am–10:15am and 10:30am–11:15am**

Lindisfarne Community Activities Centre, 37A Lincoln St
Cost: $12 casual class or $50 for a 5 class pack (no expiry)
Enquiries: 0435 614 434

# LUTANA

## 2026 Seniors Month FREE Get Into Golf Session

New Town Bay Golf Club

All adults over the age of 55 are welcome to join PGA Professional Adam Holden for a fun and engaging golf session at the New Town Bay Golf Club. All equipment can be supplied but of you have your own please bring these along.

**Sunday 18 Oct 3:30pm–4:30pm**

New Town Bay Golf Club, 258 Risdon Rd, Lutana
Bookings: https://golf.com.au/venue/new-town-bay-golf-club
(close: 18/10)
Enquiries: 0491 118 460

## MARGATE

### Madame Butterflies Flower Show and Exhibition

Madame Butterflies

Time to brag about your gardening skills, view the Spring Flower Show featuring special Grandparent/grandchild Section. The flower show isn't about winning its about networking, creating, sharing and health. Enjoy some cake and cuppa with new friends whilst listening to the u3a choir. Madame Butterflies are an ex-Relay for Life Team who have decided lapping for 20 hours is for the young, so now hold Country Flower Shows. Funds are then allocated to their chosen charity.

**Saturday 17 Oct 12:30pm–4pm**

Margate Community Hall, Channel Highway, Margate
Cost: $5
Enquiries: 0439 672 331

### Share Your Memories with Us

Channel Museum

The first two weeks of October the Channel Museum is offering our seniors free entry to the museum and an opportunity to share your memories of growing up in the Channel and greater Tasmania. We would love to hear your stories and produce a booklet. The café is also offering a 5% discount for in-house dining.

**Monday 5 to Friday 16 Oct 10am–3pm**

Channel Museum, 1755 Channel Hwy, Margate
Enquiries: 6267 2333

### Seniors Come and Try Golf at North West Bay Golf Club

Golf Australia

The Seniors Come and Try Golf is an opportunity to learn the fundamental golfing skills. The program is open to all seniors aged 50+. The sessions are 1.5 hours sessions over a four week period in October. Week one: Basic skills for putting and hitting. Week two: Putting and short game Week three: Golf swing and hitting. Week four: Play on course; putting learning into practice. The program is free of costs. Equipment is provided if you do not have your owns clubs.

**Thursday 1, 8, 15 and 22 Oct 10am–11:30am**

North West Bay Golf Club, 1395 Channel Highway, Margate
Bookings: simon.weston@golf.org.au
https://golf.com.au/get-into-golf (close: 25/9)
Enquiries: 6267 216


COTA TASMANIA
Rethink ageing

Read our latest submissions at
cotatas.org.au/about-us/our-impact





## MIDWAY POINT

### Morning Tea

Midway Point Neighbourhood House

We will be holding a morning tea to celebrate seniors month. Come along for some yummy treats and a cuppa.

**Monday 12 Oct 11am–12:30pm**

Midway Point Neighbourhood House, 34 Hoffman St
Bookings: 6265 1155 (close: 2/10)

### Op Shop Tour

Midway Point Neighbourhood House

This is an expression of interest, as it will depend on numbers if this one goes ahead. We will have a bus take a tour of op shops, destinations to be determined closer to the date.

**Friday 16 Oct 9:30am–2:30pm**

Midway Point Neighbourhood House, 34 Hoffman St
Cost: $10 per person
Bookings: 6265 1155 (close: 14/9)

## MIENA

### Well-Seasoned: A Great Lake Lunch

Eat Well Tasmania

Take a seat with Eat Well Tasmania at the iconic Great Lake Hotel, where one of Tasmania's coldest destinations offers the warmest country welcome. Start with hot spiced apple juice made from R&R Smith's Southern Bliss apples before enjoying a hearty lunch showcasing the best of Tasmanian produce, prepared by chefs Kirsten Bacon and Ellie Bacon. Meet the chefs, pick up practical tips for eating well as you age, and hear stories from Great Lake Hotel owner James about this unique highland destination, its people and its future. An adventure of great food and great company to celebrating healthy ageing.

**Wednesday 28 Oct 12pm–2pm**

3096 Marlborough Hwy, Miena
Cost: Adults $35, Seniors/Carers $30, Kids $20
Bookings: https://events.humanitix.com/well-seasoned

## MONTROSE

### Free Hearing Check at Rosetta Pharmacy

Hearing Australia

Hearing Australia and Rosetta Pharmacy AMCAL Montrose have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Thursday 8 Oct 9:30am–1:30pm**

502 Main Rd, Montrose
Enquiries: 6272 8006

## Free Ageing Backwards Class Montrose

Community Based Support

Ageing Backwards is a gentle movement program designed to help older Tasmanians feel stronger, steadier and more confident in everyday life. Each session uses simple, low-impact exercises that support balance, mobility and independence, with movements adapted for different abilities. To celebrate Seniors Month, we're offering a free class so you can try the program, meet our friendly facilitators and enjoy moving in a relaxed, supportive environment. It's a great opportunity to explore enjoyable activities that help you feel more comfortable and capable in daily life while connecting with others. Ongoing attendance in the Ageing Backwards Movement Program will require a referral from My Aged Care under the Social Support referral code to receive the subsidy to attend the classes. Clients are of course welcome to pay by fee for service at full unsubsidised cost.

**Friday 2, 9, 16, 23 and 30 Oct 11am–12pm**
**Tuesday 6, 13, 20 and 27 Oct 11am–12pm**

Montrose Bay Yacht Club, Foreshore Rd, Montrose
Bookings: 6208 6669 | info@cbsaust.org.au (close: 16/9)
Enquiries: 1300 227 827

# MOONAH

## First Aid for Seniors: Helping You Stay Safe, Prepared and Independent at Home

St John Ambulance

Learn practical first aid skills alongside simple home safety strategies and assistive devices that can make everyday living safer and easier. This interactive session covers common emergencies, falls prevention, and practical tips to help you maintain confidence and independence at home.

**Monday 19 Oct 10am–12pm**

St John Ambulance Tasmania, 177 Main Rd, Moonah
Bookings: margretj@stjohntas.org.au (close: 17/10)

## Seniors First Aid in the Home: See Our Range of Mobility and Home Aids

St John Ambulance

Learn practical first aid skills and explore simple home aids that can make everyday living safer and easier. This interactive session covers common emergencies, falls prevention, home safety, and assistive devices that help support independence and confidence in your own home.

**Thursday 1 Oct 10am–12pm**
**Friday 30 Oct 10am–12pm**

St John Ambulance Tasmania, 177 Main Rd, Moonah
Bookings: margretj@stjohntas.org.au (close: 1/10)

## Seniors and Grandkids First Aid: Learning Together Across Generations

St John Ambulance

A fun, hands-on first aid experience where grandparents and grandchildren learn together. Build confidence, practise simple first aid skills, and discover what to do in an emergency, all while spending quality time together!

**Monday 5 Oct 10am–11:30am**

St John Ambulance Tasmania, 177 Main Rd, Moonah
Bookings: margretj@stjohntas.org.au (close: 2/10)

## Arthritis & Osteoporosis Tasmania Community Open Days

Arthritis & Osteoporosis Tasmania

Drop in any time 6–8 October to meet our volunteers and staff, and find out about our community programs and services, including: Smoother Movers Strength Training and Warm Water Group Exercise; Bone Basics Project; display of small aids for daily living and free information sheets and booklets. Register and take home a free information pack.

**Tuesday 6 to Thursday 8 Oct 10am–4pm**

Arthritis & Osteoporosis Tasmania, 19A Main Rd, Moonah
Enquiries: 6228 4824

## Walking Football (Soccer)

Walking football Tasmania

Join us at the Moonah Sports Centre every Thursday from 1–2pm. We have players from 35 to 75 years of age. Running or tackling not allowed. Friendly safety conscious games.

**Thursday 1, 8, 15, 22 and 29 Oct 1pm–2pm**

17 Gormanston Rd, Moonah
Cost: First game free, usually $5 a game
Enquiries: 0479 180 421

## Boots and All Line Dancing

Bucaan Community House

Enjoy a 30 minute free Intro to Line Dancing session designed to give you a taste of this fun hobby, get your body moving, and lift your spirits. This free Intro session is followed by our regular 1 hour Beginner Line dancing Class ($3 for the class). Doors open at 9:00 for a 9:10 start. The Intro Session will run until about 9:40 when we'll take a break before our regular Beginner class.

**Thursday 1 Oct 9:10am–9:40am**

Moonah Sports Centre, 17 Gormanston Rd, Moonah
Enquiries: 0448 007 751

## Moonah Music October

Moonah Arts Centre

Every second Saturday of the month, Moonah Arts Centre presents a free, family-friendly afternoon of music and food, supporting local musicians and food vendors. Everyone is invited to see a rotating roster of live music, sample delicious food from local pop-up vendors, grab a drink from the bar and explore the current exhibitions inside the galleries. Moonah Music is proudly supported by our friends at Arts Tasmania.

**Saturday 10 October 1pm–3pm**

Moonah Arts Centre, 23-27 Albert Rd, Moonah
Enquiries: 6216 6395

# NEW NORFOLK

## Staying Active Lite

Freedom Health and Wellness

Staying Active Lite is a gentle, seated exercise class designed for older adults and those with limited mobility or balance concerns. Led by qualified exercise professionals, the class focuses on improving strength, flexibility, balance and overall wellbeing in a safe, supportive and welcoming environment. Exercises can be adapted to suit individual abilities, making it an ideal option for people returning to exercise or looking to stay active with confidence. Enjoy moving your body, meeting new people and discovering how regular physical activity can help you maintain your independence and quality of life. Free for new participants during Seniors Month.

**Monday 5, 12, 19 and 26 Oct 11:00am–11:45am**
**Thursday 1, 8, 15, and 29 Oct 10:55am–11:40am**
Freedom Health and Wellness, 2/99 Ring Rd, New Norfolk
Enquiries: 0417 464 476

## Grab and Go

Derwent Valley Community House

Join us for an information session with the Red Cross on how to prepare for an emergency. Grab and Go bags will be supplied. This workshop is fun and full of important information all designed to make us safer in our own home. A cup of tea and a nice slice of cake will help all the information be retained. No need to book, just turn up. We look forward to seeing you here.

**Wednesday 28 Oct 10:30am–12:30pm**
Derwent Valley Community House, 56 Blair St, New Norfolk
Enquiries: 6261 5230

## Free Ageing Backwards Class New Norfolk

Community Based Support

Ageing Backwards is a gentle movement program designed to help older Tasmanians feel stronger, steadier and more confident in everyday life. Each session uses simple, low-impact exercises that support balance, mobility and independence, with movements adapted for different abilities. To celebrate Seniors Month, we're offering a free class so you can try the program, meet our friendly facilitators and enjoy moving in a relaxed, supportive environment. It's a great opportunity to explore enjoyable activities that help you feel more comfortable and capable in daily life while connecting with others. Ongoing attendance in the Ageing Backwards Movement Program will require a referral from My Aged Care under the Social Support referral code to receive the subsidy to attend the classes. Clients are of course welcome to pay by fee for service at full unsubsidised cost.

**Thursday 1, 8, 15, 22 and 29 Oct 1pm–2pm**
New Norfolk RSL Club, 30 George St, New Norfolk
Bookings: 6208 6669 | info@cbsaust.org.au (close: 16/9)
Enquiries: 1300 227 827

## Digital Support at New Norfolk

Libraries Tasmania

Get one-to-one digital support at New Norfolk Library, helping build confidence using devices, internet, apps, and everyday online services.

**Every day in October 9:30am–5:30pm**
New Norfolk Library, 9 Charles St, New Norfolk
Bookings: newnorfolk.library@libraries.tas.gov.au w 6165 6381 | (close: 31/10)

## High Tea in the Morning!

Derwent Valley Community House

Join us for cups of tea, finger sandwiches and homemade slices for a delicious and special morning tea. There will be tea pots and tablecloths and lots of nibbles sure to tickle those taste buds. Bookings essential.

**Wednesday 21 Oct 10:30am–12:30pm**
Derwent Valley Community House, 56 Blair St, New Norfolk
Cost: Gold Coin
Bookings: 6261 5230 | project@dvch.org.au (close: 2/10)

## Seniors Month Olympic Games

Derwent Valley Community House

Come and join us for our version of the Olympic Games. Hysterical laughter is sure to be heard whence competing competitors take to the "Field'. There will be racing, whomping, tunnelling, laughing, cheering and lots of fun for all abilities and ages. Sure to be a popular day out. Don't forget to support your country of choice by wearing their colours! Prize for the best costume.

**Wednesday 14 Oct 10:30am–12:30pm**
Derwent Valley Community House, 56 Blair St, New Norfolk
Bookings: 6261 5230 | project@dvch.org.au (close: 13/7)

## Golden Oldie

Derwent Valley Community House

Come and join us for a classic movie on our big screen TV. We will watch one of the old classics such as *Gone with the Wind*, or *Casablanca*. You will be able to relax on our couches and enjoy a cup of tea or coffee and a light morning tea. 10:30am is kick off time. We look forward to seeing you here.

**Wednesday 7 Oct 10:30am–12:45pm**
Derwent Valley Community House, 56 Blair St, New Norfolk
Bookings: 6261 5230 | project@dvch.org.au (close: 2/10)

## Dementia Education Session – Communication and Dementia and Overview of Dementia

Dementia Australia (TAS) with support from Venture Out Nature Hubs

This session provides information on dementia, the way we communicate and how changes in communication can occur as a result of dementia. Bookings are essential.

**Thursday 15 Oct 10am–1pm**
Derwent Valley Community House, 56 Blair St, New Norfolk
Bookings: tas.admin@dementia.org.au | 6279 1100
https://tinyurl.com/DerwentValleyDementiaAUS (close: 13/10)

## Line Dancing

Freedom Health and Wellness

Discover the fun of line dancing in this friendly beginner class. No previous dance experience or partner is required - just bring your enthusiasm and a smile! Learn easy-to-follow routines at a relaxed pace while enjoying great music and plenty of laughter. Line dancing is a fantastic way to improve balance, coordination, memory and fitness while making new friends in a welcoming and supportive environment. Whether you're trying something new or rediscovering a love of dance, come along and experience the physical, mental and social benefits of line dancing. Free for new participants during Seniors Month.

**Wednesday 7, 14, 21 and 28 Oct 10am–11am**

Freedom Health and Wellness, 2/99 Ring Rd, New Norfolk
Enquiries: 0417 464 476

## Staying Active

Freedom Health and Wellness

Stay active, strong and connected with this friendly exercise class designed specifically for older adults. Led by qualified exercise professionals, the class focuses on improving strength, balance, mobility and confidence through safe, enjoyable exercises tailored to individual abilities. Whether you're looking to maintain your independence, improve your fitness or simply meet new people, everyone is welcome. No previous exercise experience is needed. Come along, have some fun and discover how regular physical activity can help you stay healthy, active and independent for longer. Free for new participants during Seniors Month.

**Monday 5, 12, 19 and 26 Oct 10am–10:45am**
**Tuesday 6, 13, 20 and 27 Oct 10am–10:45am**
**Wednesday 7, 14, 21 and 28 Oct 10am–10:45am**
**Thursday 1, 8, 15, and 29 Oct 10am–10:45am**
**Friday 2, 9, 16, 23 and 30 Oct 10am–10:45am**

Freedom Health and Wellness, 2/99 Ring Rd, New Norfolk
Enquiries: 0417 464 476

# NEW TOWN

## Groups4Health

Relationships Australia Tasmania

As we get older, staying socially connected becomes more important than ever for our health and wellbeing. Groups4Health is a welcoming five-session, closed group program designed to help you build meaningful connections, strengthen existing relationships, and discover new opportunities to be part of your community. Through enjoyable group activities and practical strategies, you'll learn how social connections can improve your confidence, wellbeing and quality of life. Whether you're feeling isolated, adjusting to life changes, or simply looking to meet new people, this program offers a supportive and friendly environment where you can connect, share experiences, and build lasting friendships.

**Monday 5, 12, 19, 26 Oct and 2 Nov 4pm–5:30pm**

Relationships Australia Tasmania, 20 Clare St, New Town
Bookings: 1300 364 277 | training@reltas.com.au
https://tas.relationships.org.au/ (close: 1/10)

## Come and Play Croquet at New Town Croquet Club

New Town Croquet Club

Come to New Town Croquet club to learn how to play and enjoy croquet. Croquet provides easy physical activity and exercises the mind and gets you outdoors. Play with other seniors and enhance your social connections. Croquet is a very enjoyable game involving decision making and developing playing skills. Cost to play is $6 per visit and includes a hot drink and biscuits and the club provides a mallet and tuition. Entry to the club is via the Creek Rd public car park, parking is adjacent to the club entrance.

**Tuesday 6 Oct, Thursdays 1 and 8 Oct 9:30am–1pm**

New Town Croquet Club, 4-10 St Johns Avenue, New Town
Cost: Adults $6
Bookings: 0482 473 495 | terencejturner@bigpond.com
(close: 30/9)

## Appreciate the Little Things – Open Night with KonMari Consultant Melinda Ferrier

Rotary Club of North Hobart Inc

Could decluttering boost your mental health? Join the Rotary Club of North Hobart for a special Open Night during Mental Health Week, featuring KonMari consultant Melinda Ferrier. She'll explore how small acts - clearing a shelf, donating a book, gifting a plant - can ease anxiety and lift mood. Bring books, bric-a-brac or recyclables to donate, supporting local youth and community service. Free entry; dinner is self-funded. No Rotary membership required – all welcome. Can't attend? Phone 0438 240 125 to arrange a donation collection. Rotary Club of North Hobart is a New Town-based community service organisation supporting falls prevention, women's safety, recycling and connection.

**Tuesday 6 Oct 6pm–7:45pm**

Maypole Hotel, 191 New Town Rd, New Town
Bookings: connect.northhobart@rotary9830.org.au
0438 240 125 | www.rotaryclubnorthhobart.org.au/events
(close: 4/10)

## A Fun Sing-A-Long Evening

Sing Australia Hobart

Come and enjoy some wonderful songs with the Sing Australia Hobart group. A night of well known Australian songs, songs from musicals and many other tunes that will be very familiar to you! We will have our energetic conductor and skilled accompanist to guide you. A non-audition group we welcome all voice types and ages. Supper will be provided.

**Monday 12 Oct 7pm–9pm**

New Town Primary School Hall, 36 Forster St, New Town
Bookings: 0429 000 186 | singaushobart@gmail.com

## Polish Dancing for Seniors

Polish Association in Hobart Inc. (Polish Welfare Office)

Seniors are invited to come and learn traditional Polish dance steps with members of Oberek, the local Polish dance group. This event, hosted by the Polish Welfare Office, is an opportunity for sharing culture and having fun. Refreshments provided.

**Tuesday 13 Oct 11am–1pm**

Polish House, 22-24 New Town Rd, New Town
Cost: $10 per person
Bookings: polishwelfare_hobart@bigpond.com | 6228 6258 (close: 12/10)

## Runnymede Tea and Tour

National Trust Tasmania

Once again we are opening the doors of Runnymede for our special Seniors Month "Tea and Tour" dates in 2026. Enjoy Devonshire Tea in the Drawing Room followed by a tour of this beautifully preserved 1840s Regency Marine Villa nestled in the heart of New Town. Join us as we tell you the stories of the families who lived in this wonderful property and their impact on life in Hobart Town and the developing colony.

**Tuesday 6 Oct and Thursday 8 Oct 10:30am–12:30pm**

Runnymede, 61 Bay Road, New Town
Cost: $40 or $35 concession card holders
Bookings: https://nationaltrusttas.rezdy.com/catalog/44175/runnymede
Enquiries: 6231 0911

## Hobart VIEW Club 15th Anniversary Lunch

Hobart VIEW Club

Come to the Hobart VIEW Club's 15th Anniversary Lunch with Guest Speaker Julie Dunbabbin, current Senior Tasmanian of the Year. Julie will tell us of her Churchill Fellowship study tour and her role in designing and implementing the School Food Matters sit down lunch service in Tasmanian Primary Schools. There will be no entry fee for the event but attendees will purchase their own meals.

**Sunday 4 Oct 12pm–3pm**

Maypole Hotel, 191 New Town Rd, New Town
Bookings: 0409 477 918 | hobartviewclub@gmail.com (close: 3/10)
Enquiries: 0409 405 622 | 0409 477 918

# NORTH HOBART

## Free Hearing Checks at Elizabeth Street AMCAL

Hearing Australia

Hearing Australia and Elizabeth Street AMCAL Hobart have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome. *Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Monday 5 Oct 9:30am–1:30pm**

384 Elizabeth St, North Hobart
Enquiries: 6234 4530

## Hobart VIEW Club October 2026 Dinner Meeting

Hobart VIEW Club

Come to our October meeting and meet a friendly group of women. VIEW is a national women's volunteer organisation, exclusively supporting the education of children experiencing disadvantage through The Smith Family. The Hobart VIEW Club raises funds to provide scholarships for Primary and Secondary students through The Smith Family "Learning for Life" Program. Come to our October Dinner meeting or Movie Day to meet our members, hear about our work and enjoy some female company. We have guest speakers at our meetings, hold Friendship Days to socialise and visit local attractions. We also welcome prospective members to our Movie Days held on the last Saturday of every month at 12 noon at the State Cinema in North Hobart. We enjoy a drink or lunch, then attend a movie of our choice. Our October Movie Day is on Saturday 31 October.

**Wednesday 14 Oct 5:30pm–8pm**

Black Buffalo Hotel, 1/14 Federal St, North Hobart
Cost: No entry fee but attendees pay for their meal. Seniors meals are available.
Bookings: 0409 477 918 | hobartviewclub@gmail.com (close: 30/9)
Enquiries: 0409 405 622 | 0407 522 110

## Soup & Stitch

Lumina Studio

Soup & Stitch is a cosy catch-up built around good food, busy hands, and slow creativity. Each session includes a bowl of soup, a savoury scone, and a menu of ready-to-go craft trays to choose from when you arrive. Pick the project that feels right for the day, settle in at the table, and spend a couple of easy hours making at your own pace. No formal class, no pressure to "keep up," and no need to bring a thing. Just a welcoming space to chat, create, and enjoy a little pocket of calm in the middle of the week.

**Wednesday 14 Oct 11:30am–1:30pm**

Lumina Studio, 269 Elizabeth St, North Hobart
Cost: $20
Bookings: https://luminastudio.au/calendar/soup-stitch-oct (close: 13/10)
Enquiries: 0408 255 248

## Singing Experience (Easy Multi-Language) Sisongke Choir

Sisongke Community Choir

You are invited to attend fun and relaxed rehearsals of Sisongke Choir led by Oliver Gathercole. You will have the opportunity to sing in other languages. Sisongke sings without accompaniment. We sing world music so we sing in different languages and styles. No singing experience is required and there is no need to read music. Meet at 6:30 pm for a cuppa and biscuit. Rehearsal starts at 7 pm and ends at 9 pm. Singing is good for your health on every level. Come along and enjoy an evening of great harmonies!

**Thursday 22 and 29 Oct 6:30pm–9pm**

Friends Meeting Hall, 5 Boa Vista Rd, North Hobart
There is parking in Boa Vista Rd, but access is via some steps. Access without steps is available at Friends School carpark, 395 Argyle Street, North Hobart.
Enquiries: 0410 026 473 (Carol - leave a message)

## Healthy Brain, Happy Life

Migrant Resource Centre Tasmania

Are you looking for a fun, social, and meaningful way to support your brain health? Join us for Healthy Brain, Happy Life, an engaging session that inspires healthy ageing, builds connection, and keeps minds active. Enjoy a practical presentation with tips to boost memory, focus, and long-term wellbeing. Take part in Bingo, colour challenges, and interactive games that spark thinking and conversation. Suitable for all seniors, the day ends with a hot meal and cold dessert. Come along to learn, connect, and have fun together. Meet new friends in a welcoming community setting and enjoy moments throughout the day. This activity is open to clients registered under Social Support Group CHSP (Commonwealth Home Support Programme) or Social Support Group SaH (Support at Home).

**Thursday 8 Oct 10am–1pm**

Chinese Community Association of Tasmania, 7 Burnett Pl
Bookings: 6221 0999 | daycentre@mrctas.org.au (close: 25/9)

# OLD BEACH

## Energy Efficiency Tips to Save You Money

Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use — to save money on your power bills straight away. Refreshments will be provided. For other Power People Project sessions please visit www.powerpeopletas.com.au

**Thursday 15 Oct 2pm–3pm**

St Ann's Living, 1 Radius Drive, Old Beach
Bookings: 1800 083 783 | wayne@stannsliving.com.au (close: 12/10)
Enquiries: 0417 109 070

# PONTVILLE

## Speaking Made Easy – Brighton – Communicate with Confidence

Speaking Made Easy

Have you been asked to host an event at your community group? Want to overcome your nerves when speaking in public? Have you been asked to join a committee but not sure about meeting procedures? Well come join members of Speaking Made Easy to practice your communication and meeting procedure skills. Learn to speak effectively in front of an audience that is there to encourage and support you. Each meeting is packed with tips and tricks to help develop your speaking and meeting skills. Registration is essential as space is limited. For more information go to https://speakingmadeeasy.com.au/brighton-group

**Wednesday 7 Oct 6:15pm–7:15pm (online event)**

Bookings: https://speakingmadeeasy.wildapricot.org/event-6536821 (close: 02/10)

**Wednesday 21 Oct 6:15pm–7:15pm (in-person)**

Old Brighton Council Chambers, 371 Brighton Rd, Pontville
Bookings: https://speakingmadeeasy.wildapricot.org/event-6537798 (close: 16/10)

# RICHMOND

## Historic Richmond Guided Walk and Morning Tea

Coal River Valley Historical Society Inc.

Discover the history of Richmond and join the guided walk with our experienced historian Alex Green through the village (about 1 hour). Followed by a homemade morning tea hosted at Oak Lodge and the opportunity to self-tour and explore the house and garden at your own pace.

**Wednesday 14 and Thursday 15 Oct 10am–12:30pm**

Oak Lodge, 18 Bridge St, Richmond (meet Alex at the Richmond Gaol carpark to commence guided walk and finish at Oak Lodge)
Cost: Seniors $20, Adults $25 and Child $20
Bookings: 0403 205 087 | isobel.williams@gmail.com
www.trybooking.com/DNGMF (close: 12/10)

## Master and Assigned Servant Guided Walk and Morning Tea

Coal River Valley Historical Society Inc.

Step back in time and hear the untold stories and insights into the lives of those who settled Richmond. Join Alan Townsend on his guided walk unearthing the tales of the convict servants and revealing the past to bring to life the lesser-known stories of the relationships between master and servant one house at a time. Followed by a homemade morning tea at Oak Lodge and the opportunity to self-tour and explore the house and garden at your own pace.

**Saturday 17 Oct and Sunday 18 Oct 10am–12:30pm**

Oak Lodge, 18 Bridge St, Richmond (meet Alan at the Richmond Court House on Bridge Street to commence guided walk (about 1.5 hours) and finish at Oak Lodge)
Cost: Seniors $20, Adults $25 and Child $20
Bookings: 0403 205 087 | isobel.williams@gmail.com
www.trybooking.com/DNGMQ (close: 16/10)

# RISDON VALE

## Music and Memories

Risdon Vale Neighbourhood Centre

Do you at times catch yourself humming to a golden oldie song and wonder what the name is of the song? Do you remember the days where we sat around a piano and had a singalong? Come along to the Risdon Vale Neighbourhood Centre and hear a rousing rendition of many songs whilst sipping on a cuppa and eating a fresh scone and cream.

**Wednesday 7 Oct 1pm–3pm**

Risdon Vale Neighbourhood Centre, 28 Sugarloaf Rd
Bookings: 6243 5752 (close: 1/7/2026)

COUNCIL ON THE AGEING TASMANIA'S

COTA TASMANIA
Rethink ageing

Tips for using age-friendly language:

cotatas.org.au/ageism-awareness

## ROKEBY

### Free Hearing Checks at Discount Drugstore Rokeby

Hearing Australia

Hearing Australia and Discount Drugstore Rokeby have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Tuesday 20 Oct 9:30am–1:30pm**
46 South Arm Rd, Rokeby
Enquiries: 6247 8802

## ROSNY

### Digital Drop In: Digital Skills Help

Libraries Tasmania – Rosny Library

Bring your device, computer, and technology questions to our free weekly drop-in sessions. Every Monday afternoon. Bookings essential.

**Monday 5, 12, 19 and 26 Oct 2:30pm–3:30pm**
Rosny Library, 46 Blight St, Rosny
Bookings: 6165 6448 | rosny.library@libraries.tas.gov.au
www.eventbrite.com.au/e/1981390747062 (close: 26/10)

### Protecting Against Scams and Navigating Consumer Rights

Department of Justice

Join the Department of Justice for an engaging session designed to help seniors navigate today's consumer landscape with confidence. Discover how to spot scams before they catch you, protect yourself from fraud, and understand your consumer rights. With practical advice and real-world examples, you'll gain the knowledge needed to make informed decisions and safeguard your finances. Would your organisation like to help combat scammers and protect your community? We're inviting community organisations across Tasmania to host free, 1-hour scams and consumer information session for their members. Visit justice.tas.gov.au/seniorsmonth

**Tuesday 6 Oct 10:30am–11:30am**
Rosny Library, 46 Bligh St, Rosny
Enquiries: 1300 654 499

### Digital Skills Support

Libraries Tasmania - Hobart Library

Do you need help using a computer, your smart phone or tablet? Whether you are starting from the basics or building on existing skills, support is available to help you. Book some time with our Digital Mentor volunteers. Various time slots available. Contact the library to book. Please note there are various time slots available from approximately 10am until 4pm depending on volunteer availability.

**Every day in October 10am–4pm**
Rosny Library, 46 Blight St, Rosny
Bookings: 6165 6448 | rosny.library@libraries.tas.gov.au
www.eventbrite.com.au/e/1981390747062 (close: 31/10)

### Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Rosny Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Rosny Library.

**Tuesday 6, 13, 20 and 27 Oct 10am–12pm**
Rosny Library, 46 Bligh St, Rosny
Bookings: 6231 3265 | melk@cotatas.org.au
https://tinyurl.com/3ur7dkmz (close: 1/10)

### Game On: Board Game Meet Up

Libraries Tasmania - Rosny Library

Join our growing community of board gamers for some fun! We've got a library of games for you to explore—or bring your favourite to share with the group. Whether you're a seasoned strategist or just looking for a good laugh, there's something for everyone! Come alone or bring your friends, everyone is welcome. Light refreshments provided.

**Friday 9 Oct 5pm–7pm**
Rosny Library, 46 Blight St, Rosny
Bookings: rosny.library@libraries.tas.gov.au
www.eventbrite.com.au/e/1989362311225 (close: 9/10)
Enquiries: 6165 6448

### RACT Years Ahead: Seniors Month Road Safety Session Eastlands

RACT

Enjoy a group presentation designed to give experienced drivers valuable information to help keep them safe on the road. The group presentation covers: road safety tips for drivers and pedestrians, road rules, the importance of choosing a safe car, the importance of being fit to drive, the impact of health and medications on driving and how to assess your own driving ability.

**Wednesday 21 Oct 5:30pm–6:30pm**
RACT Eastlands, Shop G-035 Eastlands, corner of Bligh and Rosny Hill Rd, Rosny
Bookings: community@ract.com.au
https://events.humanitix.com/ract-years-ahead-seniors-month-road-safety-session-eastlands (close: 21/10)
Enquiries: 132 722

## ROSNY PARK

### Free Hearing Checks at Rosny Library

Hearing Australia

Hearing Australia and Rosny Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Monday 12 Oct 9:30am–1pm**
46 Bligh St, Rosny Park
Enquiries: 6165 6448

## Ballet for Seniors – Absolute Beginners

Felicity Ryan Ballet

Suitable for adults aged 55 and over who have little to no prior ballet experience, knowledge of terminology, or the steps. This class offers adults the artistic pleasure of learning classical ballet in a fun, safe and nurturing environment. Join us for your free class at Felicity Ryan Ballet! You will find our studio on the lower level of 17 Bligh St Rosny Park, which you can access through the front entrance located in the bus mall. There is plenty of free parking in the carpark to the rear of the building, or at Eastlands, which is directly across the street. Pop down to the basement either by stairs or in the lift and turn right. You will find our waiting area and Miss Lisa (who will be your teacher) waiting there for you. Dress in something comfortable like active wear and socks (non-grip).

**Friday 2 Oct 10am–11am**

Felicity Ryan Ballet, Suites 1 & 2, Lower Level, Rosny Park
Bookings: 0438 303 863 | felicityryanballet@gmail.com
(close: 30/9)

## U3A Clarence

U3A Clarence

Come and visit U3A Clarence during the last week of Seniors Month. We meet at rooms at Rosny Library and there will be a timetable displayed with classes and rooms so you can choose which class/es you would like to attend to receive a taster of what we do. We are an organisation run totally by volunteers and we offer a variety of classes including Clarence History, French Club, Book Chat, Let's Talk and Listen, Poetry, Learn to Draw, Zumba Gold, Balance Your Bones, Tai Chi etc. At 10:25 join us for morning tea in room 6. We have three 10 week terms throughout the year. The Annual Membership fee is currently $50 but this may be increased for 2027. We also have a few social activities throughout the year including a Christmas lunch at the end of the year.

**Monday 26 and Wednesday 28 Oct 9:30am–1pm**

Rosny Library, 46 Bligh St, Rosny Park
Enquiries: 0409 970 201

## Our Shared Space – Create Your Own 2027 Calendar in Canva

City of Clarence

Learn simple design skills in digital app Canva to create your own 2027 calendar! No experience needed—just bring your creativity and curiosity, we will help you do the rest! This is an all ages, FREE activity, with afternoon snacks provided. Tickets are limited, please book early to join the fun! Presented by the City of Clarence's Our Shared Space intergenerational program in partnership with Rosny Library.

**Tuesday 6 Oct 3:30pm–4:30pm**

Rosny Library, 46 Bligh St, Rosny Park
Bookings: 6217 9500 | clarence@ccc.tas.gov.au
https://events.humanitix.com/our-shared-space-moments-in-the-making-2027-calendar-lab (close: 6/10)

## Rosny Park Tennis Club Come and Try

Rosny Park Tennis Club

Opportunity to get back into tennis, to just have a relaxing fun hit or to just chat and look around. You will be welcomed by those members of the Club who regularly gather to play mixed social tennis of a Friday morning. A racquet will be provided should you need one. New visitors present between 10:00 and 10:30 am will be offered morning tea. This event is free to new visitors during Seniors Month. A small visitor's fee might be charged at other times. Bookings preferred during specified dates but deciding to just 'drop in' is ok.

**Friday 2, 9, 16, 23 and 30 Oct 9:30am–12:30pm**

Rosny Park Tennis Club, 18 Bastick St, Rosny Park
Enquiries: 0419 101 466

## Our Shared Space – Skill Share Day

City of Clarence

Want to learn a new skill or basic clothing repair and meet new people? No skills required—just turn up and learn from local volunteers. This is an all ages, FREE activity, with afternoon snacks provided. Please book early to join the fun! Presented by the City of Clarence's Our Shared Space intergenerational program in partnership with Rosny Library.

**Tuesday 20 Oct 3:30pm–4:30pm**

Rosny Library, 46 Bligh St, Rosny Park
Bookings: 6217 9500 | clarence@ccc.tas.gov.au
https://events.humanitix.com/our-shared-space-legends-and-learners-build-day (close: 20/10)

## Crafty People: Craft Meet Up

Libraries Tasmania - Rosny Library

Join a vibrant community of creative minds and share your passion for crafting! Each month, we feature an information session or a short tutorial on a different craft or skill—perfect for learning something new and sparking inspiration. Bring along your current project and enjoy working on it in the company of fellow craft enthusiasts. Light refreshments provided. Come for the creativity, stay for the connections!

**Thursday 29 Oct 3:30pm–5pm**

Rosny Library, 46 Bligh St, ROSNY PARK
Bookings: 6165 6448 | rosny.library@libraries.tas.gov.au
www.eventbrite.com.au/e/1992888698745 (close: 28/10)

# SANDY BAY

## Free Hearing Checks at Bayside AMCAL

Hearing Australia

Hearing Australia and Bayside AMCAL Sandy Bay have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential, but expressions of interest are welcome.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Wednesday 14 Oct 9:30am–1:30pm**

638 Sandy Bay Rd, Sandy Bay
Enquiries: 6225 1306

## Hobart University of the Third Age Kaleidoscope Speakers Event

University of Third Age Hobart

Over October enjoy five eclectic presentation topics from five Tasmanian speakers canvassing the state of the planet; local Tasmanian archaeology; global political challenges as we approach the US mid terms; piano music from a maestro; to 'rewilding' of Spring Bay Mill. At U3A Hobart you will make new friends, broaden your social circle, experience the joy of learning and have fun! Any retired person or person on the road to retirement is welcome. You are eligible to join U3A Hobart at any time during the year. U3A Hobart offers courses for its members in the humanities, social sciences, sciences, languages and the arts over three 10-week terms throughout the year. There are no entry requirements or limits to the number of courses a member may enrol to attend. www.u3ahobart.org.au

**Thursday 1, 8, 15, 22 and 29 Oct 10am–11am**

Arts Lecture Theatre, UTAS Campus Sandy Bay, Sandy Bay
Enquiries: kathyb@ecn.net.au

## Pétanque in the Park

Hobart Pétanque Club

Pétanque is a fast growing sport, very popular with seniors and very easy to learn. Similar to Boules or Bocce, it is played outdoors on a piste, it's gentle on the body and lots of fun. Come along and have a play. We will provide Boules and helpful instruction to get you started. Covered footwear is recommended.

**Thursday 8 and Thursday 22 Oct 10:30am–12:30pm**

Hobart Pétanque Piste, Long Point Rd (beside Seagrass Restaurant), Sandy Bay
Bookings: secretary.hobart.petanque@gmail.com
0403 285 959

## Mah Jong Club Of Hobart

Mahjong Club of Hobart

Come to our open night at the Sandy Bay Senior Citizens Club. Observe our members playing this intriguing game, join in or have a free lesson. Light supper included.

**Monday 12 Oct 6:45pm–9:30pm**

Sandy Bay Senior Citizens, 23 Lambert Ave, Sandy Bay
Enquiries: 0447 959 852

## Come and Try our Friendly Game with Bayside Boules Pétanque Club

Bayside Boules Pétanque Club Inc

Pétanque is an easy game to learn. Enjoy outside exercise and fun with a lovely club, full of friendly people. We offer opportunities to play pétanque three times each week and enjoy social activities together as well. We have spare boules for you to borrow on the day and offer friendly instruction so that you can join our games straight away. Everyone welcome, no prior experience needed! Please wear closed in shoes.

**Tuesday 6 Oct 10:15am–12pm**
**Friday 23 Oct 12:45pm–2:30pm**
**Saturday 31 Oct 12:45pm–2:30pm**

Bayside Boules Pétanque Club, Long Point Road (end), Lower Sandy Bay
Enquiries: 0459 208 458

## Sandown Park Southern Spring Twilight #1

Australopers Orienteering Club

This is our first Southern Tas street/park orienteering event for Spring 2026. Four courses, beginners welcome. Explore the lovely Sandy Bay and Nutgrove foreshores from a new perspective. Work up an appetite for dinner! Walk or jog. Equipment and help provided. Free if it is your first time. No booking required, just turn up. More details will be posted on the Orienteering Tasmania website in early October. https://tasorienteering.asn.au

**Wednesday 28 Oct 3:30pm–6pm**

Long Beach Reserve Playground, Long Point Rd
Enquiries: 0409 447 083

## Zumba Gold (Modified for Active Older Adults)

Cazars Mad For Zumba

Zumba Gold is great for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Come and sing and dance along with me, Czar, your friendly Zumba instructor. Looking forward to meeting you.

**Tuesday 6, 13, 20 and 27 Oct 10am–11am**

Sandy Bay Senior Citizen Club, 23 Lambert Avenue, Sandy Bay
Cost: $15 - cash only
Enquiries: 0400 089 515

# SEVEN MILE BEACH

## Eating with Friends – Seven Mile Beach

City of Clarence

Eating with Friends offers affordable monthly lunches for older adults to connect and make friends. Join us at Beaches Restaurant, Seven Mile Beach. Transport is available via charter bus. Bookings strictly essential.

**Tuesday 27 Oct 12:30pm–2pm**

Beaches Restaurant, 78 Surf Rd, Seven Mile Beach
Cost: $40 for a 2 course meal, $29 for a 1 course meal, $7 optional transport fee for bus pick up/drop off
Bookings: 6217 9500 | clarence@ccc.tas.gov.au (close: 8/10)

# SNUG

## Laughing Yoga: A Feel-Good Morning Session

Kingborough Council

Start your day with a smile at our Laughing Yoga session this Seniors Month. This feel-good morning activity combines gentle breathing with guided laughter to lift your mood and boost wellbeing. Laughter is contagious, and before long you will be laughing freely, easing stress and releasing happy hormones. Enjoy a relaxed, welcoming group where you can let go, have fun and connect with others. Leave feeling lighter, energised and refreshed, with a spring in your step for the day ahead. Come along, share a laugh and start your day feeling great. Free event but due to limited numbers registration is necessary.

**Tuesday 13 Oct 11am–12pm**

Snug Community Hall, Pybus St, Snug
Bookings: 6211 8200 | kc@kingborough.tas.gov.au
https://events.humanitix.com/laughing-yoga-a-feel-good-morning-session (close: 12/10)

# SORELL

## Free Hearing Checks at Sorell Library

Hearing Australia

Hearing Australia and Sorell Library have teamed up to offer free* basic 15-minute hearing checks and hearing health information. Bookings are not essential.
*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

**Monday 26 Oct 10am–12:30pm**
25 Cole St, Sorell
Enquiries: 6165 6452

## Digital Skills Support

Libraries Tasmania - Hobart Library

Do you need help using a computer, your smart phone or tablet? Whether you are starting from the basics or building on existing skills, support is available to help you. Book some time with our Digital Mentor volunteers. Various time slots available. Contact the library to book. Please note there are various time slots available from approximately 10:00am until 4:00pm depending on volunteer availability.

**Every day in October 10am–4pm**
Sorell Library, 25 Cole St, Sorell
Bookings: 6165 6452 | sorell.library@libraries.tas.gov.au
(close: 31/10)

## High Tea

Mary Eleanor Natural Funeral Care

Join us for a delightful high tea. Enjoy sweet and savoury treats, great company and interesting conversations.

**Monday 5, 12, 19 and 26 Oct 10:30am–12pm**
Mary Eleanor Natural Funeral Care, 40 Main Rd, Sorell
Bookings: 0458 002 151 | welcome@maryeleanor.com.au
(close: 1/10)

## Free Variety Show with Light Lunch

Lions Club of Sorell

There will be different types of singers, musical and dance acts, and a few surprises!! You will be welcome to singalong, or have a little dance and there will be door prizes. The concert will be followed by a light lunch. There is limited seating so please advise your attendance for seating and catering purposes by 13/10. This event is hosted by Sorell Lions and sponsored by Sorell Council.

**Friday 16 Oct 10:30am–12:30pm**
Sorell Railway Carriage Shed, Station Lane, Sorell
Bookings: 0438 881 065 (close: 13/10)

# WARRANE

## Chair Yoga

Warrane Mornington Neighbourhood Centre

Join Jeanette on Mondays for Chair Yoga, a gentle and accessible form of exercise suitable for all fitness levels. All movements are performed while seated or supported by a chair, making it a great way to improve flexibility, strength, balance, and wellbeing. Participants are encouraged to work at their own pace and within their own comfort level.

**Monday 19 and 26 Oct 11am–12pm**
150a Bligh St, Warrane
Cost: $6 per session
Enquiries: 6244 6346

## Pingo

Warrane Mornington Neighbourhood Centre

Join us every Tuesday for a fun morning of Bingo. Enjoy friendly competition, great company, and the chance to win grocery prizes. Morning tea is provided, making it a wonderful opportunity to connect with others in a relaxed and welcoming environment.

**Tuesday 6, 13, 20 and 27 Oct 10am–12pm**
150a Bligh St, Warrane
Cost: $10 - Includes 1 book and morning tea
Enquiries: 6244 6346

## Community Breakfast

Warrane Mornington Neighbourhood Centre

Start your day with our free Community Breakfast, held every Wednesday morning. Breakfast includes toasted sandwiches, cereal, juice, hot drinks and barista coffee! Everyone is welcome, come along and connect with others in the community.

**Wednesday 7, 14, 21 and 28 Oct 8:30am–9:30am**
150a Bligh St, Warrane
Enquiries: 6244 6346

## Community Lunch

Warrane Mornington Neighbourhood Centre

Join us for our fortnightly Community Lunch and enjoy a delicious two-course meal. It's a wonderful opportunity to share a meal, connect with others, and enjoy friendly company in a welcoming atmosphere.

**Wednesday 14 and 28 Oct 12pm–1pm**
150a Bligh St, Warrane
Cost: $7 donation
Bookings: 6244 6346 | info@wmnc.org.au (close: 12/10)

## Line Dancing

Warrane Mornington Neighbourhood Centre

Get moving and have some fun at our weekly Line Dancing class with Bev! Held every Thursday. Whether you're a beginner or have danced before, you'll enjoy learning new steps, keeping active, and sharing plenty of laughs along the way.

**Thursday 1, 8, 15 and 29 Oct 9:30am–10:30am**
150a Bligh St, Warrane
Cost: $5 per class
Enquiries: 6244 6346

## Community Movement

Warrane Mornington Neighbourhood Centre

Join Donna every Thursday for her free Community Movement sessions where you can move, connect and feel good in a supportive environment. Work out at your own pace, all fitness levels welcome!

**Thursday 1, 8, 15, and 29 Oct 11:30am–12:15pm**

150a Bligh St, Warrane
Enquiries: 6244 6346

## Friday Morning Muster at Warrane Community Garden

Warrane Mornington Neighbourhood Centre

Our weekly Friday garden bees run from from 10am to 12pm. We finish up at 11:30am for morning tea! Bring a cup, your garden gloves, and a favourite weeding tool if you have one. All welcome!

**Friday 2, 9, 16, 23 and 30 Oct 10am–12pm**

Warrane Community Garden, 18 Heemskirk St, Warrane
Bookings: 0499 078 490 | katie@wmnc.org.au

## Sunday Skill Share @ Warrane Community Garden

Warrane Mornington Neighbourhood Centre

Each month Warrane Community Garden offers a skill share on the third Sunday. A great opportunity for locals to learn or share new skills and meet some garden faces. Attendees are welcome to stick around afterwards to explore the garden or have a chat over a cuppa. October's skill share will be confirmed closer to the event with details available via the booking link.

**Sunday 18 Oct 10am–11am**

Warrane Community Garden, 18 Heemskirk St, Warrane
Bookings: 0499 078 490 | | https://events.humanitix.com/wcg-sunday-skillshare-series-2026 (close: 16/10)

# WEST MOONAH

## Road Safety for Seniors

West Moonah Neighbourhood House

Learn valuable strategies for staying safe, confident, and informed as you age. Session 1: Misunderstood Road Rules Program - Confused about road rules? Join RACT as we unpack five of the commonly misunderstood road rules in Tasmania. Session 2: Years Ahead: Road Safety - Join RACT as we discuss how you can stay mobile longer, safely. Topics include choosing a safe car, tips to assess your health, driving ability and more. You're welcome to attend one session or both.

**Session 1: Tuesday 6 Oct 10am–11am**
**Session 2: Tuesday 6 Oct 11am–12pm**

West Moonah Neighbourhood House, 130 Springfield Ave
Bookings: 6273 2362 | info@westmoonahnh.org.au (close: 6/10)

## Medication Safety for Seniors

West Moonah Neighbourhood House

Learn the right and safe way for seniors to take and manage their medication, track expiry dates and drive while medicated.

**Monday 5 Oct 10am–11am**

West Moonah Neighbourhood House, 130 Springfield Ave
Bookings: 6273 2362 | info@westmoonahnh.org.au (close: 5/10)

## Pamper & Movie Night

West Moonah Neighbourhood House

Celebrating carers and seniors. You are warmly invited to a special evening of relaxation and cinema! Join us for a Pamper & Movie Night where you can sit back, unwind, and be treated like the VIPs you are. Enjoy gentle hand massages and soothing face masks, followed by a classic film, delicious snacks, and great company. Bookings essential.

**Friday 16 Oct 4pm–7pm**

West Moonah Neighbourhood House, 130 Springfield Ave
Bookings: 6273 2362 | info@westmoonahnh.org.au (close: 9/10)

## Quilting Hub

West Moonah Neighbourhood House

Join fellow patchworkers and quilters for a fun day of friendship, chatting and creativity. Bring your project, share ideas and connect with others. Hand sewers welcome! Some machines available. Patterns and small quantity of donated fabrics available. Enjoy tea, coffee, cakes and slices while you sew. Bookings essential so be sure to secure your spot. Ongoing patchwork group every Thursday from 9.30am – 12.30pm for $5 per week, BYO projects, or join the community quilts group for free, materials supplied.

**Saturday 10 Oct 10am–4pm**

West Moonah Neighbourhood House, 130 Springfield Ave
Bookings: 6273 2362 | info@westmoonahnh.org.au (close: 2/10)

# WOODBRIDGE

## Craft Chat

West Winds Community Centre

Bring a creative project along or come and learn something new. Enjoy a cuppa and a chat with the locals.

**Monday 5, 12, 19 and 26 Oct 10am–12pm**

West Winds Community Centre, 3528 Channel Highway
Cost: Gold Coin
Enquiries: 6267 4713

## Soft Fit Exercise Class

West Winds Community Centre

Staying active as we age is an essential ingredient to maintaining physical and mental health and wellbeing. This class is directed at those who need help with the balance, mobility, strength and cardio-cognitive development.

**Monday 5, 12, 19 and 26 Oct 11:30am–12:30pm**
**Wednesday 7, 14, 21 and 28 Oct 11:30am–12:30pm**
**Friday 2, 9, 16, 23 and 30 Oct 11:30am–12:30pm**

West Winds Community Centre, 3528 Channel Highway
Cost: $15
Enquiries: 6267 4713

## Experience the Craft of Weaving

Woodbridge Hill Handweaving Studio

Visit the Handweaving Studio on Woodbridge Hill. Watch the weaver at work or ask the questions you have. Apart from the display of woven articles, yarns and looms, there is a lovely garden to see and a fantastic view over the Channel and Bruny Island. There are a few steps to the garden and studio, so wheelchairs are not suitable.

**Open during the month of October, most days except Saturday, 10am–1pm**

Best to ring first: 0480 187 479

Handweaving Studio, 269 Woodbridge Hill, Woodbridge

## Words Words Words Group

West Winds Community Centre

If you love words - the spoken, the written, the ones of the back of the bus, the misused and the overused; if you want to write your own words; if you want to talk about the words you've been reading - a book, a poem, a pamphlet, an inspirational saying, an annoying saying that gets your goat (now where did that saying come from?). Join with fellow Word Nerds and get it off your chest...or off your keyboard and onto paper. Come along and critique this blurb: how many grammatical errors? Too many cliches? And what is jargon anyway?

**Monday 5, 12, 19 and 26 Oct 1:30pm–3:30pm**

West Winds Community Centre, 3528 Channel Highway

Cost: Gold Coin

Enquiries: 6267 4713

## Preparing for Retirement with Services Australia

West Winds Community Centre

Come for a chat with Services Australia's Financial Information Officer to ask your questions and understand your options.

**Monday 12 Oct 1:30pm–3pm**

West Winds Community Centre, 3528 Channel Highway

Enquiries: 6267 4713

## Seniors Social Lunch

West Winds Community Centre

Join us for good conversation and a delicious lunch with your local community. It's a relaxed chance to connect, share stories, and enjoy great company. Please contact us to book your seat — we'd love to have you join us.

**Tuesday 6 Oct 12pm–2:30pm**

West Winds Community Centre, 3528 Channel Highway

Cost: Gold Coin

Bookings: 6267 4713 | westwinds@westwinds.org.au

(close: 5/10)

## Qi Gong / Tai Chi

West Winds Community Centre

Learn flowing moves to strengthen and loosen the body, calm the heart and mind. Practise short self healing forms to balance Qi (chi), our vital energy, regulate breathing and emotions and learn the beautiful Wild Goose form. Wear comfortable clothing and bring a bottle of water with you.

**Tuesday 6, 13, 20 and 27 Oct 10am–11:30am**

West Winds Community Centre, 3528 Channel Highway

Cost: $15

Enquiries: 6267 4713

## Grief Loss and Anxiety

West Winds Community Centre

Connect & Empower introduces Conversation in Community: Grief, loss and anxiety. A free community conversation hosted by Wellways. By the end of the conversation you will be able to identify what grief means to you, reflect on new thinking and ideas about grief and identify ways in which grief and loss can relate to the experience of feeling anxious. Morning tea provided.

**Wednesday 28 Oct 10am–11am**

West Winds Community Centre, 3528 Channel Highway

Enquiries: 6267 4713

## Advance Care Planning Session

West Winds Community Centre

Join the team from Hospice Volunteers/Palhelp for a conversation on Wills, Enduring Power of Attorney, Enduring Guardian, Advance Care Directives and Digital Literacy.

**Wednesday 28 Oct 11am–12pm**

West Winds Community Centre, 3528 Channel Highway

Enquiries: 6267 4713

## Channel Art Group

West Winds Community Centre

Meets every Thursday in the Art Lounge. Bring along your art materials, some morning tea, and work with other like minded artists in an informal supportive setting.

**Thursday 1, 8, 15, 22 and 29 Oct 10am–12pm**

West Winds Community Centre, 3528 Channel Highway

Cost: Gold Coin

Enquiries: 6267 4713

## Singalong with Dementia Friendly Tasmania

West Winds Community Centre

Join your neighbours for a warm, welcoming singalong session with Dementia Friendly Tasmania, complete with music stories and afternoon tea. Whether you love to sing or prefer to hum along, all welcome. We'll enjoy familiar tunes with lyrics provided and connect with neighbours old and new. Please RSVP by 9 October for catering.

**Thursday 15 Oct 1:30pm–3pm**

West Winds Community Centre, 3528 Channel Highway

Bookings: 6267 4713 | westwinds@westwinds.org.au

(close: 9/10)

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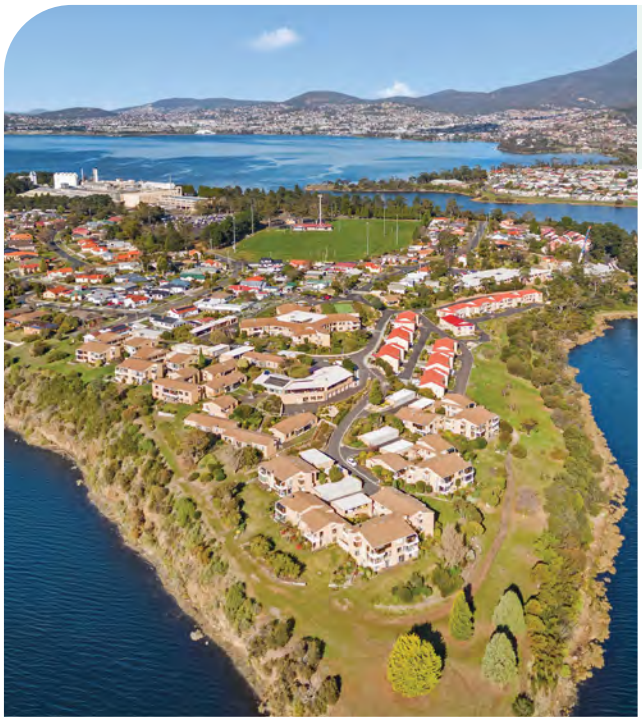
# We help older Tasmanians fix problems for free:

- Understanding your rights and options
- Accessing aged care services
- Resolving issues with your aged care provider
- Addressing unfair treatment

1800 005 131
contact@yoursaytas.org
advocacytasmania.org.au

Advocacy Tasmania

# Discover low-maintenance retirement living



## Derwent Waters Retirement Living

57 Cadbury Road, Claremont

### Riverside retirement living in a close-knit community

Set amongst leafy and tranquil gardens, located in Claremont, **Derwent Waters** is a warm and welcoming community with sweeping views of the Derwent River and Mount Wellington.

Choose from spacious retirement homes or serviced apartments - designed so you can enjoy life, your way. Make the most of a newly renovated clubhouse and an active social calendar that brings neighbours together in a vibrant, supportive atmosphere where you can truly feel at home.

## Mowbray Links Retirement Village

30 Janefield Street, Mowbray

### Downsize for easy living

Discover **Mowbray Links**, a vibrant retirement village nestled in beautifully landscaped gardens beside the Mowbray Golf Course. Ideally positioned close to local amenities, restaurants, museums, galleries and the scenic Tamar Valley.

Enjoy relaxed, low-maintenance living in modern, well-appointed villas. With gardening and maintenance taken care of, you'll have more time to do what you love. Whether it's morning teas, social clubs or weekend outings, you'll find a vibrant, supportive community where you can truly feel at home.



## Affordable retirement homes now selling

Call **13 28 36** or visit **aveo.com.au** to book your discovery tour today.

aveo

*The entry payment and any other amounts payable if you move in depend on any available contract option you select. A regular service fee is payable and outlined in the disclosure pack. If your contract is a Later contract option, you will have to pay a deferred management fee when you leave this village. Please see disclosure documents and Aveo's standard residence contract for more information.

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*Support you can count on at every stage of life.*

THE SALVATION ARMY **Aged Care**

Call **1300 111 227** or scan the QR code to learn more.

# EVENTS IN THE NORTH

## BEACONSFIELD

### Timeless Threads Fashion Parade

Beaconsfield Neighbourhood House

Step into a world of colour, confidence and creativity at our Seniors Month Fashion Show! Join us at Beaconsfield House for an uplifting afternoon celebrating personal style at every age. The fashion show will feature a diverse range of clothing, including fabulous outfits thoughtfully sourced from our local op shop and modelled by local residents, highlighting the creativity, affordability and sustainability of pre-loved fashion. There'll be music, laughter, and plenty of moments that remind us that style has no age limit. After the show, stay for afternoon tea and friendly conversation.

**Monday 5 Oct 1:30pm–4pm**

Beaconsfield Neighbourhood House, 33 Grubb St
Bookings: 6383 1110
(close: 1/10)

### Garden Tour at Beaconsfield Neighbourhood House

Beaconsfield Neighbourhood House

Come wander with us through the beauty of Spring on our Seniors Month Garden Tour! Join our knowledgeable volunteer Sharon for a relaxed stroll through our community gardens. Learn a few gardening tips, discover new plants, and enjoy the peaceful surroundings as we explore together. Everyone who attends can pot their own flower or vegetable to take home-a little gift to brighten your own garden. After the tour, we'll share a light lunch and good company. A gentle, welcoming outing perfect for gardeners of all levels.

**Wednesday 21 Oct 11am–1pm**

Beaconsfield Neighbourhood House, 33 Grubb St
Bookings: 6383 1110 (close: 16/10)

### Morning Tea at Beaconsfield District Health Service Day Centre

Beaconsfield District Health Service

Come have a chit chat and join us for morning tea, meet and greet the participants in Day Centre, view our display of activities from the last few months, and enjoy some quizzes and jokes for the morning. Please ring our administration team to book in for our morning tea.

**Wednesday 7 Oct 10am–11:30am**

Beaconsfield District Health Service, 13 Bolton St
Bookings: 6702 6060 (close: 30/9)

### Misunderstood Road Rules with RACT at Beaconsfield Library

Libraries Tasmania

Confused about road rules? Join RACT as they unpack five commonly misunderstood rules and help refresh your understanding of the road laws many Tasmanian drivers find tricky.

**Friday 9 Oct 10am–11am**

Beaconsfield Library, Grubb St, Beaconsfield
Bookings: https://bit.ly/44TQdSS (close: 9/10)
Enquiries: 6702 6111

## BRIDPORT

### Misunderstood Road Rules with RACT at Bridport Library

Libraries Tasmania

Confused about road rules? Join RACT as they unpack five commonly misunderstood rules and help refresh your understanding of the road laws many Tasmanian drivers find tricky.

**Wednesday 21 Oct 1:30pm–2:30pm**

Bridport Library, Main St, Bridport
Bookings: www.eventbrite.com.au/e/misunderstood-road-rules-with-ract-at-bridport-library-tickets-1992602372335
(close: 21/10)
Enquiries: 6387 5609

### Salty and Silver: A Morning at the Beach

Bridport Surf Life Saving Club

Meet at our Bridport Surf Life Saving Club Rooms to enjoy beach accessibility for seniors, safe swimming practices, beach exercises, basic first aid i.e. defibrillator demonstration and morning tea. Come share the sand, the smiles and the community spirit — a Silver Salties beach morning for everyone. Meet new friends, enjoy the beach and be part of a vibrant Bridport morning by the water. Silver Salties is an activity that runs through the summer months at Bridport — we warmly welcome new members. Come along and discover all the fun things you can do as part of our Silver Salties Group.

**Saturday 10 Oct 10am–12pm**

Bridport Surf Life Saving Club Rooms, Gofton's Beach
Enquiries: 0438 281 352 — Leonie Johnston


**Care Finder**

Are you or someone you know struggling to access Aged Care services and have no one to help?

1800 518 048
carefinder@cotatas.org.au
cotatas.org.au/get-support/care-finder

## Morning Tea and Introduction to Croquet

Bridport Croquet Club

Come and join us for morning tea at the Bridport Golf and Croquet Club and afterwards, if you like, maybe a hit of croquet. Croquet is an easy, inexpensive social game, suitable for all ages and abilities (one member who retired last year was 92!). All casual and new players welcome. Usual play day is every Wednesday at 9:45, most Saturday afternoons, and other times by arrangement.

**Tuesday 6 Oct 10am–12pm**

Bridport Golf and Croquet Club, Main St, Bridport
Bookings: 0407 779 076 | judithnortheast@gmail.com
(close: 5/10)

# CAMPBELL TOWN

## Concert Day

Campbell Town Health & Community Services

Enjoy a wonderful afternoon of entertainment with a concert featuring one of our favourite musicians, bringing music and joy to Seniors Month celebrations. Afternoon tea will be provided.

**Thursday 15 Oct 1pm–3pm**

Campbell Town Health & Community Service, 70 High St
Cost: Entry by donation
Bookings: 6774 8000 | merilyn.fadel@ths.tas.gov.au
(close: 21/9)

## Books and Conversation at Campbell Town Library

Libraries Tasmania

A relaxed, welcoming and inclusive get-together for people who like to talk about books and life. Adult readers of all levels and genres are welcome. Bring along a recent read or an old favourite. The last Friday of each month.

**Friday 30 Oct 2pm–3pm**

Campbell Town Library, 79 High St, Campbell Town
Bookings: campbelltown.library@libraries.tas.gov.au
6774 8010 | www.eventbrite.com.au/e/meetup-books-and-conversation-at-campbell-town-library-tickets-1980935124282
(close: 29/10)

## Happy Gatherers Secret Garden Café

Campbell Town Health & Community Services

Come along to The Gathering Place with The Happy Gatherers and enjoy a delightful morning to the beautiful Secret Garden Café, sharing good food, friendship and a relaxing morning together. The secret Garden Cafe runs at the end of each month. It is a great way to reconnect with the community and share some locally made produce over a cuppa.

**Thursday 29 Oct 10:30am–12pm**

Campbell Town Health & Community Service, 70 High St
Cost: Gold Coin
Bookings: 6774 8000 | merilyn.fadel@ths.tas.gov.au
(close: 21/9)

## Singalong

Campbell Town Health & Community Services

Join us for a fun and lively morning of music, memories and laughter as we come together for a community singalong with our talents on the piano at The Gathering Place. At The Gathering Place, Campbell Town Health and Community Service, we pride ourselves on creating fun, exciting and memorable collaborative experiences that bring people together. From music, concerts and themed events to outings, guest speakers, games and social gatherings, there is always something happening to encourage connection, laughter and enjoyment. Our inclusive activities are designed to support wellbeing, celebrate individuality and create meaningful moments for everyone involved. The Gathering Place is a welcoming environment here friendships grow; memories are made and community spirit shines.

**Thursday 1 Oct 10:30am–12pm**

Campbell Town Health & Community Service, 70 High St
Cost: Gold Coin
Bookings: 6774 8000 | merilyn.fadel@ths.tas.gov.au
(close: 21/9)

## Senior's Trivia

Campbell Town Health & Community Services

Put your thinking caps on and join us for a friendly and entertaining Senior's Trivia session filled with fun questions, teamwork and plenty of laughs. Book a table of friends or be place with a fun group and be prepared for lots of fun and laughter.

**Thursday 22 Oct 1pm–3pm**

Campbell Town Health & Community, 70 High St
Cost: Gold Coin
Bookings: 6774 8000 | merilyn.fadel@ths.tas.gov.au
(close: 21/9)

## Guest Speaker Craig Davis

Campbell Town Health & Community Services

We are excited to welcome former AFL star Craig Davis as our special guest speaker, sharing stories, experiences and inspiration from his sporting journey. Morning tea will be provided.

**Thursday 8 Oct 10:30am–12pm**

Campbell Town Health & Community Service, 70 High St
Bookings: 6774 8000 | merilyn.fadel@ths.tas.gov.au
(close: 21/9)

# CHUDLEIGH

## Yoga for Any Body

Jasmin Martin

Good yoga is meant to adapt to your body and needs. Come as you are and explore your range of motion. Options and adjustments always available. Enjoy 90 minutes of movement, breath awareness and deep relaxation.

**Monday 5, 12, 19 and 26 Oct 9am–10:30am**

Aunty Joy's Creative Studio, 34 Sorell St, Chudleigh
Cost: $15
Enquiries: 0448 381 306

# DELORAINE

## Tea Time

Deloraine Folk Museum

A quaint display of charming vintage tea time cups, saucers and teapots. Marvel at the many styles and designs of this everyday tradition and be glad you don't have to polish the silver!

**Every day in October Weekdays 9am–5pm, Weekends 10am–2pm**

Deloraine Folk Museum, 98-100 Emu Bay Rd, Deloraine
Enquiries: 6362 5280

## Health Chats: Gadgets to Stay Independent

Deloraine Wellbeing Centre, District Hospital

Zale Young, Allied Health Assistant will be offering advice and information on various gadgets and aids which can be used in and around our homes. This is part of four free and open to the public 'Health Chats' that we are hosting at the Deloraine Wellbeing Centre throughout Seniors Month.

**Tuesday 6 Oct 10:30am–11:30am**

Deloraine Wellbeing Centre, 17 Lansdowne Place
Bookings: 6701 2126 (close: 22/9)

## Health Chats: The SPICE of Life

Deloraine Wellbeing Centre, District Hospital

Practical ways to enhance social health and wellbeing will be explored with Fiona Thowe, Senior Community Health Social Worker. This is part of four free and open to the public 'Health Chats' that we are hosting at the Deloraine Wellbeing Centre throughout Seniors Month.

**Tuesday 13 Oct 10:30am–11:30am**

Deloraine Wellbeing Centre, 17 Lansdowne Place
Bookings: 6701 2126 (close: 22/9)

## Health Chats: Movement for Health and Wellbeing

Deloraine Wellbeing Centre, District Hospital

Carolyn Asman, Physiotherapist will illustrate how physical activity can be a core component of daily life for our wellbeing. This is part of four free and open to the public 'Health Chats' that we are hosting at the Deloraine Wellbeing Centre throughout Seniors Month.

**Tuesday 20 Oct 10:30am–11:30am**

Deloraine Wellbeing Centre, 17 Lansdowne Place
Bookings: 6701 2126 (close: 22/9)

## Health Chats: Stay on Your Feet

Deloraine Wellbeing Centre, District Hospital

A question/answer chat about common problems confronting us and our feet as we age. Presented by Joshua Bolte, Community Podiatrist. This is part of four free and open to the public 'Health Chats' that we are hosting at the Deloraine Wellbeing Centre throughout Seniors Month.

**Tuesday 27 Oct 10:30am–11:30am**

Deloraine Wellbeing Centre, 17 Lansdowne Place
Bookings: 6701 2126 (close: 22/9)

## Chair Yoga

Jasmin Martin

This 45-minute class provides a safe place to explore and move your body, bring a smile to your face and keep your motor humming. We start with grounding breathing exercises, move into a range of standing poses with support of the chair and wall, cool down with seated poses, and end with a gentle and relaxing meditation. A lovely way to connect with yourself and the other participants in our friendly group.

**Wednesday 7, 14, 21, and 28 Oct 11:45am–12:30pm**

Deloraine House, 112 Emu Bay Rd, Deloraine
Cost: $10
Enquiries: 0448 381 306

## Qigong for Wellness

Jasmin Martin

Qigong is a soft, gentle exercise that nurtures, builds, and maintains our vital energy throughout our life. Keep your body and mind supple, flexible and agile from the inside out. The practices are simple and easy to learn and have subtle and profound results. This class is for anyone, men and women, young and old. Come along and have fun! Qigong is also a branch of Traditional Chinese medicine, so in class you'll learn some interesting tips and hints to get you through the four seasons. Please let your teacher know beforehand of any medical conditions, injuries and limitations so the class can be personalised for your body.

**Wednesday 7, 14, 21 and 28 Oct 9am–10am**

Deloraine House, 112 Emu Bay Rd, Deloraine
Cost: $10
Enquiries: 0448 3813 06

## Game On: Across the Ages

Aged Care Deloraine and Meander Valley Council

Step into a world of fun, connection and friendly competition! Enjoy interactive virtual reality experiences alongside classic board games, bringing generations together for laughter and shared moments. With delicious afternoon tea included, it's the perfect way to socialise, learn something new, and spark conversation and meaningful connection. Join us over two weeks in the school holidays at two Aged Care Deloraine sites and play your way across the ages!

**Session 1: Tuesday 6 Oct 1pm–3pm**

Grenoch: Aged Care Deloraine, 11 E Barrack St, Deloraine

**Session 2: Tuesday 13 Oct 1pm–3pm**

Kanangra, Aged Care Deloraine, 10 Kanangra Drive
Enquiries: 0461 401 279

## Come and Try Table Tennis

Meander Valley U3A

Table tennis is said to be good for the mind and body. Take the opportunity to give it a try in a non-competitive Meander Valley U3A class, before paying membership. Equipment provided. Two trial sessions free. Wear footwear suited to the indoor courts e.g. sneakers.

**Thursday 1, 8, 15, 22 and 29 Oct 2pm–3pm**

Meander Valley Performing Arts Centre, Meander Valley Rd
Enquiries: meandervalleyu3a@gmail.com

## Eating with Friends

Deloraine House

Join us at Deloraine House on October 5 at noon for a friendly social lunch. Eating with Friends is on the first Monday of every month at Deloraine House.

**Monday 5 Oct 12pm–1pm**

Deloraine House, 110-112 Emu Bay Rd, Deloraine
Cost: $10 per person, includes two course meal
Bookings: 6362 2678 | info@deloraine house.com.au
(close: 4/10)

# EXETER

## Afternoon Delight

Val's Singalong Soirée

Come, stroll along memory lane with Valerie and Claire. We warmly invite you to sing-along with us, or sit back, relax and enjoy an uplifting live music experience. Performing evergreen songs from the 50s onward, from stage, film and radio, you'll soon find your feet tapping, singing along with Valerie as she leads the way to Claire, who is waiting in the wings to captivate and enthrall you with her effortless vocal agility and soaring crystalline melodies. Renowned for her warm velvety tone, lyric soprano Claire will take you on a spellbinding journey through classical songs and favourite show tunes. Includes afternoon tea/coffee/biscuits. Alcohol can be purchased from the RSL bar in adjacent room. Disability/wheelchair friendly.

**Thursday 29 Oct 1pm–3pm**

Exeter Community Hub, 11 Murray Street (RSL home)
Cost: $10 cash only
Enquiries: 0407 681 925

# GEORGE TOWN

## George Town Senior Citizens Club Open Day

George Town Senior Citizens Club

Come along for a friendly afternoon of games and afternoon tea, a relaxed way to meet people, have a chat, and see if it's something you'd like to join.

**Tuesday 6 and 27 Oct 1pm–3pm**

York Cove, Sorell St, George Town
Enquiries: 0456 749 827

## Celebrate Ageing | Tech Together A 4 Week Digital Skills Program at Kinimathatakinta/George Town Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Kinimathatakinta/George Town Library. The four week program begins:

**Tuesday 20 and 27 Oct, 3 and 10 Nov 10am–12pm**

Kinimathatakinta/George Town Library, 12 Elizabeth St
Bookings: 6231 3265 | melk@cotatas.org.au
https://bit.ly/4pc03ZV (close: 1/10)

## Crochet Group

Libraries Tasmania

Join our Crochet Group — every Monday! Whether you're new to crochet or working on your own project, this fun and supportive group is perfect for all skill levels. Come along, share ideas, and enjoy some creative time with others!

**Monday 5, 12, 19 and 26 Oct 9:30am–11am**

Kinimathatakinta/George Town Library, 12 Elizabeth St
Enquiries: 6702 6090

## Book Chat

Libraries Tasmania

Love reading? Enjoy chatting about great books? Join us at Kinimathatakinta/George Town Library for a relaxed and friendly book chat! Whether you're an avid reader or simply looking for your next page-turner, this welcoming session is the perfect place to connect with fellow book lovers. Share what you've been reading, pick up new recommendations, or just sit back and enjoy the conversation. There's no pressure to read a specific book—just bring your curiosity and love of stories. Held on the second Tuesday of each month.

**Tuesday 20 Oct 11am–12pm**

Kinimathatakinta/George Town Library, 12 Elizabeth St
Enquiries: 6702 6090

## Misunderstood Road Rules with RACT at Kinimathatakinta / George Town Library

Libraries Tasmania

Confused about road rules? Join RACT as they unpack five commonly misunderstood rules and help refresh your understanding of the road laws many Tasmanian drivers find tricky.

**Tuesday 13 Oct 10am–11am**

Kinimathatakinta/George Town Library, 12 Elizabeth St
Bookings: https://bit.ly/44qzGps (close: 13/10)
Enquiries: 6702 6090

# INVERMAY

## Jimpa Movie Screening with Intergenerational Speaker Panel

Working It Out

Join us for a screening of Jimpa, a film based on the family of acclaimed Australian filmmaker Sophie Hyde. Funny, accessible, full of sadness and joy, and with a wonderful multi-generational cast, Jimpa is a celebration of LGBTIQA+ culture. It brings a queer family to screen, taking a nuanced look at just how much has changed in terms of social expectation and our understanding of family over three generations. The film stars favourites Olivia Colman and John Lithgow, with newcomer Aud Mason-Hyde. Join us for this special community screening and the panel of guest speakers that will follow.

**Saturday 17 Oct 2pm–5pm**

Queen Victoria Museum and Art Gallery, 2 Invermay Rd, Invermay
Cost: Flexible ticketing - $5 per ticket, with an option to 'pay-it-forward' for a community member to attend free of charge.
Bookings: https://events.humanitix.com/jimpa-film-screening-launceston (close: 14/10)
Enquiries: 6231 1200

## Launceston Textiles Hub

Handweavers, Spinners and Dyers Guild of Tasmania

Tuesday Spinners meeting, bring along knitting or fibre crafts. Watch the spinners and try it yourself. If you are interested you might like to join our guild. To find a group in your area go to www.hwsdguildtasmania.org/groups

**Tuesday 6, 13, 20 and 27 Oct 1pm–3:30pm**

Elderly Citizens Building, Landale St, Invermay
Cost: $5
Enquiries: 0418 220 021

## Open Day at Banksia House – Day Respite For Those Living With Dementia

Tasmanian Health Service

You are warmly invited to join us for a special morning tea at Banksia House as part of Seniors Month. At Banksia House, we focus on each person as an individual. We support people living with dementia by helping them stay involved, valued, and connected. Come along, look around, and enjoy a relaxed chat and a cup of tea with our friendly staff. This is a great chance to ask questions and learn more about dementia, as well as how we support people to use their strengths, skills, and interests in positive ways.

**Monday 19 Oct 10am–12pm**

Banksia House, 18 Mayne St, Invermay
Enquiries: 6326 6165

# KINGS MEADOWS

## Celebrate Ageing Through Connection, Creativity and Community!

OneCare Ltd, Manor Garden Village Kings Meadows

Join us at our village community centre. Learn about Support at Home (10–11am and 2–3pm), enjoy gentle exercise (10:30–11am), morning tea with guest speakers on retirement living and financial planning (11–11:45am), inspect the display villa (12–1pm), and join afternoon tea with guest speakers (1:30–2:15pm). Whether you're a resident, family member, friend or exploring your retirement options, you're warmly invited to attend one or more sessions.

**Wednesday 21 Oct 10am–3pm**

Bruce Davidson Centre Community Centre, 2 Guy St, Kings Meadows
Enquiries: 0456 610 325

## Northern Tasmania Camera Club Monthly Meeting

Northern Tasmania Camera Club

Club Regular Monthly Meeting - Come and try! For new and aspiring photographers.

**Tuesday 13 Oct 7pm–8:30pm**

Lions Clubrooms, Merino Street, Kings Meadows
Enquiries: 0408 461 223 Jack Barker (Secretary)

## Seniors Month Come & Try Seniors Golf Clinics

Golf Australia

Join PGA Professional Harley Williams for a fun and welcoming golf clinic as part of Seniors Golf Month. Whether you're new to golf or looking to refresh your skills, this session will cover the fundamentals in a relaxed, supportive environment. Please bring: hat, water bottle, clubs and all equipment are provided. No previous golf experience is necessary. We look forward to seeing you at the club!

**Friday 2, 9, 16, 23 and 30 Oct 2pm–2:45pm**
**Tuesday 6, 13, 20 and 27 Oct 11am–11:45am**

Launceston Golf Club, Opossum Rd, Kings Meadows
Bookings: simon.weston@golf.org.au
https://golf.com.au/venue/launceston-golf-club
Enquiries: 6344 1118

# LAUNCESTON

## Come and Try Masters Swimming

Launceston Masters Swim Club

Join the Launceston Masters Swimming Club members for a Saturday morning swim session. 7am start, so arrive a little earlier to sign in. Finishing time is 8am, and a breakfast at Cube can be enjoyed with other Club members. Come and try, if you might like to join later and become a member, you will be more than welcome.

**Saturday 3 Oct 7am–8am**

Launceston Aquatic Centre, 8 High St, Launceston
Cost: $10
Enquiries: 0418 501 145

## Celebrate Ageing | Tech Together A 4 Week Digital Skills Program at Launceston Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Launceston Library.

**Tuesday 6, 13, 20 and 27 Oct 10am–12pm**

Launceston Library, 71 Civic Square, Launceston
Bookings: 6231 3265 | melk@cotatas.org.au |
https://bit.ly/4eT3d1b (close: 1/10)

## Qi Gong at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community free for seniors this October. Qi Gong is similar to Tai Chi and is an ancient healing practice involving gentle movements, breathing techniques and self-massage suitable for all bodies at any age. Bookings essential.

**Tuesday 6, 13, 20 and 27 Oct 7am–7:45am**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Leisure Bike Ride with Tamar Bicycle Users Group

TBUG

Day Light savings special! The TBUG group hold a weekly bike ride around the trails of Launceston. Leaving from the river end of Park St, meet at 5:45pm, we start riding at 6pm. Depending of daylight hours we usually finish round 7pm. Come and discover the trails and sights unseen. This event runs for the length of daylight savings, so until April. If people enjoyed the activity, they can join the Club for $20 per year, which will give them access to events held on other days of the week also. We also have rides on Wednesdays during the day and also a fun ride on Fridays throughout the year. Some Sunday events are held in the north of the State. Thursday evenings.

**Thursday 1, 8, 15, 22 and 29 Oct 5:45pm–7pm**
River End of Park St. Past Hallem's, Launceston
Enquiries: 0418 501 145

## Dance with Adam at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community free for seniors this October. Join Artistic Director of Tasdance Adam Wheeler for an all ages all abilities dance class for fun and fitness. Bookings essential.

**Friday 2, 9, 16 and 23 Oct 10am–10:45am**
St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Tango Tuesdays – Move Your Body

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Tango Tuesdays provides a relaxed dance space to learn the basics of Tango in a friendly and supportive environment building connection, confidence, and enjoying movement together. No experience or partner required, just come along, have some fun, and get moving. Bookings essential.

**Tuesday 6, 13, 20 and 27 Oct 1pm–1:45pm**
St Lukes Launceston wellness hub, 93 Cimitiere St
Cost: $15
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Warming Wednesdays – Soup Kitchen to Celebrate Seniors Month

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Warming Wednesdays is a free soup kitchen where the community can come together, share stories and enjoy a hot, nourishing bowl of soup. Pull up a chair, have a chat, and connect with others in a relaxed, friendly space. Everyone is welcome.

**Wednesday 7, 14, 21 and 28 Oct 11:30am–1:30pm**
St Lukes Launceston wellness hub, 93 Cimitiere St
Enquiries: 0477 231 144

## The Healthcare System Doesn't Have to be Confusing – Ask a Health Navigator

St Lukes

We know there's a lot of information out there and it can be hard to know where to start. Whether you're a member of not, our Health Navigators can help you find the right services to support your health and wellbeing. Free and confidential — we do the searching for you and offer personalised options based on your needs.

**Monday 5, 12, 19 and 26 Oct 9am–5pm**
**Tuesday 6, 13, 20 and 27 Oct 9am–5pm**
**Wednesday 7, 14, 21 and 28 Oct 9am–5pm**
**Thursday 1, 8, 15, 22 and 29 Oct 9am–5pm**
**Friday 2, 9, 16, 23 and 30 Oct 9am–5pm**
St Lukes Launceston, 93 Cimitiere St, Launceston
Enquiries: 1300 651 988

## Free Health Checks for Everyone

St Lukes

Drop in to the St Lukes wellness hub in Launceston and have your blood pressure, heart rate, body fat percentage, height, body mass index, weight, smoking status, perceived stress and Type 2 diabetes risk checked from a medical grade SiSUhealth station. It is free and simple to use, all you need is an email address and spare five minutes. If you have any questions, one of our dedicated Health Navigators will be on hand to assist. No bookings required. Only open Monday to Friday.

**Monday to Friday all of October 9am–5pm**
Launceston Wellness Hub, 93 Cimitiere St
Enquiries: 1300 651 988

## Thankful Thursdays – Pop Up Postcard Exchange

St Lukes Launceston

Visit St Lukes Launceston this Seniors Month and take part in simple activities celebrating connection, gratitude and community. Leave a positive message on our gratitude wall for others to read or write a heartfelt postcard to someone in your life to take away and send. Sometimes the smallest gestures can make the biggest impact. No bookings required and all materials are provided (please note stamps are not included).

**Thursday 1, 15, 22 and 29 Oct 9am–5pm**
St Lukes Launceston wellness hub, 93 Cimitiere St
Enquiries: 0477 231 144

## Fun Fridays – Pop Up Games Space

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Join us for Fun Fridays this October, a relaxed drop in games space for all ages to enjoy classic board games in a friendly, social setting. Sit down to a game of checkers, chess, cards, connect four and more, meet new people, have a laugh and connect with your community.

**Friday 2, 9, 16, and 23 Oct 9:30am–11:30am**
St Lukes Launceston wellness hub, 93 Cimitiere St
Enquiries: 0477 231 144

## Yoga at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community FREE for seniors this October. Our yoga sessions focus on improving your flexibility and mobility, balance and co-ordination with classes designed for all bodies and levels of experience. Check out the full range of dates and times available on the St Lukes website and use the code SENIORS2026 when making your bookings and get moving this October.

**Tuesday 6, 13, 20 and 27 Oct 9:30am–10:15am**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Mat Pilates at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community free for seniors this October. Mat Pilates is a form of exercise that focuses on strengthening the core muscles, improving flexibility and enhancing overall body alignment for all abilities. Check out the full range of dates and times available on the St Lukes website and use the code SENIORS2026 when making your bookings and get moving this October.

**Wednesday 7, 14, 21 and 28 Oct 12:15pm–1pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Stretch and Strengthen at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community free for seniors this October. Stretch and Strengthen is a mix of Pilates, stretching and strength work using your own body weight to improve overall flexibility, balance and wellbeing. Check out the full range of dates and times available on the St Lukes website and use the code SENIORS2026 when making your bookings and get moving this October.

**Thursday 1, 15 and 22 Oct 9:30am–10:15am**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Strong Bones Exercise Class at St Lukes

St Lukes Launceston

Join St Lukes Launceston in our wellness hub for a range of movement sessions for the whole community free for seniors this October. Join Georgie from Body Connect Exercise Physiology for an exercise class focusing on all things bone health! Go to St Lukes events on their website and use the code SENIORS2026 when making your bookings and get moving this October.

**Tuesday 6, 13, 20 and 27 Oct 11:30am–12:15pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## WuTao – The Dancing Way

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Learn the beautiful elemental dances of Air, Water, Wood, Fire and Earth and finishing the class with a peaceful meditation. WuTao is based in Traditional Chinese Medicine and can be adjusted to suit any age and fitness level. Bookings essential.

**Wednesday 7, 14, 21 and 28 Oct 10am–10:45am**

St Lukes Launceston wellness hub, 93 Cimitiere St
Cost: $15
Bookings: www.stlukes.com.au/events (close: 1/10)
Enquiries: 0477 231 144

## Sip and Sow – How to Propagate Plants

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Join the FaRM team for a fun morning of plant propagation. Learn something new or share some secrets of your propagation successes — it's all about learning, sharing and connecting. Learn and practice how to propagate from seed, use stem propagation for tomatoes and leaf propagation for the African violet. Morning tea provided. Bookings essential.

**Wednesday 7 Oct 1:30pm–3pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: stlukes.com.au/events (close: 6/10)
Enquiries: 0477 231 144

## The Listening Table

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Great conversations start when people truly listen. The Listening Table is coming to St Lukes, bringing your community together for real connection. No agenda, no small talk, just people showing up for each other. Everyone is welcome. Pull up a seat and be heard. Bookings essential.

**Thursday 15 Oct 11am–12:30pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 14/10)
Enquiries: 0477 231 144

## Deep Rest: Yoga Nidra with Kath

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Experience a deep rest and inner renewal in this Yoga Nidra session created to honour and support your health and wellbeing. Often called 'yogic sleep', Yoga Nidra is a guided meditation that invites you fall into a deeply relaxed state where the body, mind and nervous system can rest and reset. No experience necessary, feel free to bring a blanket and pillow for extra comfort, lie down, rest and receive. Bookings essential.

**Friday 23 Oct 12pm–12:45pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Cost: $10
Bookings: www.stlukes.com.au/events (close: 22/10)
Enquiries: 0477 231 144

## Ageing Gracefully – Information Session with In-Balance Exercise Physiologists

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Join the accredited Exercise Physiologists at In-Balance for an evidence-based seminar on maintaining physical resilience and independence as we celebrate Seniors Month. Bookings essential.

**Friday 16 Oct 1:30pm–2:30pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 15/10)
Enquiries: 0477 231 144

## Free Health Screenings with In-Balance

St Lukes Launceston

Join In-Balance at St Lukes Launceston in celebration of Seniors Month for a free community health screening event. Our accredited Exercise Physiologists will be offering complimentary sit-to-stand assessments, blood pressure checks, grip strength testing and balance assessments. This is a walk-in event, no bookings required.

**Monday 19 Oct 1:30pm–3:30pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Enquiries: 0477 231 144

## 150 Year Celebration Concert with the Launceston City Band

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Celebrate 150 years of music with the Launceston City Band at this free community concert! Enjoy an afternoon of vibrant performances showcasing the band's rich history and local talent. Bring family and friends to share in this milestone celebration and experience the sound of a Launceston icon. This is a walk-in event, no bookings required.

**Saturday 17 Oct 11am–12:30pm**

St Lukes Launceston, 93 Cimitiere St, Launceston
Enquiries: 0477 231 144

## Misunderstood Road Rules with RACT at Launceston Library

Libraries Tasmania

Confused about road rules? Unpack five commonly misunderstood road rules with RACT. Misunderstood Road Rules is designed to refresh your understanding about road rules that are commonly misunderstood by Tasmanian drivers. Would you be surprised to hear that road rules for roundabouts, intersections and indicating make the list? Discussion revolves around correct use of indicators as well as navigating intersections and roundabouts. Suited for experienced drivers who would like a refresher course on basic road rules, or for drivers not as confident on the roads.

**Wednesday 7 Oct 10am–11am**

Launceston Library, 71 Civic Square, Launceston
Bookings: 6777 2446 | launceston.library@libraries.tas.gov.au | www.eventbrite.com.au/e/misunderstood-road-rules-with-ract-at-launceston-library-tickets-1992471603201 (close: 7/10)

## Eat Well To Age Well – Nutrition Information Session

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. Join accredited dietician Jaymelia Webb this Seniors Month to learn how eating well supports healthy aging and independent living. Discover the key nutritional needs of older people, practical tips to prevent malnutrition, and simple ways to stay strong and well at home for longer.

**Tuesday 13 Oct 5:30pm–6:30pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Bookings: www.stlukes.com.au/events (close: 12/10)
Enquiries: 0477 231 144

## CORES Self-Care and Mental Wellbeing Workshop

St Lukes Launceston

Visit St Lukes Launceston for a range of activities as we celebrate ageing this Seniors Month. This self-care and mental wellbeing workshop is designed to provide participants with the knowledge, skills and resources to develop an individualised self-care and mental wellbeing plan. Bookings essential.

**Wednesday 21 Oct 1:30pm–4pm**

St Lukes Launceston wellness hub, 93 Cimitiere St
Cost: $25
Bookings: www.stlukes.com.au/events (close: 20/10)
Enquiries: 0477 231 144

## RACT Years Ahead: Seniors Month Road Safety Session Launceston

RACT

Enjoy a group presentation designed to give experienced drivers valuable information to help keep them safe on the road. The group presentation covers: road safety tips for drivers and pedestrians, road rules, the importance of choosing a safe car, the importance of being fit to drive, the impact of health and medications on driving and how to assess your own driving ability.

**Wednesday 14 Oct 5:30pm–6:30pm**

RACT Launceston, corner of York and George St
Bookings: community@ract.com.au | https://events.humanitix.com/ract-years-ahead-seniors-month-road-safety-session-launceston (close: 14/10)
Enquiries: 132 722

## Free Legal Clinic for Seniors

COTA Tasmania

Are you an older Tasmanian needing legal advice? Legal Aid's clinics, held at COTA Tasmania, offer free, private and confidential 30-minute appointments. Appointments are held in our Launceston office, if you are unable to attend our office we can book a phone consultation from anywhere in the state. Bookings are essential. We offer phone appointments for those living outside the Launceston area or if you would prefer this option.

**Thursday 15 Oct 10am–12pm**

The Mill Business Centre, 76 York St, Launceston
Bookings: 6231 3265 | admin@cotatas.org.au (close: 14/10)

## Living Life to the Fullest – Reframing Palliative Care (Launceston)

Palliative Care Tasmania

Join us for an informative and welcoming session exploring how palliative care can improve quality of life, the importance of having meaningful conversations, planning ahead, Advance Care Directives, and managing symptoms. There will also be plenty of opportunity to ask questions in a supportive environment. During the session, you'll be invited to take part in a relaxing 1000 Hearts stitching activity, helping create small handmade hearts that share kindness and comfort with people experiencing difficult times. No sewing experience is needed.

**Tuesday 20 Oct 3pm–4:30pm**

St. Lukes Wellness Hub, 93 Cimitiere Street in Launceston
Enquiries: 0418 765 610

## First Aid for Seniors: Helping You Stay Safe, Prepared and Independent at Home

St John Ambulance

Learn practical first aid skills alongside simple home safety strategies and assistive devices that can make everyday living safer and easier. This interactive session covers common emergencies, falls prevention, and practical tips to help you maintain confidence and independence at home.

**Monday 26 Oct 1:30–3pm**

St Lukes Launceston, 93 Cimitere St, Launceston
Bookings: margretj@stjohntas.org.au (close: 24/10)

## Seniors and Grandkids Pet First Aid: Practical Skills for Pet Lovers of Every Generation

St John Ambulance

Learn, laugh and care for the pets you love together. This fun, hands-on intergenerational session gives grandparents and grandchildren the opportunity to recognise when a pet needs help, respond to common emergencies, and provide basic first aid until veterinary care is available. Enjoy interactive activities and practical demonstrations in a relaxed, family-friendly environment.

**Thursday 15 Oct 1pm–2:30pm**

St Lukes Launceston, 93 Cimitiere St, Launceston
Bookings: margretj@stjohntas.org.au (close: 13/10)

## Seniors and Grandkids First Aid: Learning Together Across Generations

St John Ambulance

A fun, hands-on first aid experience where grandparents and grandchildren learn together. Build confidence, practise simple first aid skills, and discover what to do in an emergency—all while spending quality time together.

**Friday 9 Oct 11:30am–1pm**

St Lukes Launceston, 93 Cimitiere St, Launceston
Bookings: margretj@stjohntas.org.au (close: 1/10)

## Speaking Made Easy – Launceston – Communicate with Confidence

Speaking Made Easy

Have you been asked to host an event at your community group? Want to overcome your nerves when speaking in public? Have you been asked to join a committee but not sure about meeting procedures? Well come join members of Speaking Made Easy to practice your communication and meeting procedure skills. Learn to speak effectively in front of an audience that is there to encourage and support you. Each meeting is packed with tips and tricks to help develop your speaking and meeting skills. Meetings are followed by sharing a meal together (optional - meal at own cost). Registration is essential. More at https://speakingmadeeasy.com.au/launceston-group

**Thursday 15 Oct 6:15pm–7:15pm**

The Plough Inn, 170 Brisbane St, Launceston
Bookings: https://speakingmadeeasy.wildapricot.org/event-6537827 (close: 11/10)

## Protecting Against Scams and Navigating Consumer Rights

Department of Justice

Join the Department of Justice for an engaging session designed to help seniors navigate today's consumer landscape with confidence. Discover how to spot scams before they catch you, protect yourself from fraud, and understand your consumer rights. With practical advice and real-world examples, you'll gain the knowledge needed to make informed decisions and safeguard your finances. Would your organisation like to help combat scammers and protect your community?We're inviting community organisations across Tasmania to host free, 1-hour scams and consumer information session for their members. Visit justice.tas.gov.au/seniorsmonth

**Tuesday 20 and Thursday 29 Oct 11am–12pm**

Launceston Library, 71 Civic Square, Launceston
Enquiries: 1300 654 499

## Advance Care Planning Information Session

Carr Villa Memorial Park (City of Launceston)

Join Carr Villa Memorial Park and Palliative Care Tasmania for a free community information session focused on Advance Care Directives (ACDs) and the importance of planning ahead. As part of our ongoing commitment to improve death literacy within our community, this session will help you understand the Think, Talk, Write, Share, Review process, empowering you to have meaningful conversations about your future wishes. Learning how to create and register an Advance Care Directive in Tasmania. By increasing knowledge and confidence around end-of-life planning, we can help ensure personal wishes are known, respected, and easier for loved ones to honour.

**Wednesday 21 Oct 10am–12pm**

City of Launceston Town Hall Reception Room, 18-28 St John St, Launceston
Bookings: 6323 3600 | carrvilla@launceston.tas.gov.au
https://www.launceston.tas.gov.au/Community/Senior-Month
(close: 16/10)

### Voluntary Assisted Dying – Your Questions Answered

Dying with Dignity Tasmania (Inc)

Members of Dying with Dignity Tasmania will provide a flow chart which outlines the steps necessary to access Voluntary Assisted Dying in Tasmania. We will then answer your questions and hear your stories relating to this. All questions welcomed. No booking necessary. This is an interactive workshop.

**Wednesday 21 Oct 10:15am–11:45am**

Launceston Library, Level 2, Rooms 1 and 2, 71 Civic Square
Enquiries: Shirley – 0427 547 370

### Seniors' Morning Tea and Talk at Town Hall

City of Launceston

Celebrate Seniors Month with a Seniors' Morning Tea & Talk at Town Hall! An opportunity to connect with others in a relaxed and friendly setting. Enjoy an informative presentation from our guest speaker on Aged Care Services, learn about the support available, ask questions, and gain valuable insights. We'd love to see you there, meet new people, or simply enjoy a cuppa and great company. A light morning tea will be provided.

**Monday 5 Oct 10am–11:30am**

Town Hall, 18-28 St Johns St, Launceston
Bookings: www.launceston.tas.gov.au/Community/Senior-Month (close: 30/9)

## LONGFORD

### Paint the Little Things: Art at Woolmers

Northern Midlands Council

Slow down and enjoy a relaxed outdoor art experience at Woolmers Estate, a UNESCO World Heritage-listed working farm. Surrounded by stunning landscapes, heritage buildings and farm life, you'll be guided through sketching, painting using watercolour En Plein Air, pastel and acrylic techniques. All materials are provided and no experience is needed. The session will be held outdoors at the Servants Kitchen with activities moving indoors if required. Designed to be accessible and suitable for seniors, this welcoming workshop offers a gentle way to connect and unwind. Light refreshments included. Free entry time is before 10:00am.

**Saturday 3 October 9:30am–12pm**

Woolmers Estate, 658 Woolmers Lane, Longford
Bookings: 0439 684 648


# Donate to COTA

cotatas.org.au/get-involved/donate

- Support advocacy that makes a difference
- Support positive ageing in Tasmania
- Every donation helps us do more


## MOWBRAY

### Seniors' Social Sessions at the Hub

City of Launceston

Celebrate Seniors Month with a series of Morning Tea & Talks at the Hub! Join us each week for engaging guest speakers, meaningful conversations and the opportunity to connect with others in a relaxed and friendly setting. We'd love to see you there, meet new people, or simply enjoy a cuppa and great company. A light morning tea will be provided.

**Tuesdays 11:30am–12:30pm**
**6 Oct - Guest speaker on Aged Care Services**
**13 Oct - Starting your Family History Search**
**20 Oct - Slam Nans Poetry!**
**27 Oct - Free Support for Carers Talk**

The Hub, 316-320 Invermay Rd, Mowbray
Bookings: www.launceston.tas.gov.au/Community/Senior-Month (close: 26/10)

## NEWNHAM

### Let's Fly Together

Launceston City Mission

Let's Fly Together is a welcoming community kite flying day held at the UTAS Football Oval in Newnham, providing a wonderful opportunity for older adults to get outdoors, connect with others and enjoy a vibrant community celebration. Seniors are invited to relax, socialise and share in the joy of watching hundreds of colourful kites fill the sky alongside families, friends and neighbours. With music and entertainment, food and activities for all ages, the event encourages connection across generations and helps reduce social isolation. More than just a day of fun, Let's Fly Together celebrates belonging, wellbeing, participation and community spirit.

**Sunday 18 Oct 11am–2pm**

UTAS Football Oval Newnham Campus, Brooks Rd
Enquiries: 6335 3000 Ray Green, City Mission

## NEWSTEAD

### Dementia Australia Open Morning

Dementia Australia

Worried about your memory, want to know more about dementia or know someone who is living with or supporting someone living with dementia? If so, we invite you to pop into our office for a chat. Our team will be on hand to answer your questions, provide you with information and help to connect you with any services and supports you may need. With dementia now being the number one killer of all Australians, now is the time to talk.

**Wednesday 28 Oct 10am–12pm**

Dementia Australia, 154 Elphin Rd, Newstead
Enquiries: 6325 4688

## Modern Vocal Group

Tasmanian Performing Arts Centre

Our TPAC Vocal group sing songs from the 1930's to modern hits. We perform at events, afternoon teas, luncheons, funerals, weddings, car shows, fairs, nursing homes anywhere where we can. We have two groups - a separate soloist group that meets another time (by audition) and our full group that meet twice a week. We sing in two part specially arranged music by our leader, Deb Morcom. All words are typed out. No reading of sheet music required. We sing to professionally arranged backing tracks, sometimes add a bit of live saxophone to come of our songs. First visit free. Weekly cost is $15 x 2 sessions (1 session is free) or $40 a week to attend all classes offered through the Tasmanian Performing Arts Centre.

**Wednesday 7, 14, 21 and 28 Oct 6pm–7:30pm**
**Thursday 1, 8, 15, 22 and 29 Oct 6pm–7:30pm**

RAOB Hall, 11 Birch Ave, Newstead
Enquiries: 0417 133 223

## Clarinet Ensemble

Tasmanian Performing Arts Centre

Clarinetists you are welcome to join our small ensemble and play soothing music too. Lots of music from all genres of music — but need more players to play. There's very easy, easy, and moderate pieces. For those that are more advanced, another Ensemble could start up at a time and day convenient with you all. Every Tuesday during the School Terms. First visit free. Generally $50 x 10 weeks ($5 per week), or part thereof. If anyone wishes to continue on for the term or comes under the $40 a week family discount capped on all classes, for all family members.

**Tuesday 6, 13, 20 and 27 Oct 2pm–3:30pm**

RAOB Hall, 11 Birch Ave, Newstead
Bookings: performingcentre7250@gmail.com
0417 133 223 (close: 1/10)

## NIA Movement Class

Sacred Nia Tasmania

Nia is an uplifting, flowing, empowering and fun movement practice that is gentle, easy to follow and healing on the body. No dance experience needed! Suitable for all ages and abilities. Dance to soulful music and be surrounded by beautiful open-hearted friendly people. First class is free for Seniors Month - usually $20 / $15 concession / class pass discounts. Participants to wear comfy clothes and bring a water bottle. Come and experience the Magic of Nia! Nia classes offered every Tuesday and Friday in Newstead (during school terms). If you miss the class during Seniors Month feel free to contact to attend a class at a later date.

**Tue 20 and 27 Oct 6pm–7pm**
**Fri 23 and 30 Oct 10am–11am**

RAOB Hall, 13 Birch Avenue, Newstead
Bookings: 0408 672 194 | hailscrawford@gmail.com
(close: 27/10 and 30/10)

# RAVENSWOOD

## The Stroke Foundation – StrokeSafe Talk

Community Health Centre Ravenswood

More than 27,000 strokes will be experienced by Australians this year — that is one stroke every 11 minutes. Tasmania has the highest rate of stroke per capita in Australia! Up to 80 percent of strokes are preventable. You will learn: what stroke is and how to recognise the signs of stroke; what to do if someone is having a stroke; and how to prevent stroke in you or the people you love. The talk is presented by one of our trained speakers, most have either experienced a stroke themselves or are close to someone who has.

**Monday 5 Oct 10am–11am**

Ravenswood Community Health Centre, 31-49 Lambert St
Bookings: 6777 3006 | csw.north@ths.tas.gov.au (close: 5/10)

## Golden Tunes and Tasty Treats Luncheon

Starting Point Neighbourhood House

Enjoy some live entertainment with local musician Garry Pengelly, while sharing a delicious light lunch featuring homemade soup, sweet treats, and savoury delights. Sing along to familiar favourites, and enjoy a relaxed and welcoming atmosphere. Whether you come for the music, the food, or the company, there's something for everyone! In partnership with the City of Launceston. Limited spaces. Bookings essential.

**Thursday 15 Oct 12pm–2pm**

Starting Point Neighbourhood House, 6 Prossers Forest Rd, Ravenswood
Bookings: reception@startingpointnh.org.au
0457 228 331 (close: 10/10)

## Misunderstood Road Rules with RACT at Ravenswood Library

Libraries Tasmania

Confused about road rules? Unpack five commonly misunderstood road rules with RACT. Misunderstood Road Rules is designed to refresh your understanding about road rules that are commonly misunderstood by Tasmanian drivers. Would you be surprised to hear that road rules for roundabouts, intersections and indicating make the list? Discussion revolves around correct use of indicators as well as navigating intersections and roundabouts. Suited for experienced drivers who would like a refresher course on basic road rules, or for drivers not as confident on the roads.

**Monday 19 Oct 11am–12pm**

Ravenswood Library, Eastside Village Shopping Centre, 2 Prossers Forest Rd, Ravenswood
Bookings: ravenswood.library@libraries.tas.gov.au
6777 1440 | https://libraries.tas.gov.au/event/misunderstood-road-rules-with-ract-at-ravenswood-library-5-oct-26/
(close: 5/10)

# RIVERSIDE

## Community Health Forum

West Tamar Council

West Tamar Councils Positive Ageing Committee will be hosting a community health forum during seniors month this year. This event will showcase guest speakers from a wide range of health areas to inform the community of what is available and current practise. It will provide guests with the opportunity to interact and ask questions of the presenters. Tea and coffee provided and a free light lunch.

**Friday 30 Oct 10am–2pm**

Windsor Community Precinct, 1 Windsor Drive, Riverside
Bookings: 6323 9200 | todd.mitchell@wtc.tas.gov.au (close: 2/10)

# SCOTTSDALE

## Lunch with Friends

Dorset Community House

Come and enjoy a two-course lunch whilst connecting with your friends, having fun, and enjoying delicious food. This is a part of the Eating with Friends program through Dorset Community House. We would love to have you join us to build strong connections in our community (supported by Dorset Council).

**Friday 9 Oct 12pm–3pm**

Northbourne Hall, Northbourne Avenue, Scottsdale
Bookings: 0474 100 219 (close: 2/10)

## Misunderstood Road Rules with RACT at Scottsdale Library

Libraries Tasmania

Confused about road rules? Join RACT as they unpack five commonly misunderstood rules and help refresh your understanding of the road laws many Tasmanian drivers find tricky.

**Wednesday 21 Oct 10:30am–11:30am**

Scottsdale Library, 51 King St, Scottsdale
Bookings: https://bit.ly/4foMCSZ (close: 21/10)
Enquiries: 6778 8586

## Home Care Halloween Party

Celebrate Health Care Ltd.

Join Cass and our friendly Home Care team at our Home Care Office for a spooky Halloween celebration filled with fun, laughter and community connection. Dress up in your favourite costume and enjoy a relaxed afternoon with themed treats, festive activities and plenty of friendly company. It's a great opportunity to meet the team, connect with others and celebrate the Halloween spirit together in a welcoming environment. We look forward to sharing a fang-tastic afternoon with you!

**Friday 30 Oct 2pm–3pm**

Celebrate Home Care Office, 29A King St, Scottsdale
Bookings: 6257 9101 | community@celebrate.org.au
(close: 28/10)

## Ball Dance and BBQ

Celebrate Health Care Ltd.

Community members are warmly invited to join Social Club participants, Aminya residents and staff for a Ball Dance and BBQ. Come along dressed up and enjoy a morning of music, dancing and connection, followed by a delicious lunch shared together. It's a wonderful opportunity to celebrate community spirit, have some fun on the dance floor, and enjoy great company in a welcoming social setting.

**Thursday 22 Oct 11am–1pm**

Celebrate Social Club, 19 Cameron St, Scottsdale
Bookings: 6257 9101 | community@celebrate.org.au
(close: 20/10)

## Celebrate and Connect: A Gathering of Family and Friends

Celebrate Health Care Ltd.

Join us for Celebrate and Connect: A gathering of family and friends at our Social Club in Scottsdale. Enjoy time together in a friendly social setting, with the opportunity to meet others and strengthen community ties. Morning tea and refreshments will be provided as you share conversation, laughter, and meaningful moments with those around you.

**Tuesday 13 Oct 10:30am–12pm**

Celebrate Social Club, 19 Cameron St, Scottsdale
Bookings: 6257 9101 | community@celebrate.org.au
(close: 9/10)

## Beginner Ukulele

Libraries Tasmania

Join Corine — learn to play ukulele, mandolin and banjo sessions. No experience is needed.

**Friday 2, 9, 16, 23 and 30 Oct**
**Advanced ukulele 10:30am-12pm**
**Beginners mandolin 12pm-1pm**
**Beginners banjo 1pm-2pm**
**Beginners ukulele 2:30pm-3:30pm**

Scottsdale Library, 51 King St, Scottsdale
Enquiries: 6778 8586

## Sip and Celebrate High Tea

Celebrate Health Care Ltd.

Join us for Sip and Celebrate High Tea at Aminya in Scottsdale. Enjoy a relaxed morning tea with our residents and staff in a friendly, relaxed setting. Share light refreshments, good conversation, and take a moment to enjoy community connection.

**Tuesday 6 Oct 10:30am–12pm**

Aminya, 19 Cameron St, Scottsdale
Bookings: 6352 9600 | aminya@celebrate.org.au (close: 2/10)

## SIDMOUTH

### The Return of The Big Sing Along

Sidmouth Community Hall Committee

Val's Singalong Soirée and the Rachet River Band will take you on a lively, active musical journey like no other. By adding lots of laughter, song, fun and delicious food this epic journey of "celebrating ageing" will continue in fantastic style by you wearing your most colourful scarf! Plenty of car parking space, room for wheelchair and walking frames, whilst no dedicated disabled toilets, they are large and can accommodate wheelchairs.

**Wednesday 14 Oct 1pm–3:30pm**

Sidmouth War Memorial Hall, 255 Batman Highway
Cost: $10
Bookings: 0438 433 953 | lorraine.ernie@gmail.com
(close: 7/10)

### Seniors Month Grand Finale Live Music Variety Show

The Tamar Valley Voices

Tamar Valley Voices are a vibrant community choir from Beaconsfield, welcoming performers of all skill levels. We provide the perfect home for seasoned vocalists and those new to choral singing. Gary Pengelly is an award winning country music artist and much loved Tassie performer. Bring your dancing shoes! Marcus Sturrock is internationally hailed as one of the 'greatest Celtic and transcendent guitarists of all time'. Claire Dubery is a lyric soprano renowned for her velvet tone and effortless vocal agility. Claire will captivate and enthral, taking you on a spellbinding journey through classical and favourite show tunes before joining Tamar Valley Voices' special 'finale'.

**Saturday 31 Oct 1pm–4pm**

Sidmouth War Memorial Hall, 255 Batman Highway, Sidmouth
Cost: $20 (BYO drinks and nibbles)
Bookings: 0438 433 953 | lorraine.ernie@gmail.com
(close: 24/10)


Rethink Ageing

NEWS FROM COTA TASMANIA

Sign up for our free e-newsletter

cotatas.org.au/about-us/newsletter

6231 3265 | admin@cotatas.org.au


## SOUTH LAUNCESTON

### Your Future, Your Way – Everything You Need to Know About Estate Planning Starts Here

Public Trustee

Join the Public Trustee for one of their free seminars to learn how to make your financial, medical and legal wishes clear and legally recognised. Discover how documents such as a Will, Enduring Power of Attorney and Enduring Guardianship can help protect your interests and support those close to you. You'll also gain an understanding of the Public Trustee's role in providing a vital financial safety net for the Tasmanian community. These practical, informative sessions offer valuable guidance to help you plan ahead with confidence and safeguard your future wishes.

**Tuesday 20 Oct 10am–11am**

Launceston Conference Centre, 50 Glen Dhu St
Bookings: www.publictrustee.tas.gov.au/seniors-month-launceston-event/ (close: 15/10)
Enquiries: 6235 5217

### Barefoot Bowls and Afternoon Tea

Cosgrove Park Bowls & Community Club

Join us for social barefoot bowls. Our members will assist in showing participants the basics of lawn bowling and then hold some social games. This will be followed by afternoon tea.

**Wednesday 28 Oct 2pm–4pm**

Cosgrove Park Bowls Club, 25 Waveney Street, South Launceston
Enquiries: Jill Nisbet — 0407 424 774

## ST LEONARDS

### Croquet

North Esk Croquet Club

Exercise for the body and the mind. Easy to learn but hard to master. No particular level of fitness required but a competitive spirit is an advantage. It's a fun outdoor activity and all you will need is flat soled shoes. Equipment supplied. Tea and coffee supplied.

**Tuesday 6 and 13 Oct 10am–12pm**

Northern Tasmanian Croquet Centre, 242 St Leonards Rd
Enquiries: northeskcc@gmail.com

### Croquet, Coffee and Cake

St Leonards Croquet Club Inc

Learn how to play croquet. Step onto the lawns and enjoy an entertaining morning. Croquet is easy to learn and lots of fun. It is all about hitting balls through hoops whilst making it difficult for your opponent to hit their ball through the hoop — our members are there to give you valuable guidance all the way. Enjoy coffee and cake with the members of the St Leonards Croquet Club. We've got your perfect Seniors event all planned. No pre-booking required, just drop in, grab a mallet and join in the fun. All equipment supplied. Wear flat-soled shoes.

**Wednesday 7, 14, 21 and 28 Oct 10am–1pm**

Northern Tasmanian Croquet Centre, 242 St Leonards Rd
Enquiries: 0417 541 549

## WAVERLEY

### Waverley Memories

City of Launceston

Celebrate Waverley's rich history with others. Bring your photos, stories and memorabilia to share memories, uncover local stories and help preserve our community's heritage. Enjoy afternoon tea and connect with fellow residents as we reflect on Waverley's past and present.

**Saturday 3 Oct 2pm–4pm**

Waverley Primary School Kitchen and Dining Hall, 6 Naroo St, Waverley (please enter through the school garden and tiny forest entrance)
Bookings: sarah.mccormack@launceston.tas.gov.au 0428 109 948 | www.launceston.tas.gov.au/Community/Senior-Month (close: 25/9)

## WESTBURY

### Yoga for Seniors – Gentle Movement and Breathwork

Meander Valley Yoga

Experience a warm, accessible 60-minute yoga session designed especially for seniors. This class blends simple asana (movement) with calming pranayama (breath practices) to support mobility, balance, lung capacity, and overall wellbeing. Movements are slow, steady, and adaptable for all bodies and abilities, helping participants feel grounded, confident, and connected. Whether you're new to yoga or returning after many years, this session offers a safe, uplifting space to move with ease and breathe with intention. Join us in celebrating Seniors Month with practices that nurture vitality, relaxation, and joy.

**Tuesday 6, 13, 20 and 27 Oct 9:15am–10:15am**

Westbury Health Centre, 89 Meander Valley Rd, Westbury
Cost: $15
Enquiries: 0424 035 347

### Misunderstood Road Rules with RACT at Westbury Library

Libraries Tasmania

Confused about road rules? Unpack five commonly misunderstood road rules with RACT. Misunderstood Road Rules is designed to refresh your understanding about road rules that are commonly misunderstood by Tasmanian drivers. Would you be surprised to hear that road rules for roundabouts, intersections and indicating make the list? Discussion revolves around correct use of indicators as well as navigating intersections and roundabouts. Suited for experienced drivers who would like a refresher course on basic road rules, or for drivers not as confident on the roads.

**Wednesday 7 Oct 2pm–3pm**

Westbury Library, 33 William St, Westbury
Bookings: 6701 2189 | westbury.library@libraries.tas.gov.au https://bit.ly/3R52iBp (close: 7/10)

### Patchwork and Stitching at Westbury Library

Libraries Tasmania

Have a chat while stitching. Learn patchwork and embroidery from scratch or come along with your latest project. Drop in, no need to book. Every Thursday.

**Thursday 1, 8, 15, 22 and 29 Oct 2pm–4pm**

Westbury Library, 33 William St, Westbury
Enquiries: 6701 2189

### A Little Local History and Afternoon Tea

Meander Valley U3A with the support of Meander Valley Council

Hear some fascinating history in a relaxed, friendly setting. Whether you are a history buff or just looking for a welcoming afternoon out, come along to learn something new, meet others, and share a chat over afternoon tea. This event is completely free and everyone is welcome—no bookings required! Come for the history, stay for the company.

**Tuesday 13 Oct 2pm–4pm**

Westbury RSL, Lonsdale Promenade, Westbury
Enquiries: meandervalleyu3a@gmail.com

## WESTERN CREEK

### Yoga for Any Body

Meander Valley Yoga

Good yoga is meant to adapt to your body and needs! You don't have to be stretchy or pumped to come to a traditional yoga class. Come as you are, explore and move your body, receive options and safe adjustments, discover your inner strength and calm, and make this fun practice a life long endeavour. Enjoy 90 minutes of movement, breath awareness, and relaxation with a lovely group of people. Classes have regular themes as well as goal poses, gentle progressions, soft flows and long holds. Please let your teacher know beforehand of any medical conditions, injuries and limitations so the class can be personalised for your body.

**Thursday 1, 8, 15, 22 and 29 Oct 10:30am–12pm**

Meander Valley Yoga, 795 Western Creek Rd, Western Creek
Cost: $20 casual adult or $150 full term paid upfront ($15 per class) or Concession $130 full term paid upfront ($13 per class)
Enquiries: 0448 381 306






# JOIN US FOR A SPECIAL SCREENING OF *Jimpa*

## You are invited

**To a touching and uplifting multi-generational family story, followed by a panel of lived-experience speakers reflecting on the themes explored in the film.**

Featuring a stellar cast, ***Jimpa*** explores the family we're born into and the family we create. Together, we'll share stories, build connections, and deepen understanding across our communities.

Bookings are essential. Please scan the QR code or visit **humanitix.com.au**

**Saturday, 17 October**
QVMAG Launceston
2pm–5pm

**Sunday, 18 October**
Salamanca Arts Centre
3pm–6pm

**Wednesday, 21 October**
Metro Cinemas Burnie
6pm–9pm

The Dorothies

Next year, The Dorothies Awards will celebrate excellence in LGBTIQA+ inclusive practice in aged care services.

To learn more about creating supportive and inclusive environments, contact **training@workingitout.org.au**

## Rainbow Connections

A volunteer visitor program offering social support to older members of our rainbow community.

**WIOT@workingitout.org.au**

*Rainbow Connections is part of the Working It Out Together program.*

*Supported by the Tasmanian Government.*

## SILVER RAINBOW
LGBTI AGEING & AGED CARE

Silver Rainbow training supports aged care teams to provide safer, more respectful and more inclusive care for older LGBTI+ people.

Face-to-face training is available statewide.

To find out more, contact **training@workingitout.org.au**

WIO
working it out
Tasmania's gender, sexuality and intersex support, education & advocacy service

workingitout.org.au
info@workingitout.org.au
278 Argyle Street North Hobart, TAS 7000
**South:** 03 6231 1200 | **North:** 0438 346 122
**North West:** 0455 031 262

**workingitout.org.au**



Council on the Ageing (COTA) Tasmania

# Care Finder

## Are you or someone you know struggling to access Aged Care services and have no one to help?

COTA Tasmania's Care Finder program is a free and friendly community service. We offer guidance through the Aged Care system for those experiencing challenges and have circumstances that make it more difficult to navigate alone. We are here to work alongside you to access Aged Care and other support services.

Connect with us at:


1800 518 048

carefinder@cotatas.org.au

cotatas.org.au/get-support/care-finder


COTA TASMANIA
*Rethink ageing*


This program is supported by Australian Government funding through Primary Health Tasmania (Tasmania PHN).




### Asking for help for myself

**Enquiry form:**

1800 518 048

### Asking for help for someone else (with consent)

**Client referral form:**



1800 518 048




### What if I or my client/friend doesn't speak English?

COTA Tasmania Care Finders use the Translating and Interpreting Services (TIS). Translated Care Finder materials can be found here:

Our Care Finder team is well trained in safe and inclusive practices.

myagedcare.gov.au/help-care-finder

# EVENTS IN THE NORTH-WEST

## BURNIE

### Burnie Senior Citizens Club

Burnie Senior Citizens Club Inc

The Burnie Senior Citizens Club will be holding several different events. People over the age of 50 are welcome to join the Senior Citizens Club.

**Monday 5, 12, 19 and 26 Oct**

8 Ball 8am-1pm

**Tuesday 6, 13, 20, 27 Oct**

8 Ball 8am-1pm

500 cards 1pm-3pm

**Wednesday 7, 21 and 28 Oct**

Indoor bias bowls 12.15pm-3pm

Crib 7pm-9pm

**Thursday 1, 15, 22 and 29 Oct**

8 ball 8am-1pm

**Friday 2, 16, 23, 30 Oct**

Darts 10am-11:45am

Bowls 12:30pm-3pm

**Saturday 3, 17, 24 and 31 Oct**

Bowls 7pm-9pm

**Friday 9 to Sunday 11 Oct**

Burnie Orchid Society Show open to the public Friday from 2pm, Saturday 9am-4.30pm, Sunday 9am- 3pm

Burnie Senior Citizens Club, 6A Jones St, Burnie

Cost: Some activities are free to try but an entry fee for the Orchid Show of $5 (children free)

Enquiries: Janine — 0418 359 071 or Burnie Senior Citizens Club — 6431 5017

### Jimpa Movie Screening with Intergenerational Speaker Panel

Working It Out

Join us for a screening of Jimpa, a film based on the family of acclaimed Australian filmmaker Sophie Hyde. Funny, accessible, full of sadness and joy, and with a wonderful multi-generational cast, Jimpa is a celebration of LGBTIQA+ culture. It brings a queer family to screen, taking a nuanced look at just how much has changed in terms of social expectation and our understanding of family over three generations. The film stars favourites Olivia Colman and John Lithgow, with newcomer Aud Mason-Hyde. Join us for this special community screening and the panel of guest speakers that will follow.

**Wednesday 21 Oct 6pm–9pm**

Metro Cinemas, 4-22 Wilmot St, Burnie

Cost: Flexible ticketing - $5 per ticket, with an option to 'pay-it-forward' for a community member to attend free of charge.

Bookings: https://events.humanitix.com/jimpa-film-screening-burnie (close: 16/10)

Enquiries: 6231 1200

### Intergenerational Art Competition!

OneCare Umina Park

We're inviting young people to create a portrait of one of our residents, which will be showcased at a special exhibition at the Burnie Library. We'd love our young artists to come in, meet a resident and form a personal connection for a more meaningful experience and stronger pieces of work. Our goal is to bring generations together through art and storytelling.

**Every day in October 10:30am–4:35pm**

Burnie Library, 30 Alexander St, Burnie

Enquiries: 0417 076 737

### Energy Efficiency Tips to Save You Money

Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use — to save money on your power bills straight away. Refreshments will be provided. Hosted by the Power People Project, for other sessions visit www.powerpeopletas.com.au

**Wednesday 14 Oct 10:30am–11:30am**

Burnie Senior Citizens, 6 Jones St, Burnie

Bookings: burnieseniorcitizen@yahoo.com.au

Janine 0449 928 191 (close: 12/10)

### Your Future, Your Way – Everything You Need to Know About Estate Planning Starts Here

Public Trustee

Join the Public Trustee for one of their free seminars to learn how to make your financial, medical and legal wishes clear and legally recognised. Discover how documents such as a Will, Enduring Power of Attorney and Enduring Guardianship can help protect your interests and support those close to you. You'll also gain an understanding of the Public Trustee's role in providing a vital financial safety net for the Tasmanian community. These practical, informative sessions offer valuable guidance to help you plan ahead with confidence and safeguard your future wishes.

**Thursday 15 Oct 10am–11am**

Burnie Library, 30 Alexander Street, Burnie

Bookings: www.publictrustee.tas.gov.au/seniors-month-event-booking-form-burnie-2026/ (close: 10/10)

Enquiries: 6235 5217

### Art, Craft and Conversation

Libraries Tasmania - Burnie Library

A space to relax, enjoy good conversation and work on your art and craft projects. Whether you enjoy painting, sewing, knitting, collage, origami, or something else entirely, everyone is welcome. Simply bring along your projects and meet other like minded people.

**Monday 12 Oct 10am–12pm**

Burnie Library, 30 Alexander Street, Burnie

Bookings: https://tinyurl.com/3k3fcsaj (close: 11/10)

Enquiries: 6477 7400 | burnie.library@libraries.tas.gov.au

## Book Chat

Libraries Tasmania - Burnie Library

Share that amazing book you have just read or the fabulous movie you can't stop talking about. No required reading list, just plenty of conversation and a cuppa. Guaranteed to increase your "to be read" pile.

**Thursday 15 Oct 10:30am-11:30am**

Burnie Library, 30 Alexander Street, Burnie
Bookings: https://tinyurl.com/4cyd3trw (close: 14/10)
Enquiries: 6477 7400 | burnie.library@libraries.tas.gov.au

## RACT Years Ahead: Seniors Month Road Safety Sessions

RACT

Enjoy a group presentation designed to give experienced drivers valuable information to help keep them safe on the road. The group presentation covers: road safety tips for drivers and pedestrians, road rules, the importance of choosing a safe car, the importance of being fit to drive, the impact of health and medications on driving and how to assess your own driving ability.

**Wednesday 30 September 5:30pm–6:30pm**

RACT Burnie, 24 North Terrace, Burnie
Bookings: community@ract.com.au
https://events.humanitix.com/ract-years-ahead-seniors-month-road-safety-session-burnie (close: 30/9)
Enquiries: 132 722

## Happy Chatting at The Top of Town

Hatters To Go (Tasmania Red Hat Chapter)

North West Red Hat Ladies welcome you to join them over lunch and share some Happy Chatting! We meet first and third Wednesdays of each month at different venues along the Coast.

**Wednesday 7 Oct 12pm–2:30pm**

Top of The Town Hotel, Mount St, Upper Burnie
Cost: Cost of meal from menu
Bookings: Merlene – 0458 026 282 (close: 1/10)

# CRADLE MOUNTAIN

## Devils@Cradle Day Keeper Tours

Devils@Cradle

This unique alpine conservation sanctuary houses Tasmania's three largest unique and threatened carnivorous marsupials; the Tasmanian devil, the Spotted-tail and Eastern quoll. Visitors are free to self-guide within the sanctuary at any time during the day, and as part of their day entry are welcome to join one of our animal keepers for a guided wander through the sanctuary. See the animal's daylight habits, such as sleeping in their dens, sunbaking, playing, exploring, or fossicking for food.

**Every day in October 10:30am–11:15am and 3pm–3:45pm**

Devils@Cradle, 3950 Cradle Mountain Rd, Cradle Mountain
Cost: Adults $27.50, Seniors $22, Children $15
Enquiries: 6492 1491

# CURRIE

## Hot Chips and Cyber Tips

King Island Regional Development Organisation

Join us for a free, fun and beginner-friendly community event designed to help you build digital confidence and stay safe online. Enjoy complimentary hot chips and refreshments while taking part in our Cyber Safety & Scam Awareness Quiz, learning how to spot common scams, and receiving one-on-one support with your phone, tablet or computer. Whether you need help with email, apps, online services, digital ID, or simply want to learn more about technology, everyone is welcome. Suitable for all skill levels, this relaxed event offers practical support, friendly conversation, and the chance to win a $100 door prize.

**Thursday 22 Oct 11am–3pm**

King Island Hub, 38 Lighthouse St, Currie
Enquiries: 6462 1441

# DEVONPORT

## Living Well with Arthritis Information Session

Arthritis & Osteoporosis Tasmania

Do you, or someone you care about, have arthritis? Then this session is just for you! Come along and let us: bust some myths about arthritis; explore what hurts and why; look at a few types of arthritis; and see what you can do to live well with arthritis.

**Monday 5 Oct 10:30am–11:30am**

Meercroft Park Pavilion, 18-32 North St, Devonport
Bookings: 1800 011 041 | info@arthritistas.org.au (close: 2/10)

## Your Future, Your Way – Everything You Need to Know About Estate Planning Starts Here

Public Trustee

Join the Public Trustee for one of their free seminars to learn how to make your financial, medical and legal wishes clear and legally recognised. Discover how documents such as a Will, Enduring Power of Attorney and Enduring Guardianship can help protect your interests and support those close to you. You'll also gain an understanding of the Public Trustee's role in providing a vital financial safety net for the Tasmanian community. These practical, informative sessions offer valuable guidance to help you plan ahead with confidence and safeguard your future wishes.

**Tuesday 27 Oct 10am–11am**

The Don Centre, 100 Don Rd, Devonport
Bookings: www.publictrustee.tas.gov.au/seniors-month-devonport-event (close: 22/10)
Enquiries: 6235 5217

## Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Devonport Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Devonport Library.

**Wednesday 7, 14, 21 and 28 Oct 10am–12pm**

Devonport Library, 137 Rooke St, Devonport
Bookings: 6231 3265 | melk@cotatas.org.au
https://tinyurl.com/bdfhps8n (close: 1/10)
Enquiries: 6231 3265

## Beyond Blue Speaker

Community Transport Services Tasmania

Join us this Seniors Month to hear from Beyond Blue volunteer, Lindsay, at the CTST Devonport office. Since 2014, Lindsay has shared his experience of living with depression to help others who may be struggling and encourage conversations about mental health. Beyond Blue Speakers are not trained professionals, they raise awareness and reduce stigma around mental health by sharing their stories. Morning tea will be provided.

**Thursday 15 Oct 10am–10:45am**

CTST, 167 Steele St, Devonport
Bookings: 1800 781 033 | https://tinyurl.com/28huyxep (close: 8/10)

## Senior Assist Information Session

Community Transport Services Tasmania

Join us this Seniors Month for an informative talk at the CTST Devonport office, presented by Senior Assist. As a team of lawyers and case managers, Senior Assist provides free legal advice, help and support to seniors who are experiencing, or are at risk of elder abuse. Morning tea provided by CTST.

**Thursday 29 Oct 10am–11am**

CTST, 167 Steele St, Devonport
Bookings: 1800 781 033 | https://tinyurl.com/28huyxep (close: 22/10)

## Film Night

North West Film Society

*I Swear* tells the true story of John Davidson who, after years of struggling with Tourette's, transforms his own experience into advocacy for others. The film follows him from his early childhood diagnosis to the MBE he eventually received for his work in helping the public understand what living with Tourette's actually looks like. "An inspirational story of overcoming adversity" and a "terrifically warm, generous film". The North West Film Society (NWFS) holds screenings for members on ten Wednesday nights a year between February and November. Our aim is to provide thought-provoking, interesting, recent movie releases. Please check the 'Upcoming Films' page on our website for more information nwfs.org.au

**Wednesday 21 Oct 7pm–9pm**

Reading Cinemas, 5 Best St, Devonport
Cost: membership necessary, you can join on the night $100 for 5 films
Enquiries: 0412 610 969

## First Aid for Seniors: Helping You Stay Safe, Prepared and Independent at Home

St John Ambulance

Learn practical first aid skills alongside simple home safety strategies and assistive devices that can make everyday living safer and easier. This interactive session covers common emergencies, falls prevention, and practical tips to help you maintain confidence and independence at home.

**Wednesday 14 Oct 12pm–2pm**

St John Ambulance Tasmania, 65 Formby Rd, Devonport
Bookings: margretj@stjohntas.org.au (close: 13/10)

## Seniors and Grandkids First Aid: Learning Together Across Generations

St John Ambulance

A fun, hands-on first aid experience where grandparents and grandchildren learn together. Build confidence, practise simple first aid skills, and discover what to do in an emergency, all while spending quality time together!

**Wednesday 14 Oct 10am–11:30am**

St John Ambulance Tasmania, 65 Formby Rd, Devonport
Bookings: margretj@stjohntas.org.au (close: 13/10)

## Walking Group

East Devonport Neighbourhood House

If you are looking for a gentle, friendly way to get active, come along to our walking group. People of all fitness levels welcome, walk takes approximately one hour. Participants meet at a different location each week. Contact East Devonport Neighbourhood House for a copy of the calendar.

**Thursday 1, 8, 15, 22 and 29 Oct 10am–11am**

Various locations in and around Devonport
Enquiries: 6427 9985

## Art, Craft and Conversation

Libraries Tasmania - Devonport Library

A space to relax, enjoy good conversation and work on your art and craft projects. Whether you enjoy painting, sewing, knitting, collage, origami, or something else entirely, everyone is welcome. Simply bring along your projects and meet other like minded people.

**Tuesday 27 Oct 10:30am–12pm**

Devonport Library, 137 Rooke Street, Devonport
Bookings: devonport.library@libraries.tas.gov.au
6478 4230 (close: 26/10)

## Book Chat

Libraries Tasmania - Devonport Library

Share that amazing book you have just read or the fabulous movie you can't stop talking about. No required reading list, just plenty of conversation and a cuppa. Guaranteed to increase your "to be read" pile.

**Thursday 15 Oct 2pm–3pm**

Devonport Library, 137 Rooke Street, Devonport
Bookings: https://tinyurl.com/mtwm29wf (close: 14/10)
Enquires: devonport.library@libraries.tas.gov.au
6478 4230

## Dementia Australia Open Morning

Dementia Australia

Worried about your memory, want to know more about dementia or know someone who is living with or supporting someone living with dementia? If so, we invite you to pop into our office for a chat. Our team will be on hand to answer your questions, provide you with information and help to connect you with any services and supports you may need. With dementia now being the number one killer of all Australians, now is the time to talk.

**Wednesday 14 Oct 10am–12pm**
Dementia Australia - Devonport, 47b Best St
Enquiries: 6425 8701

# EAST DEVONPORT

## Walking Group

East Devonport Neighbourhood House

If you are looking for a gentle, friendly way to get active, come along to our walking group. People of all fitness levels welcome, walk takes approximately one hour. Participants meet at a different location each week. Contact East Devonport Neighbourhood House for a copy of the calendar.

**Thursday 1, 8, 15, 22 and 29 Oct 10am–11am**
Various locations in and around East Devonport
Enquiries: 6427 9985

## Craft

East Devonport Neighbourhood House

BYO projects and supplies, beginner and experienced crafters all welcome! Our crafters have many different skills and interests, and are willing to help you learn or perfect a new skill, otherwise some along for the company, laughter and inspiration.

**Monday 5, 12, 19 and 26 Oct 10am–12:30pm**
East Devonport Neighbourhood House, 106 David St
Cost: $3
Enquiries: 6427 9985

## Cards – 500

East Devonport Neighbourhood House

Join us for a friendly game of 500. New players and beginners always welcome.

**Monday 5, 12, 19 and 26 Oct 1pm–4:30pm**
East Devonport Neighbourhood House, 106 David St
Cost: $3
Enquiries: 6427 9985

## Mahjong

East Devonport Neighbourhood House

Mahjong is an enticing game of skill, strategy and chance. New players and beginners always welcome.

**Tuesday 6, 13, 20 and 27 Oct 9:30am–12:30pm**
East Devonport Neighbourhood House, 106 David St
Cost: $3
Enquiries: 6427 9985

## Tai Chi – Loving Life

East Devonport Neighbourhood House

Tai Chi can best be learned by experiencing the camaraderie of a group in action. Enjoy the atmosphere of a non-competitive, non-judgemental exercise class. You may notice positive physical and psychological changes in yourself. There is always space in this class for one more.

**Wednesday 7, 14, 21 and 28 Oct 9:30am–10:30am**
East Devonport Football Club, John St, East Devonport
Cost: $8
Enquiries: 6427 9985

## Tai Chi – Movement with Meaning

East Devonport Neighbourhood House

TAI CHI is slow and gentle and doesn't leave you breathless but it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Focus is on breathing as we move through Qigong and into the Tai Chi Form. Beginners welcome.

**Tuesday 6, 13, 20 and 27 Oct 9:30am–10:30am**
East Devonport Football Club, John St, East Devonport
Cost: $8
Enquiries: 6427 9985

## Scrabble

East Devonport Neighbourhood House

Come along to our friendly social scrabble group and see if you can land "QUIZZIFY" across two Triple Word Scores. New players and beginners always welcome.

**Friday 2, 9, 16, 23 and 30 Oct 1:30pm–4pm**
East Devonport Neighbourhood House, 106 David St
Cost: $3
Enquiries: 6427 9985

## Tai Chi – Function Follows Form

East Devonport Neighbourhood House

A gentle and thorough introduction to the Tai Chi Form going into some depth on balance, breathing and alignment. A class for those who would like to commit to a process which can be life changing.

**Tuesday 6, 13, 20 and 27 Oct 10:45am–11:45am**
East Devonport Football Club, John St, East Devonport
Cost: $8
Enquiries: 6427 9985

## Celebrating Our Seniors Morning Tea

Baptcare Orana

Join us at our Tea Pot Café with a relaxing morning of great company, delicious treats and friendly conversation. Enjoy a selection of assorted slices, yummy cakes, hot coffee and tea. We look forward to sharing a wonderful morning with you. Bookings essential.

**Wednesday 21 Oct 10am–11:30am**
Baptcare Orana, 31 Murray St, East Devonport
Cost: $5
Bookings: 6421 8000 (close: 16/10 4pm)

# LATROBE

## Lawn Bowls Olde Worlde Pairs

Latrobe Bowls Club

Come dressed 'olde worlde' or period costume and enjoy a lawn bowls Pairs game, using our own very old lawn bowls. Prize money available. Come to watch or play and enjoy a sumptuous soup and sandwich luncheon after the game. Booking required. No charge to come and watch.

**Tuesday 13 Oct 9:30am–3pm**

Latrobe Bowls Club, 3 Victor St, Latrobe
Cost: To play: $10, soup and sandwich luncheon: $12
Bookings: bowlsclub@latrobebowlsclub.com
0437 097 240 (close: 9/10)

## Walking Group

East Devonport Neighbourhood House

If you are looking for a gentle, friendly way to get active, come along to our walking group. People of all fitness levels welcome, walk takes approximately 1 hour. Participants meet at a different location each week. Contact East Devonport Neighbourhood House for a copy of the calendar.

**Thursday 1, 8, 15, 22 and 29 Oct 10am–11am**

Various locations in and around Latrobe
Enquiries: 6427 9985

## Come and Try Lawn Bowls

Latrobe Bowls Club

Ever wondered why all the fuss about lawn bowls? Come and give it a go! Try your hand at lawn bowls with a club coach and experienced players. We are here to help and inspire you!

**Wednesday 14 Oct 10:30am–11:30am**

Latrobe Bowls Club, 3 Victor St, Latrobe
Bookings: bowlsclub@latrobebowlsclub.com
0437 097 240 (close: 12/10)

## Latrobe Community Shed, Coffee and Connect

Latrobe Community Shed

Latrobe Community Shed gathers on the last Monday of each month for a coffee and casual opportunity to connect with friends and other association members enabling convivial conversations and sharing of happenings from around the Latrobe community. LCS is a community organisation affiliated with Tasmanian/Australian Men's Shed Associations and active in Latrobe since 2020. We have engaged with numerous local groups supporting them in their activities and continue to do so, especially to engage with men in support of good mental health.

**Monday 26 Oct 10am–11:30am**

The Little Goat, 127 Gilbert St, Latrobe
Enquiries: Nigel: 0439 832 739 or Mark: 0419 131 250

# PENGUIN

## 70's and Over Lunch

Penguin Lions Club

Delicious roast meal cooked and served by Penguin Lions for Penguin Seniors.

**Sunday 18 Oct 12pm–3pm**

Penguin Sportsmen's and Service Club, 11 Sports Complex Avenue, Penguin
Bookings: 0409 138 664 | penguin@lionstasmania.org
(close: 9/10)

## Penguin Men's Shed Open Day

Penguin Men's Shed Inc

Open day — come and visit, find out about Men's Sheds and see what Penguin Men's Shed members get up to. Tea, coffee and biscuits for morning tea. Who knows, there might be something else as well?

**Wednesday 7 and 21 Oct 9:30am–12pm**
**Saturday 17 and 31 Oct 9:30am–12pm**

Penguin Men's Shed, 5 Sports Complex Avenue, Penguin
Enquiries: 0418 331 198

# PORT SORELL

## Port Sorell U3A Open Days

University of the Third Age, Port Sorell

We will showcase who we are, and what we do, and provide information, and a viewing of some of our activities. We are a not for profit organisation of more than 500 active members who are retired, or semi-retired and who participate in many varied activities, both educational and social. We offer a chance to stay fit, mentally engaged, and to make new friends. And we have fun, so come along and meet us and check out what we do. You may like to join us.

**Wednesday 7 and 14 Oct 10am–1:30pm**

Banksia Centre, Pitcairn St, Port Sorell
Enquiries: 0404 667 494

## NIA Movement class

Sacred Nia Tasmania

Nia is an uplifting, flowing, empowering and fun movement practice that is gentle, easy to follow and healing on the body. No dance experience needed! Suitable for all ages and abilities. Dance to soulful music and be surrounded by beautiful open-hearted friendly people. First class is free for Seniors Month - usually $20 / $15 concession / class pass discounts. Participants to wear comfy clothes and bring a water bottle. Come and experience the Magic of Nia! Every Monday in Port Sorell (Feb — Dec). If you miss the class during Seniors Month feel free to contact to attend a class at a later date.

**Monday 5, 12, 19 and 26 Oct 10:30am–11:30am**

Port Sorell Memorial Hall, 33 Darling St, Port Sorell
Bookings: 0408 672 194 | hailscrawford@gmail.com
(close: 26/10)

## Rubicon Grove

OneCare Rubicon Grove

Come and join us for a walk around our amazing facility and purchase a Devonshire tea or coffee for a donation of $10. In Rubi's Cafe, there will be a trade table and information table.

**Tuesday 6 Oct 13:45–3:30pm**

Rubicon Grove, 89 Club Drive, Port Sorell
Cost: $10
Bookings: deanna.nightingale@onecare.org.au
6427 5700 (close: 1/10)

## Morning Tea for Port Sorell Meals on Wheels Clients and Volunteers

Port Sorell Meals On Wheels And Port Sorell Lions Club

A combined Port Sorell Meals on Wheels and Port Sorell Lions Club morning tea for Meals on Wheels clients and volunteers.

**Monday 5 Oct 10:30am–11:30am**

Port Sorell Surf Club, Hawley Beach
Bookings: 0419 892 271 | dianekelly46@bigpond.com (close: 1/10)

# QUEENSTOWN

## Dining with Friends – Queenstown

St Vincent De Paul

Join us for a warm and welcoming meal in Queenstown as we celebrate Seniors Month. This relaxed dining experience is all about good food, great company, and meaningful connection. Enjoy a delicious morning while catching up with old friends or making new ones in a friendly, inclusive environment. Whether you come along with a group or on your own, you'll be greeted with smiles and conversation.

**Thursday 15 Oct 10am–11:30am**

Uniting Church New Beginnings Community Centre, 19—21 Counsel St, Queenstown
Bookings: 6435 2323 | toby.tait@vinniestas.org.au (close: 13/10)
Enquiries: 6146 0524

## Book Chat

Libraries Tasmania - Queenstown Library

Share that amazing book you have just read or the fabulous movie you can't stop talking about. No required reading list, just plenty of conversation and a cuppa. Guaranteed to increase your "to be read" pile.

**Thursday 29 Oct 10:30am-11:30am**

Queenstown Library, 9-13 Driffield Street, Queenstown
Bookings: https://tinyurl.com/y9sm88e5 (close: 28/10)
Enquiries: queenstown.library@libraries.tas.gov.au
6495 1530

# SHEFFIELD

## Storytelling Group

Kentish U3A Inc.

Each storyteller speaks for up to 30 minutes uninterrupted, then questions and discussions about the story occur after it concludes. Stories must be from personal experiences, career, hobbies, travel, etc. Depending upon the length of the stories, 2 to 4 stories may be told at each meeting. We meet on the second and fourth Friday of the month at 11am at the Sheffield Hotel.

**Friday 9 and 23 Oct 11am–12pm**

Sheffield Hotel, 40 Main St, Sheffield
Enquiries: 0499 776 953

## Ukulele for Beginners

Kentish U3A Inc.

Build confidence to happily play the ukulele. No prior experience required. Spare instruments available. This weekly group has people who had never before played, but now join with others playing all sorts of music and songs, whilst have fun.

**Thursday 22 Oct 10am–12pm**

Uniting Church back room, 80 Main St, Sheffield
Bookings: 0428 515 445 | kentishu3a@gmail.com (close: 21/10)

# SMITHTON

## Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Circular Head Aboriginal Corporation

Circular Head Aboriginal Corporation

Come along to Circular Head Aboriginal Corporation for this 4-week Digital Skills program. Topics include: engagement and connection activities; introduction to digital skills support; getting started online; connecting to others; MyGov introduction; brief overview of other state and territory government services online; introduction to AIScam awareness and digital media literacy.

**Thursday 8, 15, 22 and 29 Oct 11am–1pm**

Circular Head Aboriginal Corporation, 10 King St, Smithton
Bookings: 6452 1287 (close: 1/10)

## Art, Craft and Conversation

Libraries Tasmania - Smithton Library

A space to relax, enjoy good conversation and work on your art and craft projects. Whether you enjoy painting, sewing, knitting, collage, origami, or something else entirely, everyone is welcome. Simply bring along your projects and meet other like minded people.

**Thursday 29 Oct 1:30pm-2:30pm**

Smithton Library, 134 - 140 Nelson Street, Smithton
Bookings: https://tinyurl.com/36u7z6br (close: 28/10)
Enquiries: smithton.library@libraries.tas.gov.au
6478 9574

### Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Smithton Library

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Smithton Library.

**Tuesday 6, 13, 20 and 27 Oct 1:30pm–3:30pm**

Smithton Library, 134-140 Nelson St, Smithton
Bookings: 6231 3265 | melk@cotatas.org.au
https://tinyurl.com/2hcw5bhj (close: 1/10)

### RACT + Red Cross EmergencyRedi Program Smithton

RACT

Join RACT and Red Cross in a relaxed and informal session to strengthen practical ways you can prepare for emergencies and take steps towards building your individual and household resilience plan.

**Thursday 1 October 5-6:30pm**
**Friday 2 October 10-11:30am**

Greys Function Room, Tall Timbers, Smithton
Bookings: https://collections.humanitix.com/ract-red-cross-emergencyredi-workshop (close 1/10)
Enquiries: 132 722

## SOMERSET

### Dining with Friends – Somerset

St Vincent De Paul

Join us for a warm and welcoming meal in Queenstown as we celebrate Seniors Month. This relaxed dining experience is all about good food, great company, and meaningful connection. Enjoy a delicious two course meal while catching up with old friends or making new ones in a friendly, inclusive environment. Whether you come along with a group or on your own, you'll be greeted with smiles and conversation.

**Thursday 8 Oct 12pm–2pm**

Vinnies Community Hub, 43 Wragg St, Somerset
Bookings: 6435 2323 | toby.tait@vinniestas.org.au (close: 6/10)

### Basic Sewing and Sewing Machine Skills – for All Skill Levels

Farm It Forward Tasmania

BYO Project and machine or use our machines and fabric to create your own project. Qualified (and retired) sewing teacher and mentors with experience in sewing and quilting. You will be in good hands!

**Tuesday 6, 13, 20 and 27 9am–2pm**

Somerset Cam Rise Uniting Church building, 3 Wragg St
Cost: $5
Enquiries: 0487 011 619

### Farm It Forward Tasmania's All Day Saturday Sewing Session

Farm It Forward Tasmania

Work on our offered project for the month (details on the Facebook page) or BYO Project and machine or use our machines and fabric to create your own project. Qualified (and retired) sewing teacher and mentors with experience in sewing and quilting. You will be in good hands!

**Saturday 3 Oct 9am–3pm**

Somerset Cam Rise Uniting Church building, 3 Wragg St
Cost: $5
Enquiries: 0487 011 619

## SOUTH RIANA

### Signed, Sealed, Delivered: Your Memories of South Riana, Riana and Loyetea Post Office

South Riana Memorial Hall Inc.

Can you remember the post office at Riana, South Riana, and Loyetea? Did you work at the telephone exchange? Or do you have any other memories of local businesses in the surrounding areas? We'd love to hear them! Come along and join us at the South Riana Memorial Hall for a light lunch where we will share and listen to all the incredible stories of our area. Bring your photos, newspapers, or anything of interest that you might have and let's go back in time together.

**Sunday 4 Oct 11am–2pm**

South Riana Memorial Hall, 776 South Riana Rd
Cost: Gold Coin
Enquiries: 0411 450 331

## STRAHAN

### Celebrate Ageing | Tech Together A 4 week Digital Skills Program at Strahan

COTA Tasmania

Sign up to our 4 week Celebrate Ageing | Tech Together Digital Skills program at Strahan

**Tuesday 6, 13, 20 and 27 Oct 10am–12pm**

Strahan Golf Club, 10 King St, Strahan
Bookings: 6231 3265 | melk@cotatas.org.au
https://tinyurl.com/yc6wj6xz (close: 1/10)

## ULVERSTONE

### Connect Cafe – Celebration of Seniors

Central Coast Council

A welcoming Cafe environment supporting those looking for familiarity in connection and conversation in a safe environment.

**Tuesdays 10am–11:45am**

Gnomon Pavilion, Ulverstone Wharf, Ulverstone
Cost: Gold Coin
Enquiries: 0458 407 872

## Cruisin the Coast – Cycling Done Differently

Central Coast Council

This wonderful program, celebrating connection and cycling. Involves volunteers riding electric Trio bikes to assist older Tasmanians and people with disabilities, those no longer able to ride to enjoy the pathways. Helping community members get out, enjoy nature, and feel the wind in their faces whilst enjoying conversation.

**Tuesday 6, 13, 20 and 27 Oct 10:30am–11:45am**

Gnomon Pavilion, Ulverstone Wharf (see the flag out)
Enquiries: 0458 407 872

## Open Information Session – Dementia Overview and Brain Health

U3A Central Coast Tasmania

Dementia is a topic that can be quite frightening but understanding more about it can, maybe, lessen the fear. This session will discuss the different types of dementia and some prevention strategies. There are many modifiable risks for dementia and this is where U3A comes in. It is important to keep your brain active, so check out our programme of interesting and stimulating topics to keep the little grey cells moving. Socialising is also much better for us than being alone. Come to the session and meet new people while gaining some useful information.

**Friday 2 Oct 2pm–4pm**

Apex House, 3 Gollan St, Ulverstone
Bookings: 0457 411 585 | u3acentralcoast@gmail.com
(close: 23/9)

## Camera Club

Ulverstone Camera Club Inc.

Join us for one of our fortnightly evening workshops and have a go at some contemporary photography, capturing images of coloured objects splashing into water, plus trying the differences made when photographing a subject from different perspectives and with different lighting. Bring your camera (and tripod and flash if you have them). A smart phone is OK.

**Wednesday 14 Oct 7pm–9pm**

Red Cross Hall, 49 King Edward St, Ulverstone
Bookings: 0418 508 435 | ulvcameraclub@gmail.com
(close: 1/10)

## Energy Efficiency Tips to Save You Money

Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use — to save money on your power bills straight away. Refreshments will be provided. For other Power People Project sessions please visit www.powerpeopletas.com.au

**Tuesday 6 Oct 11am–12:30pm**

Senior Citizens Club, 16 Edward St, Ulverstone
Bookings: Jan Hill – 6425 5415 (close: 4/10)

## Embroidery Guild Open Day

Central Coast Embroidery Guild

Central Coast Embroidery Guild will be hosting an open day to display a wide range of embroidery techniques.

**Monday 19 Oct 10:30am–12pm**

St. Andrews Presbyterian Church, 59 Main St, Ulverstone
Enquiries: 0408 257 541

## Navigating Aged Care Workshop

CWA Ulverstone Branch

CWA Ulverstone and Navigating Aged Care have partnered to deliver an informative FREE workshop designed to empower community members to make informed decisions about ageing in place. Attendees will be supported to enhance their health and wellbeing by identifying and connecting with available government support pathways, local community services and programs as well as local volunteer opportunities. Promoting independence, connection and purpose. Morning tea provided.

**Wednesday 14 Oct 10am–11:30am**

Apex House, 3 Gollan St, Ulverstone
Bookings: kylie@navigatingagedcare.com.au
0499 259 309 (close: 9/10)

## Book Chat

Libraries Tasmania - Ulverstone Library

Share that amazing book you have just read or the fabulous movie you can't stop talking about. No required reading list, just plenty of conversation and a cuppa. Guaranteed to increase your "to be read" pile.

**Wednesday 14 Oct 2pm–3pm**

Ulverstone Library, 15 King Edward Street, Ulverstone
Bookings: https://tinyurl.com/5fphbft9 (close: 13/10)
Enquires: ulverstone.library@libraries.tas.gov.au
6464 3120

# UPPER BURNIE

## Energy Efficiency Tips to Save You Money

Power People Project

Join us for this free session where you'll learn simple tips to help you take control of your energy use to save money on your power bills straight away. Refreshments will be provided. For other Power People Project sessions please visit www.powerpeopletas.com.au

**Tuesday 27 Oct 10am–11am**

Burnie School for Seniors, Burnie Sports Centre, 2 Southwell St, Upper Burnie
Bookings: 0417 035 444 | cruddrj@bigpond.com (close: 23/10)

# WEST ULVERSTONE

## Grandparents and Grandchild Drop In Day at The Central Coast Community Shed

Central Coast Council

For those that would love to see what happens at the Shed, and would like to share this time with their grandchild too. On Tuesday 13 October (Women's Shed Day) and Wednesday 14 October (Men's Shed Day) is "Bring a little mate to the Shed day".

**Tuesday 13 and Wednesday 14 Oct 9am–11am**
Community Shed, off Flora St, West Ulverstone
Cost: Gold Coin
Enquiries: 0458 407 872

# WYNYARD

## Indoor Bowls

Wynyard Senior Citizens Club

Come along and enjoy a game of bowls at the Wynyard Senior Citizens Club. Make some new friends and see what else the club has to offer.

**Friday 2, 9, 16, 23 and 30 Oct 12:30pm–3:30pm**
Wynyard Senior Citizens Club, 28 Jackson St, Wynyard
Cost: $5 membership and $3 per week
Enquiries: 0484 339 938

## Crib

Wynyard Senior Citizens Club

Come along and enjoy a game of crib at the Wynyard Senior Citizens Club. Make some new friends and see what else the club has to offer.

**Friday 2, 9, 16, 23 and 30 Oct 1pm–3:30pm**
Wynyard Seniors Citizens Club, 28 Jackson St, Wynyard
Cost: $5 membership plus $3 per game
Enquiries: 0484 339 938

## Senior Citizens Club Open Day

Waratah- Wynyard Council

Stay active! Stay connected! To celebrate Senior's Month, come along and discover the joy of connection, laughter, and community at Wynyard Senior Citizens Club's Open Day!

**Wednesday 21 Oct 10:30am–12pm**
Senior Citizen Building, Jackson St, Wynyard
Enquiries: 6443 8333

## Wynyard Community Mens Shed

Wynyard Community Men's Shed

Work on wood projects or just have a cup of tea or coffee and a sit down and a chat.

**Saturday 3, 10, 17, 24 and 31 Oct 10am–12pm**
Wynyard Community Mens Shed, cotton St, Wynyard
Cost: Gold Coin
Bookings: secretary@wynyardcommunityshed.org
0407 860 098 | (close: 30/9)

## Zumba with Imogen

Farm It Forward Tasmania

Fun and easy exercise to great music. Exercise can be adapted to suit all ages and abilities.

**Thursday 1, 8, 15, 22 and 29 Oct 5:15pm–6pm**
**Saturday 3, 10, 17, 24 and 31 Oct 9:30am–10:15am**
Wynyard Showground Reception Centre, Jackson St
Cost: $10
Enquiries: 0487 011 619

## Watercolour Art Session for Adults with Skeat

Farm It Forward Tasmania

You will need to provide some of your own materials - paint and paper (which can be purchased at budget prices at Shiploads or other local stores). Skeat will provide the rest, including great support and guidance.

**Wednesday 7, 14, 21 and 28 Oct 1pm–3pm**
Wynyard Community centre, Little Goldie St, Wynyard
Cost: $20
Enquiries: 0487 011 619

## Basket Weaving with Kristal

Farm It Forward Tasmania

Come along and learn all about Basket Weaving. All materials provided. Beginners and walk-ins welcome. No bookings required.

**Friday 2, 9, 16, 23 and 30 Oct 10am–12pm**
Wynyard Railway Institute Hall, Station St, Wynyard
Cost: $5
Enquiries: 0487 011 619

## Music Connections

U3A Wynyard

Got time to spare on a Sunday afternoon? Play a musical instrument or Sing? (anywhere from Learning to Expert, any style or genre) Come along, talk, play music, or sing with other like-minded folks. Not age restricted, everyone welcome. Bring your instrument or just your voice. It's all about enjoying your music, and that of others. No audience, except each other. Runs every fortnight.

**Sunday 11 and 25 Oct 2pm–5pm**
Poultry Club Rooms, Wynyard Showgrounds, Jackson St
Cost: Gold coin
Enquiries: Ian (text is best) – 0401 434 080

## Journal Making and Papercrafts

Farm It Forward Tasmania

BYO Project or use our vast array of resources to create something new - cardmaking, painting/drawing/colouring, the possibilities are endless.

**Saturday 3, 10, 17, and 24 Oct 1pm–4pm**
Wynyard Community Centre, Little Goldie St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Journal Making and Papercrafts (All Day Session)

Farm It Forward Tasmania

BYO Project or use our vast array of resources to create something new – cardmaking, painting/drawing/colouring, the possibilities are endless.

**Saturday 31 Oct 10am–4pm**

Wynyard Community Centre, Little Goldie St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Neurodivergent / Autism Art / Craft Session

Farm It Forward Tasmania

BYO Project or use our vast array of resources to create something new - cardmaking, painting/drawing/colouring, the possibilities are endless.

**Sunday 25 Oct 10am–12pm**

Wynyard Community Centre, Little Goldie St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Knit / Crochet for Charity (+Fun!)

Farm It Forward Tasmania

A very warm and welcoming group with plenty of people to help out if you are wanting to learn to knit or crochet. You don't have to make items for charity and are very welcome to work on your own project. Plenty of yarn, needles, hooks and patterns available.

**Monday 5, 12, 19 and 26 Oct 10am–12pm**

Wynyard Showgrounds Reception Centre, Jackson St
Cost: Gold Coin
Enquiries: 0487 011 619

## Happy Gut, Happy Life! Free Gut Health Workshop for Seniors

Waratah-Wynyard Council

Join Tanya Kurzbock, local Naturopath, for an informative and engaging workshop to discover how good gut health can support healthy ageing, boost wellbeing, and help you feel your best. Learn practical tips, nutrition advice, and simple lifestyle changes to keep your gut happy and healthy. Celebrate Seniors Month by investing in your health from the inside out!

**Friday 23 Oct 10am–11am**

Wynyard Yacht Club, 2A Old Bass Hwy, Wynyard
Bookings: tanya@yournaturopath.online
Enquiries: 0401 399 621

## Free Range Art/Craft

Farm It Forward Tasmania

BYO Project or use our vast array of resources to create something new - cardmaking, painting/drawing/colouring, the possibilities are endless.

**Monday 5, 12, 19 and 26 Oct 1pm–3pm**

Wynyard Community Centre, Little Goldie St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Social Art/Craft

Farm It Forward Tasmania

BYO Project or use our vast array of resources to create something new - cardmaking, painting/drawing/colouring, the possibilities are endless.

**Monday 5, 12, 19 and 26 Oct 6pm–8pm**

Wynyard Community Centre, Little Goldie St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Body Groove

Farm It Forward Tasmania

Join us for a fun dance exercise session, following a DVD instructor. There is a wide range of routines to choose from. All ages and abilities.

**Wednesday 7, 14, 21 and 28 Oct 12:30pm–1:30pm**

Wynyard Senior Citizens Club, Jackson St, Wynyard
Cost: Gold Coin
Enquiries: 0487 011 619

## Wynyard Camera Club Meetings

Wynyard Camera Club Inc

This event runs twice monthly except December and January. We welcome new members! Club Activity & Discussion on 6/10: Photograph Spinning Burning Steel Wool at Fossil Bluff. Bring your camera/smart phone. Club Activity & Discussion on 20/10: Portrait Photography. FREE portrait image offer for visiting Seniors. Bring camera/smart phone.

**Tuesday 6 and 20 Oct 7:30pm–9:30pm**

Sports Complex, Lowe St, Wynyard
Enquiries: 0476 170 124

## Wynyard Historical Society Open Days

Wynyard Historical Society

Come along to the Wynyard Historical Society's Open Day to explore local history and enjoy a glimpse into the stories that have shaped the region.

**Wednesday 14 and 21 Oct 1pm–3pm**

Room 1, Community Centre, 48 Hogg St, Wynyard
Enquiries: wynyard.historical@gmail.com

## Wynyard Camera Club Tulip Festival Display

Wynyard Camera Club Inc

Print and canvas images on display. Images available to purchase for cash or bank transfer. Vote for your favourite image to go in the draw to win a prize. We welcome new members!

**Saturday 10 Oct 8:30am–3:30pm**

Wynyard Community Church, 35 Hogg St, Wynyard
Enquiries: 0477 170 124

## ZEEHAN

### Memories of the West Coast

Zeehan Neighbourhood Center

Join us for lunch and we invite seniors to bring along some of their favourite photos and share stories about their lives, families and memories of growing up or living on the West Coast.

**Wednesday 14 Oct 11:30am start**

Somer House, 27 Belstead St, Zeehan
Enquiries: 6471 6108




# TICKET TO WELLBEING

**The Tasmanian Government's Ticket to Wellbeing program is opening for applications this Seniors Month!**

You can apply for a $100 voucher to use towards the cost of sport and active recreation membership and/or registration if you live in Tasmania, are 65 years old or over, and are listed on a Services Australia Health Care or Pensioner Concession Card.

Applications will open in October. To apply click on the QR code or visit: www.tickettowellbeing.tas.gov.au.

Alternatively, apply in person at your local Service Tasmania Centre.

Please note:
applications close once all available vouchers are issued.

Active Tasmania

Tasmanian Government

Public Trustee Every moment counts

# Your Future Your Way

Plan ahead with confidence this Seniors Month. Join the Public Trustee and the Office of the Public Guardian for a **FREE** Estate Planning seminar.

**Hobart - C3 Conference Centre**
Tuesday 13th October
**Burnie - Burnie Library**
Thursday 15th October
**Launceston - Launceston Conference Centre**
Tuesday 20th October
**Devonport - The Don Centre**
Tuesday 27th October

**BOOK NOW**

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