



Film Night



Seniors Week

14 – 20 Oct 2024

CONNECTING GENERATIONS!

what's your story

come and try Boules

Community Garden

Supported by





Your life, your choice, our focus

Our range of services will support you in the home and in the community so you can maintain your independence and social connections.

Stay in the place you're familiar with and keep connected with friends and family with support from CBS. The right amount of support from the right people can go a long way.

**domestic support | social support | personal care | home modifications |
home maintenance | spring cleaning | garden maintenance | social hubs**



**community
based support**
maximising client independence

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

Message from the Minister



The Tasmanian Government is proud to support Council on the Ageing (COTA) Tasmania and the many events taking place around the State during Seniors Week.

This year’s Seniors Week theme, *Connecting Generations*, invites all Tasmanians to recognise the power of maintaining connections between community members born across every decade.

Connecting Generations isn’t just about sharing stories or traditions. It’s about creating opportunities to talk and learn together, fostering a

deeper understanding and respect for each other.

Seniors Week provides the opportunity to engage through the many programs and activities happening across our State that bring us all together.

Tasmania has a wonderful network of community organisations that connect generations every day and play host to many Seniors Week events, such as Neighbourhood Houses and Centres, Men’s Sheds and community clubs.

The Tasmanian Government’s vision is for all Tasmanians to stay active, healthy, resilient and connected to their community at every age and is an important part of our 2030 Strong Plan for Tasmania’s Future.

We are currently developing the Older Tasmanian Action Plan and I thank COTA Tasmania for its extensive support in facilitating the consultation to inform the plan.

I warmly thank those organisations that, along with COTA Tasmania, bring Seniors Week to life through the delivery of a broad range of exciting social, cultural, and educational events. Wherever you are in our State, I hope there is an event in this year’s Seniors Week Event Guide that sparks your interest.

Hon Roger Jaensch MP
Minister for Community Services



Generations Connect — FUN DAY —



FRIDAY
11.10.2024



RUNS FROM
10AM - 2PM



C3 CONVENTION CENTRE
ANGLESEA STREET
SOUTH HOBART



Handy hints

Event listings

This Events Guide is intended as an information source only. While every effort has been made to ensure that the information contained in this guide is accurate and up-to-date, the information is subject to change without notification and at the sole discretion of the service provider. COTA Tasmania, its office bearers, staff and volunteers do not accept any liability for any loss, howsoever arising, from the use of or reliance upon the information contained in this guide.

Other events

In some parts of the state, Seniors Week activities may have been planned in addition to those in this official Events Guide. Check with your local council, community groups and local newspapers for information about events in your community.

Special access

People with disabilities or requiring special access should contact the event organiser prior to attendance.

Transport for seniors

Holders of a Seniors Card and Metro Greencard can access free travel during Seniors Week on Metro services.

Bookings

If booking details are stated, bookings are essential. Events may be cancelled if no bookings are received. Please contact the event organiser as the event may be subject to change.

Public liability

Event organisers should have appropriate insurance cover while participating in Seniors Week including, but not limited to, public liability insurance. While COTA Tasmania is responsible for coordinating and promoting Seniors Week, individual event organisers are responsible for all insurances for their own specific activity.

Health and safety

COTA strongly encourages all Seniors Week event organisers to maintain appropriate health and safety plans and actions throughout Seniors Week. Seniors Week event organisers should continue to check safety information and precaution recommendations, including recommendations relating to COVID-19 that have been issued by the Tasmanian State Government. Patrons attending Seniors Week events are responsible for their personal safety and are encouraged to maintain personal hygiene precautions.

Guide to symbols

★ **FREE EVENT**

GC **GOLD COIN DONATION**

Entry or participation fees may apply to all other events.

Give us your feedback – tell us your stories!

How has Seniors Week enriched your life? Was it your first time? Why do you support Seniors Week? What ongoing friendships/networks have you gained as a result of Seniors Week? Did you participate online?

Tell us – we’d love to hear your stories and suggestions!

Send us a note or email. Or complete the official survey form available at Seniors Week events and on the COTA Tasmania webpage, which takes less than two minutes to complete.

Event organisers will distribute and collect the survey form, and return them to COTA.

Alternatively, you can access the form from the COTA Tasmania website:
www.cotatas.org.au

To help us ensure the ongoing success and sustainability of Seniors Week and maintain its place as a leading Tasmanian major event, we encourage and rely on feedback from organisers and patrons.

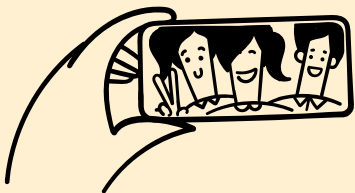
Program produced by COTA Tasmania

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admin@cotatas.org.au

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Tag **#cotatas** in any pictures you post to social media during Seniors Week!





Did you know?

COTA provides education and awareness through workshops and presentations. We can visit your organisation or community group to talk about:

- **Ageism awareness**
- **Lifelong Respect – elder abuse awareness**
- **Introduction to the COTA Care Finder program**
- **How to advocate for older people in your community**

To arrange a visit, contact:
admin@cotatas.org.au
6231 3265



Connecting Across Generations



Ageing is a time of possibility, opportunity, and influence, and Seniors Week is a time to come together across the State to share, learn, connect, develop skills, and importantly – have fun and try new things. Keeping active socially, mentally, and physically is the cornerstone of a vibrant life!

Council on the Ageing (COTA) Tasmania is pleased to once again coordinate the State's annual Seniors Week program, and this year, there is so much on offer. This guide will provide you with all you need to know about Seniors Week 2024, what's happening, where, and when. A big thank you to the organisations across Tasmania who have opened their doors and provided us with the opportunity to embrace new connections and friendships across generations in a wide variety of activities. Without them, Seniors Week would not be possible.

I encourage you to attend as many, or as few, events as you like. Seniors Week is the perfect time to try an activity you've always been interested in or perhaps to revisit an old hobby with someone new.

To the staff at COTA Tasmania, thank you for your tireless efforts and work to support older Tasmanians and raise awareness of respecting the ageing journey. Our team works passionately across many programs and projects, but always with the same agenda—advancing the rights and interests of older people and changing the narrative around ageing to one that values our latter years.

Finally, this event wouldn't be possible without the generous and ongoing support of the Tasmanian Government, along with our Seniors Week sponsors: TasNetworks, Australia Post, Metro Tasmania, and The Public Trustee. Thank you once again for your support in ensuring we can continue to celebrate older Tasmanians and provide opportunities for connection not only during the week but also from the ongoing friendships forged.

I look forward to seeing you out and about during Seniors Week.

Brigid Wilkinson

Chief Executive,
Council on the Ageing Tasmania

Would you like to find a local group to join, start a new hobby and connect with your community?

Visit our community activities webpage:

cotatas.org.au/information/activities





Driving the future of Tasmanian Transport

At Metro, we believe in more than just moving people from point A to B. As the largest Tasmanian-owned passenger transport company, we are committed to connecting communities and making the journey better for all Tasmanians.

We're proud to partner with COTA again this year, providing FREE travel to Seniors Card holders during Seniors Week! From Monday 14 October to Sunday 20 October 2024, simply show the bus driver your Seniors Card and hop on board.

For further information about Metro services, visit:

- Metro Shops located in Hobart, in Elizabeth Street Mall in the city or at the Springfield Depot
- Metro Depot Offices in Launceston or Burnie
- The Metro Website: **metrotas.com.au**, or
- Contact us via **13 22 01** or **contact@metrotas.com.au**.



Seniors Week 2024 — powered by TasNetworks

At TasNetworks, we strive to deliver safe, reliable, and sustainable power to every home and business, 'Powering a Bright Future' for all Tasmanians. Our transmission and distribution network, built and maintained over generations, symbolises the enduring connections that unite our communities across the state.

Just as our network connects Tasmanians from all walks of life it embodies the spirit of intergenerational bonds that are at the heart of this year's Seniors Week events. These connections are the foundation of our strength, resilience, and shared future.

Every day, over 295,000 residential, commercial, and industrial customers depend on us to power their homes and businesses. Access to reliable and affordable electricity is essential in today's world, and by focusing on the future, we are not only securing the energy Tasmania needs to grow and thrive but also protecting our natural environment for generations to come.

Our dedicated team has been connecting Tasmanians for decades, with a deep understanding of the importance of intergenerational thinking. We bring people together, especially during times of need, because we believe that by connecting Tasmania, we are truly 'Powering a Bright Future' for everyone.

For more information about TasNetworks and our commitment to connecting Tasmanians with reliable and sustainable electricity, please visit our website at **www.tasnetworks.com.au**



Delivering mental health information to households across the country? That's the goods.

Together with Beyond Blue, Australia Post shared millions of prepaid postcards to help people connect. It's another way Australia Post is delivering for Australia.

Did you know nearly half of us will experience a mental health condition in our lives? That's why, at Australia Post, we're committed to supporting our community partner Beyond Blue, and 'delivering the goods' for mental wellbeing.

Our Post Offices and our people are at the heart of over 4,000 Australian communities. Each year we facilitate millions of connections between people across Australia. It's this national network which helps us connect more people to Beyond Blue's mental health resources and support services, and to each other.

Since 2020 we've delivered Beyond Blue's mental health information into more than 16 million letterboxes across Australia.

In May we shared 5 million prepaid postcards to every letterbox across regional Australia to help people connect with each other. Because when we connect, we feel better.

Find out more: **<https://auspost.com.au/about-us/supporting-communities/mental-health>**

Protect what you value



Only working smoke alarms save lives



Charge it, monitor it, unplug it



Keep looking when cooking



Remember: **2 metres** from the heater



If it's electric, be safe and check it



The Home Fire Safety guide will help you learn how you can prevent house fires and keep you and your loved ones safe.



Simply scan the QR code to download a copy.



Learn more about home fire safety at

fire.tas.gov.au



LIFELONG RESPECT

Everyone has the right to live with dignity and safety.

COTA Tasmania is proud to be supporting older Tasmanians through a range of initiatives including:

- Community Awareness and Prevention
- Advocacy, Policy, Research and Referral
- Legal Clinics
- Older Voices for Change Program
- World Elder Abuse Awareness Day



1 in 6 older people in Australia experience elder abuse.

If you believe you or anyone you know may be experiencing elder abuse, you can call the Tasmanian Elder Abuse Helpline on **1800 441 169**

COTA Tasmania is funded by the Tasmanian Government to increase awareness and knowledge about the nature of abuse of older people.



SUPPORTED BY



To find out more:



PublicTrustee
Every moment counts

Secure your future with the Public Trustee

The Public Trustee is here to help you and your family when you need it most, ensuring every moment counts.

For over 100 years, we have been assisting Tasmanians in planning for their future.

No matter where you are on your journey, having a plan in place is always important. We can help you ensure that your financial, health care, and legal wishes are known through legal documents such as a Will, Enduring Power of Attorney, and Enduring Guardianship.

A Will helps your family and friends understand your wishes regarding your property, belongings, and finances once you are gone. But that's just one element.

Consider talking to the Public Trustee about a comprehensive estate plan. An estate plan also considers what happens if you can no longer make personal or financial decisions for yourself while you are alive.

The Public Trustee can be appointed as an executor or attorney. This can provide peace of mind for yourself and your loved ones knowing that your wishes will be carried out by impartial, experienced professionals who can manage your affairs efficiently and without the emotional burden that loved ones might experience.

Having your documents prepared and a plan in place can ease the stress for your loved ones, allowing everyone to make the most of your time together.

If you'd like to arrange an appointment with one of our friendly, expert staff, please call **1800 068 784** or visit **www.publictrustee.tas.gov.au**



Delivering the goods for mental wellbeing

Together with Beyond Blue, we're sharing postcards with mental health information across Australia to support connection.

It's another way we're delivering for Australia.



Proud partner



“Cooking with my mother and kids is about creating memories – special, precious moments that last for ever. We get to pass on our culture, tradition, and values.”

–Massimo Mele

Celebrate Seniors Week
by cooking and sharing a
favourite recipe with others, or
try Chef Massimo's Zeppole!

Chef Massimo's family Zeppole recipe

Italian doughnuts (Zeppole)

For many Italians, zeppole hold a special place in our hearts. Zeppole are doughnuts, rolled in or dusted with sugar, with a fluffy melt-in-your-mouth centre. And they are super simple to make.

Serves: **6**

Preparation: **10 minutes**

Cooking: **10 minutes**

Rising time: **about 2 hours**

Ingredients:

500 g flour
6 tbsp sugar (about 120 g)
1 tbsp yeast
Pinch of salt
4 eggs
50 ml milk
50 g butter, melted
1 lemon, zested
Limoncello, to taste
1 vanilla bean
3 potatoes (about 400 g), peeled and boiled
Oil, for frying
Icing sugar, for dusting

Instructions:

1. Mix flour, sugar, yeast and salt in a bowl. In another bowl, combine the eggs, milk, melted butter, lemon zest, limoncello and vanilla bean seeds.
2. Combine the wet ingredients with the dry ingredients along with the boiled potato. Cover the bowl with a tea towel and let it rest for a few hours in a warm place until it doubles in size.
3. Preheat the oil in a large pan to 170°C.
4. Take a tablespoon of dough for each zeppole and fry it in the oil for 3 to 4 minutes. Be sure not to overcrowd the pan, frying about 5 to 8 zeppole at a time.
5. Dust with icing sugar and serve.

Massimo is a Tasmanian Chef – Food Director at Grain of the Silo, Culinary Director at Peppina Restaurant & Host of The Chefs Garden, SBS Food.



Credit: The Chef's Garden, SBS
www.sbs.com.au/food

CONNECTING
GENERATIONS!


COTA
TASMANIA



What's Your Story?

How would you like to be remembered?
Secure the future of your family and
ensure your wishes are known.

This seniors week join us for a free seminar and learn how to ensure your financial, legal and health care wishes are known. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advance Care Directive, and Enduring Guardianship.

The Public Trustee, Palliative Care Tasmania and the Office of the Public Guardian will be co-hosting the seminars to explain their roles and to answer questions about these important documents.

Date	Time	Venue
Tuesday, 15 October	10 – 11:30am	Burnie Library, 30 Alexander St, Burnie
Tuesday, 15 October	3 – 4:30pm	Paranple, Market Square, 137 Rooke St, Devonport
Wednesday, 16 October	10 – 11:30am	Launceston Conference Centre, 50 Glen Dhu St, Launceston
Thursday, 17 October	10 – 11:30am	Rydges North Hobart, 393 Argyle St, North Hobart

Bookings are essential - open until Thursday October 10, 2024.
Visit publictrustee.tas.gov.au or call 1800 068 784.





Discover your upside of ageing



LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay well, so you can continue doing the things you love as you get older.

There are lots of myths and stereotypes when it comes to getting older, but it's proven that how well we age is mostly determined by the lifestyle choices we make each day.

It's never too early or too late to start making changes. LiveUp is packed with free information and resources such as exercise sheets, local groups and activities, and simple solutions and products to help you take charge of how you're ageing.

**Speak to a LiveUp Navigator for free on
1800 951 971 or visit liveup.org.au**

imagine

a place custom built to
help every Tasmanian get healthier.



We know health can be a handful. So we've custom built wellness hubs with only one goal in mind - to make every Tasmanian's health journey a little easier. Come in and learn, explore, and be inspired, with regular activities like yoga, run club, kid's cooking classes, and a lunchtime concert series. Find help understanding and navigating the healthcare system, or just come in and have a chat to our team about your health needs.

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



Scan to find out more

st.lukes 

Daily Planner: South

Monday 14th October

Click on the event title to jump to the listing

9:00am–4:00pm	Need Help Navigating the Healthcare System?	Hobart	p40
9:00am–5:00pm	Free Health Checks for Everyone	Hobart	p40
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Hobart	p42
9:30am–10:15am	Free Exercise Class	Bothwell	p32
9:30am–10:20am	Free Exercise Class	Claremont	p33
9:30am–10:15am	Yoga for Seniors at St Lukes	Hobart	p39
9:30am–10:30am	Move It Easy Exercises	Battery Point	p30
9:30am–10:30am	Digital Skills Session: Connecting with Others	Glenorchy	p36
9:30am–11:00am	Come and Try Table Tennis	Kingston	p44
9:30am–1:00pm	U3A Clarence	Rosny Park	p50
9:45am–4:00pm	One-on-one Family History Research Assistance	Hobart	p37
10:00am–10:45am	Free Exercise Class	New Norfolk	p47
10:00am–11:00am	Digital Skills Session: Connecting with Others	Bridgewater	p32
10:00am–11:00am	Zumba	Hobart	p42
10:00am–12:30pm	Dementia Information and Morning Tea	Glenorchy	p35
10:00am–1:00pm	Exploring Richmond's Historic Cemeteries Talk	Richmond	p50
10:00am–2:00pm	Hearing Checks at Bayside AMCAL	Sandy Bay	p52
10:00am–4:00pm	Channel Museum – Step back into History	Margate	p46
10:30am–12:30pm	Knit & Natter	Dodges Ferry	p34
10:50am–11:35am	Free Exercise Class	West Moonah	p54
11:00am–2:00pm	Wrest Point Timeless Tales Tour and Lunch Package	Sandy Bay	p52
11:15am–12:15pm	Move It Easy Exercises	Bellerive	p31
12:00pm–2:00pm	Geeveston Mah Jong / Games	Geeveston	p37
1:00pm–1:45pm	Stronger for Longer	Hobart	p41
1:00pm–3:00pm	Croquet – Come and Try	Sandy Bay	p52
1:00pm–3:00pm	Gentle Exercise and Afternoon Tea	Hobart	p41
1:30pm–3:30pm	Croquet for All	Bellerive	p31
2:00pm–3:00pm	Power People – Energy Efficiency Strategies	Kingston	p44
2:30pm–5:00pm	Sing-a-long Oklahoma	New Norfolk	p47
3:00pm–4:30pm	Clarence Festival of the Ages – Youth Rec Drop In for All	Warrane	p54
3:30pm–4:30pm	Come and Try Golf at Golf Park Hobart	Cambridge	p32
7:00pm–8:30pm	Hobart Ukulele Group	Hobart	p38
7:00pm–9:30pm	Mahjong Club Open Night	Sandy Bay	p52

Tuesday 15th October

9:00am–12:00pm	Playgroup at Tasman MPS	Nubeena	p49
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Hobart	p40
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Rosny Park	p52
9:00am–5:00pm	The Aged Care System is a Tough Nut to Crack	Online	p64
9:00am–5:00pm	Free Health Checks for Everyone	Hobart	p40
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Hobart	p42
9:30am–10:20am	Free Exercise Class	Claremont	p33

Daily Planner: South

Tuesday 15th October (continued)

9:30am–10:30am	Move It Easy Exercises	Lenah Valley	p45
9:30am–11:00am	Come and Try Table Tennis	Kingston	p44
10:00am–10:45am	Free Exercise Class	New Norfolk	p47
10:00am–11:00am	Pilates, Balance and Stretch	Hobart	p42
10:00am–11:30am	Keep Active and Independent with genU	Moonah	p47
10:00am–12:00pm	Check out the Wheel of Wellbeing	Huonville	p43
10:00am–12:00pm	Runnymede Tea and Tour	New Town	p47
10:00am–12:30pm	Richmond Guided Walk and Oak Lodge	Richmond	p50
10:00am–2:00pm	Hearing Checks at Shoreline Pharmacy	Howrah	p43
10:00am–2:00pm	Care Finder in the Community	Sorell	p53
10:00am–4:00pm	Channel Museum – Step Back into History	Margate	p46
10:15am–11:45am	Drawing Workshop at the Tasmanian Museum and Art Gallery	Hobart	p38
10:15am–12:00pm	Bayside Boules Pétanque Club	Sandy Bay	p53
10:30am–11:15am	Get To Know CTST: Getting You to Where You Need to Be!	Glenorchy	p35
10:30am–11:15am	Free Exercise Class	Ouse	p49
10:30am–12:00pm	National Archives of Australia – Searching for Family	Glenorchy	p36
10:30am–12:00pm	Social Singing at Kickstart Arts	New Town	p47
10:50am–11:35am	Free Exercise Class	Goodwood	p37
11:00am–12:00pm	Tour: The Tasmanian Museum and Art Gallery’s Historic Buildings	Hobart	p38
11:00am–12:00pm	T’ai Chi	Hobart	p43
11:00am–12:30pm	Clarence Festival of the Ages – Storytime and Nature Play	Rosny Park	p51
11:00am–1:00pm	Come and Try Croquet	New Town	p48
11:00am–1:00pm	Polish Dancing for Seniors	New Town	p48
11:00am–1:00pm	A Taste of Your Generation	Hobart	p41
11:00am–2:00pm	Wrest Point Timeless Tales Tour and Lunch Package	Sandy Bay	p52
11:15am–12:15pm	Move It Easy Exercises	Kingston Beach	p45
12:00pm–2:30pm	Cygnnet Mah Jong	Cygnnet	p33
12:10pm–1:00pm	Free Exercise Class	Chigwell	p33
12:30pm–1:30pm	Walking Football	Kingston	p45
1:00pm–1:45pm	Laughing Yoga	Hobart	p42
1:00pm–2:00pm	Come and Try Golf at Claremont Golf Club	Claremont	p33
1:00pm–2:00pm	Conquering Anxiety – A Gentle Program for All Ages Featuring Simple Meditation	Hobart	p38
1:00pm–2:00pm	Safeguarding Our Future as We Age	Hobart	p38
1:00pm–3:00pm	Card Group	Dodges Ferry	p34
1:00pm–3:00pm	Come and Try Croquet in Kingston	Kingston	p43
1:00pm–3:30pm	Art at Mathers	Hobart	p42
1:00pm–3:00pm	Gentle Exercise and Afternoon Tea	Hobart	p41
1:30pm–1:55pm	Glenview Move to Music	Glenorchy	p35
1:30pm–2:15pm	Conserving Art for Future Generations at TMAG	Hobart	p38
2:00pm–3:00pm	Digital Skills Session: Connecting with Others at Huonville Library	Huonville	p43
2:00pm–3:00pm	Afternoon Tea and Tour of Oak Lodge	Richmond	p50
2:00pm–3:00pm	Power People – Energy Efficiency Strategies	Rosny Park	p51

Tuesday 15th October (continued)

2:00pm–3:30pm	Sri Lanka Dishes with Friends	Kingston	p45
2:00pm–4:00pm	Johnny Wright in Concert	Glenorchy	p35
2:00pm–4:00pm	Knitting Group	Hobart	p40
3:30pm–4:30pm	Come and Try Golf at New Town Bay Golf Club	Lutana	p46
3:30pm–4:45pm	Clarence Festival of the Ages – Our Shared Space: Rosny – Dance with Paint	Rosny Park	p51

Wednesday 16th October

9:00am–12:00pm	Grandparents' Day at Playgroup	Dunalley	p34
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Hobart	p40
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Kingston	p45
9:00am–5:00pm	Free Health Checks for Everyone	Hobart	p40
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Hobart	p42
9:15am–11:55am	Pembroke Parliament	Hobart	p37
9:30am–10:20am	Free Exercise Class (Zumba)	Claremont	p33
9:30am–10:30am	Move It Easy Exercises	Glenorchy	p35
9:30am–11:00am	Come and Try Table Tennis	Kingston	p44
9:30am–12:30pm	Connecting Generations: Finding Your Family's History	Bellerive	p31
9:30am–1:00pm	U3A Clarence	Rosny Park	p50
9:30am–2:30pm	Hearing Checks at Kingston Library	Kingston	p45
10:00am–11:00am	Tai Chi	Dodges Ferry	p34
10:00am–11:00am	Connecting Generations Storytime at Hobart Library	Hobart	p39
10:00am–11:00am	T'ai Chi	Hobart	p43
10:00am–11:00am	Discover Volunteering with genU	Online	p49
10:00am–11:30am	The Peace Education Program	Kingston	p44
10:00am–11:45am	Compost, Cuppa and Cake	New Town	p48
10:00am–12:00pm	Intergenerational Paint Your Pet	Moonah	p46
10:00am–12:00pm	School for Seniors Guest Speaker Peter Edwards	Glenorchy	p35
10:00am–12:00pm	Come and Try Croquet	New Town	p47
10:00am–3:00pm	Walking With Friends	Fern Tree	p34
10:00am–3:00pm	Bellerive Hub Open Day	Bellerive	p30
10:00am–3:00pm	Bellerive Village Hub	Bellerive	p30
10:00am–3:00pm	Connecting the Arts at Bellerive	Bellerive	p31
10:00am–3:00pm	Sound Museum Bellerive	Bellerive	p31
10:00am–4:00pm	Channel Museum – Step back into History	Margate	p46
10:30am–11:00am	Across the River with Louis Rodway	Hobart	p42
10:30am–12:00pm	Rebellious, Resourceful and Resilient! Narryna's Convict Women	Battery Point	p30
10:30am–12:00pm	Intergenerational Playgroup	Glenorchy	p36
10:30am–12:00pm	Volunteer Guiding at the Tasmanian Museum and Art Gallery	Hobart	p39
11:00am–12:00pm	Come and Try Golf at Tasmania Golf Club	Cambridge	p32
11:00am–12:00pm	Coaldale Walnuts Farm Tour	Richmond	p49
11:00am–12:30pm	Venture Out Nature Hubs Project Launch	Glebe	p37
11:00am–2:00pm	Wrest Point Timeless Tales Tour and Lunch Package	Sandy Bay	p52

Daily Planner: South

Wednesday 16th October (continued)

11:15am–12:15pm	Move It Easy Exercises	Bellerive	p31
11:30am–12:30pm	Zumba Gold	Kingston Beach	p45
11:45am–2:00pm	Community Lunch	Warrane	p54
12:00pm–1:00pm	Come and Try Golf at Tasmania Golf Club	Cambridge	p32
12:30pm–2:30pm	Pétanque in Berriedale	Berriedale	p31
1:00pm–3:00pm	Barossa Park Retirement Village Open Day	Glenorchy	p36
1:00pm–3:00pm	OneCare – Barossa Park Lodge Facility Open Home	Glenorchy	p36
1:00pm–3:00pm	Scrabble with Friends	Hobart	p38
1:00pm–3:00pm	Gentle Exercise and Afternoon Tea	Hobart	p41
1:00pm–3:30pm	Dementia Friendly Tasmania Craft Session	Kingston	p45
2:00pm–3:00pm	Digital Skills Session: Connecting with Others	New Norfolk	p47
2:00pm–4:00pm	Wine, Savoury and Disco!	Hobart	p38
2:30pm–3:30pm	Discover Your Family History	Bridgewater	p32
3:00pm–4:30pm	Clarence Festival of the Ages – The Outrageous History of Tassie TV Ads	Rosny Park	p51
4:30pm–6:30pm	Elizabeth Haig: Mistress of Narryna	Battery Point	p30
6:00pm	Staying Strong	Hobart	p38
7:30pm–9:45pm	Summer of the Seventeenth Doll	Hobart	p41

Thursday 17th October

9:00am–12:00pm	Come and Learn Mahjong	Kingston	p44
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Hobart	p40
9:00am–5:00pm	Free Health Checks for Everyone	Hobart	p40
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Hobart	p42
9:30am–10:20am	Free Exercise Class	Claremont	p33
9:30am–10:30am	Move It Easy Exercises	Bellerive	p31
9:30am–11:00am	The Ukulele Experience	Hobart	p41
9:30am–11:30am	Art for the Ages	Kingston	p45
10:00am–10:45am	Free Exercise Class	New Norfolk	p47
10:00am–11:00am	Broadway Boogie	Hobart	p41
10:00am–11:30am	What's Your Story? Estate and Advance Care Planning Seminar	North Hobart	p48
10:00am–11:30am	Back on Your Bike	Sandy Bay	p53
10:00am–12:00pm	Runnymede Tea and Tour	New Town	p47
10:00am–12:00pm	Come and Try Ladies Badminton Session	South Hobart	p54
10:00am–12:00pm	Crafting Generations	Old Beach	p49
10:00am–12:30pm	Herb Workshop and Lunch in the Garden	Dodges Ferry	p34
10:00am–1:00pm	Kingston Men's Shed and Community Garden Open Day	Kingston	p44
10:00am–2:00pm	Healthy Ageing for Women: Nutrition and Gut Health	Dunalley	p34
10:00am–2:00pm	Hearing Checks at Rosetta Pharmacy	Montrose	p46
10:00am–4:00pm	Channel Museum – Step back into History	Margate	p46
10:30am–11:15am	Free Exercise Class (men only)	Claremont	p33
11:00am–12:00pm	Stand Up for Ageing, But Not on a Bus	Hobart	p40
11:00am–2:00pm	Wrest Point Timeless Tales Tour and Lunch Package	Sandy Bay	p52
11:00am–12:00pm	Finding Your Inner Peace and Power	Glenorchy	p36

Thursday 17th October (continued)

11:00am–3:00pm	Sound Museum Bellerive	Bellerive	p31
11:10am–12:00pm	Pilates	Hobart	p39
11:30am–12:45pm	Pétanque in the Park	Sandy Bay	p53
12:00pm–2:30pm	Cygnnet Social Games	Cygnnet	p33
12:30pm–1:00pm	Guided Meditation	Hobart	p41
12:30pm–2:15pm	Walking Football (Soccer)	Moonah	p46
12:30pm–2:30pm	Clarence Festival of the Ages – Bellerive Historical Walk	Rosny Park	p51
1:00pm–2:30pm	Back on Your Bike	Sandy Bay	p53
1:00pm–3:00pm	GeCo High Tea	Geeveston	p37
1:00pm–3:00pm	Gentle Exercise and Afternoon Tea	Hobart	p41
1:30pm–2:30pm	Tour of ningina tunapri Gallery at the Tasmanian Museum and Art Gallery	Hobart	p40
1:30pm–3:00pm	Connecting Generations using DNA	Bellerive	p31
1:30pm–3:00pm	The Unscary Sing Thing!	Lindisfarne	p45
3:00pm–4:00pm	Can You Spot a Scam?	Online	p49
4:00pm–5:30pm	Artful Connections	Hobart	p39
6:00pm–7:00pm	Uplift Choir	New Town	p48
6:30pm–7:30pm	Move It Easy Exercises	Lenah Valley	p45
7:00pm–9:00pm	Experience the Joy of Singing	Lindisfarne	p45
7:30pm–9:45pm	Summer of the Seventeenth Doll	Hobart	p41

Friday 18th October

9:00am–10:00am	Live Well, Live Long, Staying Stronger Gentle Exercise Class	Rokeby	p50
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Hobart	p42
10:00am–10:45am	Free Exercise Class	New Norfolk	p47
10:00am–11:30am	Walking Netball	Sorell	p53
10:00am–12:00pm	Family History – DNA Session	Bridgewater	p32
10:00am–12:00pm	BeamaClub Film – Juniper	Glenorchy	p36
10:00am–4:00pm	Channel Museum – Step back into History	Margate	p46
11:00am–12:00pm	Land of Light: Lloyd Rees and Tasmania Exhibition Tour	Hobart	p39
11:00am–12:00pm	The Luck of the Draw: Convict Women in Private Assignment	Hobart	p40
11:00am–12:00pm	Living Courageously	Triabunna	p54
11:00am–2:00pm	Wrest Point Timeless Tales Tour and Lunch Package	Sandy Bay	p52
11:00am–3:00pm	Sound Museum Bellerive	Bellerive	p31
12:00pm–2:00pm	Long Table Luncheon	Hobart	p42
12:45pm–2:30pm	Bayside Boules Pétanque Club	Sandy Bay	p53
1:00pm–1:45pm	Free Exercise Class	Kempton	p43
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour	Hobart	p39
1:00pm–3:00pm	Seniors Week Friday Film at Mathers House	Hobart	p40
1:00pm–3:00pm	Gentle Exercise and Afternoon Tea	Hobart	p41
1:30pm–3:30pm	Dementia Unmasked – A Workshop for Boomers and Zoomers	Rosny Park	p52
2:00pm–3:00pm	Tour of the Henry Hunter Galleries	Hobart	p39
2:30pm–3:30pm	Discover Your Family History	Glenorchy	p35
7:30pm–9:45pm	Summer of the Seventeenth Doll	Hobart	p41

Daily Planner: South

Saturday 19th October

8:50am–10:30am	Bellerive Parkrun	Howrah	p43
9:00am–12:00pm	Variety TasBash on Display	Hobart	p42
10:00am–12:30pm	Richmond Guided Walk and Oak Lodge	Richmond	p50
10:00am–1:00pm	Sound Museum Bellerive	Bellerive	p31
11:00am	Pups & Cups	Cornelian Bay	p33
11:00am–12:00pm	Land of Light: Lloyd Rees and Tasmania Exhibition Tour	Hobart	p39
11:00am–12:30pm	Intergenerational Art Making	Moonah	p46
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour	Hobart	p39
1:00pm–2:00pm	Women’s Art Prize Tasmania Artist Talk	Moonah	p46
1:00pm–4:00pm	Hobart Repair Café	New Town	p48
2:00pm–3:00pm	Tour of the Henry Hunter Galleries	Hobart	p39
2:00pm–3:00pm	Afternoon Tea and Tour of Oak Lodge	Richmond	p50
2:00pm–3:30pm	Rebellious, Resourceful and Resilient! Narryna’s Convict Women	Battery Point	p30
2:00pm–3:30pm	Learn to Orienteer	Sandy Bay	p53
7:30pm–9:45pm	Summer of the Seventeenth Doll	Hobart	p41

Sunday 20th October

10:00am–3:00pm	You Can Grow Your Own	Kingston	p43
10:00am–4:00pm	Channel Museum – Step back into History	Margate	p46
11:00am–12:00pm	Come and Try Golf at Tasmania Golf Club	Cambridge	p32
11:00am–12:00pm	Land of Light: Lloyd Rees and Tasmania Exhibition Tour	Hobart	p39
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour	Hobart	p39
2:00pm–3:00pm	Tour of the Henry Hunter Galleries	Hobart	p39
3:30pm–4:30pm	Come and Try Golf at Golf Park Hobart	Cambridge	p32
3:30pm–4:30pm	Come and Try Golf at New Town Bay Golf Club	Lutana	p46
3:30pm–5:45pm	Summer of the Seventeenth Doll	Hobart	p41



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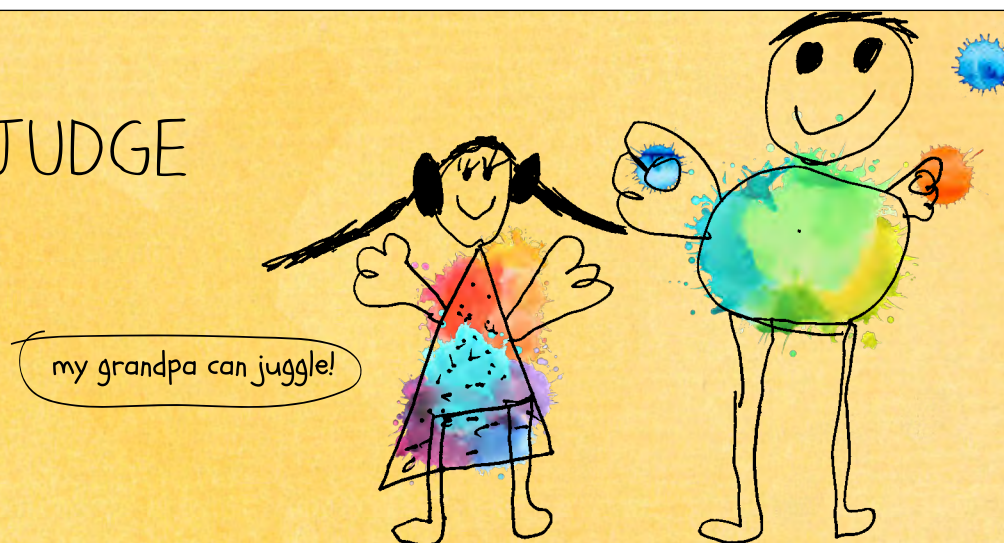
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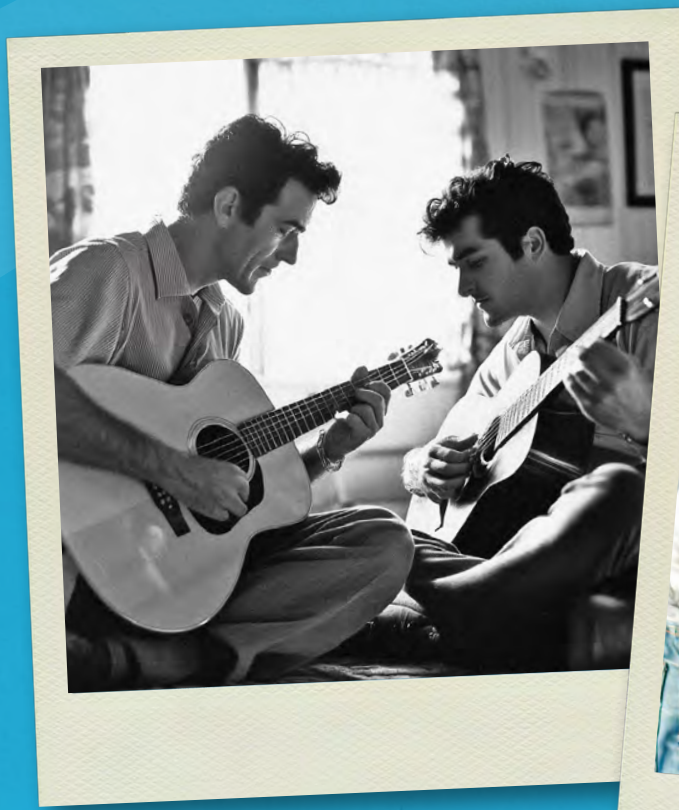
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What's Your Story?

Leaving a legacy beyond words

Bill* cherished the guitar his father had passed down to him. It was a symbol of their shared love of music. He continued this tradition by sharing his passion with his granddaughter Molly, and they enjoyed strumming to Taylor Swift songs together.

After witnessing the challenges close friends faced when a loved one didn't have a plan for distributing sentimental items, Bill realised the importance of preparing his own estate plan. He wanted his family to treasure the memories associated with his belongings, not just their material value.

Bill made sure to document his wishes in a Will, so his beloved guitar would go to Molly, and other important items to his loved ones. By taking the time to prepare his estate plan, Bill made it easier for his family to focus on memories, rather than worrying about what to do with his possessions.

Documenting your wishes is one of the greatest gifts you can give, ensuring your legacy lives on in the hearts of those you love.

Talk to the Public Trustee about preparing an estate plan, including a Will, Enduring Power of Attorney, and Enduring Guardianship.

**Names have been changed to protect client's privacy.*



Daily Planner: North

Monday 14th October

9:00am–4:00pm	Need Help Navigating the Healthcare System?	Launceston	p58
9:00am–4:00pm	Free Health Checks for Everyone	Launceston	p59
9:00am–5:00pm	Past the Post	Deloraine	p56
10:00am–11:00am	Scottsdale Library	Scottsdale	p65
10:00am–11:00am	Croquet	St Leonards	p66
10:00am–12:00pm	Try Something new – Digital Device Session	George Town	p56
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
10:30am–11:00am	Connecting Generations Rock and Rhyme at Scottsdale Library	Scottsdale	p65
12:15pm–1:00pm	Yoga at St Lukes	Launceston	p58
1:00pm–2:30pm	Back on Your Bike	Invermay	p57
1:00pm–3:00pm	Royal Park Croquet Club	Launceston	p58
2:00pm–3:00pm	Building Bones	Launceston	p58
3:30pm–4:30pm	Connecting Generations Gaming and VR	George Town	p57
6:00pm–7:30pm	Dress to Impress – Seniors Week Launch Party	Riverside	p64

Click on the event title to jump to the listing

Tuesday 15th October

9:00am–4:00pm	Need Help Navigating the Healthcare System?	Launceston	p59
9:00am–5:00pm	The Aged Care System is a Tough Nut to Crack	Online	p64
9:00am–4:00pm	Free Health Checks for Everyone	Launceston	p59
9:00am–5:00pm	Past the Post	Deloraine	p56
9:00am–5:00pm	Free Bus Trip to Bicheno	St Helens	p66
9:30am–12:00pm	Art with Annie	Riverside	p64
10:00am–11:00am	Scottsdale Library	Scottsdale	p65
10:00am–12:00pm	ikebana Workshop – Japanese Art of Arranging Flowers	Riverside	p65
10:00am–12:00pm	Come and Try Croquet Day	St Leonards	p66
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
1:00pm–1:45pm	Launceston Planetarium at QVMAG: Free Shows for Seniors (The Birth of Planet Earth)	Launceston	p60
1:00pm–3:00pm	ikebana Workshop – Japanese Art of Arranging Flowers	Riverside	p65
7:00pm–8:00pm	NIA Movement Class	Newstead	p63

Join COTA Tasmania as a Supporter!



Support COTA Tasmania and champion lifelong respect for older Tasmanians! By joining us as a supporter, you'll help combat ageism and raise awareness of elder abuse along with advocating for the needs of Older Tasmanians into the future. As a supporter you will enjoy exclusive access to our regular newsletter and receive the latest updates and insights. Best of all, it's completely free! Sign up today at www.cotatas.org.au or call (03) 6231 3265 during business hours. Together, we can make a difference!



Daily Planner: North

Wednesday 16th October

9:00am–9:45am	After the Goodbyes: Insights into Burial and Cremation	Kings Meadows	p58
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Launceston	p59
9:00am–4:00pm	Free Health Checks for Everyone	Launceston	p59
9:00am–5:00pm	Past the Post	Deloraine	p56
9:30am–11:00am	Intergenerational Digital Support at Launceston Library	Launceston	p61
9:30am–11:00am	Introduction to Mindfulness	Launceston	p61
9:30am–11:00am	Intergenerational Digital Support at Launceston Library	Westbury	p67
10:00am–10:30am	Connecting Generations Storytime at Launceston Library	Launceston	p61
10:00am–10:45am	After the Goodbyes: Insights into Burial and Cremation	Kings Meadows	p58
10:00am–11:00am	Morning Tea with the Slam Nans at NSCC	Newnham	p63
10:00am–11:00am	Discover Volunteering with genU	Online	p64
10:00am–11:30am	What's Your Story? Estate and Advance Care Planning Seminar	Launceston	p60
10:00am–12:00pm	ikebana Workshop – Japanese Art of Arranging Flowers	Youngtown	p67
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
10:30am–11:00am	Connecting Generations Rock and Rhyme at Kinimathatakinta	George Town	p57
11:00am–12:30pm	Restart a Heart Day	Longford	p62
12:15pm–1:00pm	Mat Pilates at St Lukes	Launceston	p62
1:00pm–1:45pm	Launceston Planetarium at QVMAG: Free Shows for Seniors (Black Holes)	Launceston	p60
1:00pm–2:00pm	Afternoon Tea with the Slam Nans at Mowbray Neighbourhood House	Mowbray	p63
1:00pm–3:00pm	Trivia Through the Generations	Campbell Town	p56
1:00pm–3:00pm	Royal Park Croquet Club	Launceston	p58
1:00pm–3:00pm	Mahjong at Westbury Library	Westbury	p67
1:00pm–3:00pm	ikebana Workshop – Japanese Art of Arranging Flowers	Youngtown	p67
1:00pm–3:30pm	Sidmouth Hall Presents The Big Singalong	Sidmouth	p66
1:30pm–3:00pm	Launceston LGBTIQA+ Seniors Week Outing	Launceston	p59
1:30pm–3:30pm	Dementia Unmasked – A Workshop for Boomers and Zoomers	South Launceston	p66
2:00pm–3:00pm	Power People – Energy Efficiency Strategies	Launceston	p59
2:00pm–4:00pm	Restart a Heart Day: Learn Life Saving Skills and CPR	Longford	p62

Thursday 17th October

7:30am–8:15am	Qi Gong at St Lukes	Launceston	p62
9:00am–4:00pm	Need Help Navigating the Healthcare System?	Launceston	p59
9:00am–4:00pm	Free Health Checks for Everyone	Launceston	p59
9:00am–5:00pm	Past the Post	Deloraine	p56
9:00am–5:00pm	Hear Better, Live Better Hearing Event	Launceston	p58
10:00am–11:30am	Keep Active and Independent with genU	Newstead	p63
10:00am–11:30am	Croquet	St Leonards	p66

Daily Planner: North

Thursday 17th October (continued)

10:00am–2:00pm	Planning for Retirement Village Living	Launceston	p59
10:00am–2:00pm	Care Finder in the Community	Kings Meadows	p57
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
10:15am–10:45am	Connecting Generations Rock and Rhyme at Longford Library	Longford	p62
10:30am–1:30pm	Knit & Sip – Wire Bracelet Workshop	Clarence Point	p56
10:30am–2:30pm	Seniors Week 2024 at QVMAG: My Storybook Sculpture	Launceston	p60
11:00am–11:30am	Connecting Generations Storytime at Longford Library	Longford	p62
12:00pm–1:00pm	Lunch with the Slam Nans @ SPNH	Ravenswood	p64
1:00pm–1:45pm	Launceston Planetarium at QVMAG: Free Shows for Seniors (Capcom Go!)	Launceston	p60
1:30pm–3:30pm	The Bucket List	Rowella	p65
2:00pm–3:00pm	Come and Try Golf at Launceston Golf Club	Kings Meadows	p58
2:15pm–3:30pm	Play Cards at Westbury Library	Westbury	p67
3:00pm–4:00pm	Can You Spot a Scam?	Online	p64

Friday 18th October

9:00am–5:00pm	Past the Post	Deloraine	p56
9:30am–11:00am	Intergenerational Digital Support at Launceston Library	Launceston	p61
10:00am–11:00am	NIA Movement Class	Newstead	p63
10:00am–12:00pm	Family Matters Seniors Week Celebration	Mowbray	p63
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
12:00pm–2:00pm	Senior's Week Celebration with Friends	Scottsdale	p65
1:00pm–3:00pm	OneCare – The Manor Gardens Retirement Village	Kings Meadows	p57
1:00pm–3:00pm	OneCare – The Manor Complex	Kings Meadows	p57
1:00pm–3:00pm	OneCare – Home Care	Kings Meadows	p58
1:30pm–3:30pm	Arts on Site: Felted Landscapes with Mae Finlayson	Launceston	p60
2:00pm–4:00pm	Ageing Outrageously Over the Generations	Riverside	p64
2:00pm–4:00pm	Crochet at Westbury Library	Westbury	p67

Saturday 19th October

9:00am–5:00pm	Past the Post	Deloraine	p56
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
10:30am–12:30pm	Seniors + Children's Week 2024 at QVMAG: Suminigashi and Artists' Books	Launceston	p61

Sunday 20th October

9:00am–5:00pm	Past the Post	Deloraine	p56
10:00am–4:00pm	Connecting Generations in Beaconsfield	Beaconsfield	p56
10:30am–1:30pm	Printmaking with Emma Magnusson-Reid	Launceston	p61
11:00am–1:30pm	Fly Casting	Grindelwald	p57
11:00am–2:00pm	Community Kite Flying Day	Newnham	p63
1:30pm–3:30pm	The Bucket List	Rowella	p65

Daily Planner: North West

Monday 14th October

Click on the event title to jump to the listing

10:00am–11:00am	Wi-Fi Networks and Online Safety	Devonport	p71
10:00am–11:00am	Self Care Session	Wynyard	p75
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
1:00pm–2:00pm	Email and Internet Basics	Devonport	p71
1:30pm–3:30pm	Dementia Unmasked – A Workshop for Boomers and Zoomers	Devonport	p71
2:00pm–4:00pm	Wynyard Historical Society Open Days	Wynyard	p75
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70

Tuesday 15th October

9:00am–5:00pm	The Aged Care System is a Tough Nut to Crack	Online	p64
10:00am–11:00am	App Help	Devonport	p71
10:00am–11:30am	What's Your Story? Estate and Advance Care Planning Seminar	Burnie	p70
10:00am–12:00pm	Connect Café	Ulverstone	p75
10:00am–12:30pm	Drop in and Learn	Burnie	p70
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
10:30am–11:30am	Women's Shed Open Day	Ulverstone	p74
11:00am–12:00pm	OneCare – Umina Park Open Day	Shorewell Park	p74
12:30pm–2:00pm	Back on Your Bike	Devonport	p70
1:00pm–2:00pm	Android Phones and Tablets	Devonport	p71
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70
3:00pm–4:30pm	What's Your Story? Estate and Advance Care Planning Seminar	Devonport	p72

Wednesday 16th October

10:00am	Come and Try Lawn Bowls at the Latrobe Bowls Club	Latrobe	p73
10:00am–11:00am	Converting Video Tapes to DVD	Devonport	p72
10:00am–11:00am	Discover Volunteering with genU	Online	p73
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
10:30am–11:30am	Men's Shed Open Day	Ulverstone	p75
11:00am–3:00pm	Wynyard Historical Society Open Days	Wynyard	p75
1:00pm–2:00pm	Scones and Songs	Burnie	p70
1:00pm–2:00pm	Converting Old Audio Media	Devonport	p72
2:00pm–4:30pm	An Afternoon of Music, Movement and Mindfulness	Wynyard	p75
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70

**LIFELONG
RESPECT**

If you believe you or anyone you know may be experiencing elder abuse, you can call the Tasmanian Elder Abuse Helpline on **1800 441 169**



cotatas.org.au/programs/elder-abuse-prevention

Daily Planner: North West

Thursday 17th October

10:00am–11:00am	Power People – Energy Efficiency Strategies	Devonport	p71
10:00am–11:00am	General Computer Maintenance	Devonport	p72
10:00am–1:00pm	Cargo EBIke – New and Exciting Program in Ulverstone	Ulverstone	p74
10:00am–2:00pm	Care Finder in the Community	Burnie	p70
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
11:30am–3:00pm	Roast Lunch at Orana	East Devonport	p73
1:00pm–2:00pm	Buying and Selling Online	Devonport	p72
1:30pm–3:00pm	Connection Between Generations	Port Sorell	p73
2:30pm–3:30pm	Power People – Energy Efficiency Strategies	Smithton	p74
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70
3:00pm–4:00pm	Can You Spot a Scam?	Online	p73

Friday 18th October

10:00am–11:00am	iPhone and iPad Basics	Devonport	p72
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
1:00pm–2:00pm	Using the Cloud	Devonport	p72
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70

Saturday 19th October

10:00am–11:00am	Managing Photos	Devonport	p72
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70
9:00am–5:00pm	Health Fest West	Queenstown	p73

Sunday 20th October

10:30am	Mum's, Dad's, Nan's and Pop's Bike Ride – Bring the Family if You Can	Turners Beach	p74
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p70
12:30pm–1:30pm	Come and Try Golf at Ulverstone Golf Club	West Ulverstone	p75
3:00pm–3:45pm	Day Keeper Tour	Cradle Mountain	p70
5:30pm–6:30pm	NIA Movement Class	Devonport	p71

Estate and Advance Care Planning Guide

A guide to documenting your wishes in legal form

BILL GODFREY & COTA TASMANIA



LATEST EDITION AVAILABLE HERE:





Power People Energy Efficiency Sessions

Join us for a free session with the Power People from local Men's Sheds, where you'll learn simple tips to make your home more energy-efficient and save on your energy bills.

14 October - Kingston

15 October - Rosny Park

16 October - Launceston

17 October - Devonport

17 October - Smithton

RSVP today at
tasnetworks.com.au/seniorsweek
or call **1300 137 008**.



The Hobart Ladies Badminton Association invites you to join

Daytime ladies badminton

Come and join us to play social games or regular roster on

**Tuesday, Wednesday, Thursday
mornings from 9.30am**

at the Southern Tasmanian Badminton Association Hall,
101 Cascade Road, South Hobart.

- 🏸 Free parking close to the hall
- 🏸 Racquets and shuttles provided
- 🏸 All grades of players welcome (including beginners)

Contact us: secretaryhlba@gmail.com

hlbatasmania.wixsite.com/hlba

or find us on **Facebook**

COME AND TRY BADMINTON FOR FREE!

We will host a free badminton session at the STBA Hall on **Thursday 17th of October 10am to 12pm**. If you'd like to attend, please email secretaryhlba@gmail.com by Monday 14th October. You'll need to wear comfortable clothes and non-marking shoes. Racquets and shuttles will be provided at no charge. Morning tea will also be provided.

AGE IS NO BARRIER



*Join us for fun,
friendship, and fitness!*

what's
your
story

Film
Night

Seniors Week
events in the
SOUTH

come and
try Boules

ARCHERY

WORKSHOP

Community
Garden

SKILLS
SESSION

Morning
Tea



BATTERY POINT

Rebellious, Resourceful and Resilient! Narryna's Convict Women

NARRYNA HOUSE MUSEUM

Visiting Narryna today it is easy to imagine the comfortable and privileged lifestyle enjoyed by its early colonists. By contrast, the convict servants, who were often unsuited to meet the requirements of domestic service, struggled with laborious tasks, including laundry, cooking, cleaning, and caring for children under the supervision of the 'mistresses' including Elizabeth Haig and Sarah Walker. This tour explores the challenges associated with managing the household – especially those assigned to the Haig family. These women were no shrinking violets – but were Rebellious, Resourceful and Resilient!

- **Wednesday 16th October 10:30am–12:00pm**

- **Saturday 19th October 2:00pm–3:30pm**

Narryna, 103 Hampden Rd, Battery Point

Cost: \$10

Bookings: narryna@tmag.tas.gov.au | www.narryna.com.au
| 6234 2791 (close: 15/10)

Elizabeth Haig: Mistress of Narryna

NARRYNA HOUSE MUSEUM

Join us for a captivating, illustrated talk, that follows the life of the house's first mistress, Elizabeth Haig. This talk will explore the many challenges she faced, including establishing a new life for her family, supporting her husband through financial difficulties and managing a household of seven children and numerous convict servants. These challenges were intensified by wider economic and social issues in Van Diemen's Land in the late 1830's and early 1840's. Join us to hear about one woman's determination and ability to ensure the survival of her family. Includes 1 drink per person (additional drinks available for purchase) and nibbles.

- **Wednesday 16th October 4:30pm–6:30pm**

Narryna, 103 Hampden rd, Battery Point

Cost: \$15

Bookings: narryna@tmag.tas.gov.au | www.narryna.com.au
| 6234 2791 (close: 15/10)

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music. For those aged 50 - 80+. The exercises are easy to learn to music of bygone days. Feel the benefits of exercise with like-minded and like-bodied participants. Grab a coffee and have a chat after class if you choose. First class is free to try out. If you'd like to continue, classes are \$14 (cash) PAYG. Your instructor is Ingrid.

- **Monday 14th October 9:30am–10:30am**

St. George's Church Hall, Cromwell Street, Battery Point

Bookings: 0428 297 435 | move.it.tas@gmail.com

(close: 14/10)

BELLERIVE

Bellerive Hub Open Day



BELLERIVE HISTORICAL SOCIETY

Five volunteer-run Bellerive organisations are opening their doors on the Wednesday of Seniors Week (16th) 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, check out the Education and Research Centre, do a short walk of historical Bellerive Bluff after collecting a free map at the Bellerive Historical Centre, and maybe have lunch at one of the many excellent Bellerive cafés.

- **Wednesday 16th October 10:00am–3:00pm**

Bellerive Historical Centre, 17 Cambridge Rd, Bellerive

Enquiries: 0400 974 056

Bellerive Village Hub

EDUCATION AND RESEARCH CENTRE

Come and view a historic eastern shore collection at the Education and Research Centre including many photographs and historic items.

- **Wednesday 16th October 10:00am–3:00pm**

2B Victoria Esplanade, Bellerive

Cost: Donations appreciated

Enquiries: 0419 572 958

Croquet for All



EASTERN SHORE CROQUET CLUB

Try croquet for physical and mental exercise. All equipment provided and experienced teachers to show you how to play. Only flat soled footwear needed. Afternoon tea and coffee after.

- **Monday 14th October 1:30pm–3:30pm**

Eastern Shore Croquet Club, South Street, Bellerive

Enquiries: 0432 594 085

Connecting Generations using DNA



TASMANIAN FAMILY HISTORY SOCIETY, HOBART BRANCH

Have you had your DNA tested or are you thinking about having it tested? Do you want help understanding your results and how they can help you connect to earlier generations of your family? This free 'Back to Basics' session is open to everyone, no booking required. If you want to know more, the DNA Interest Group of the Tasmanian Family History Society, Hobart Branch, meets monthly at this time.

- **Thursday 17th October 1:30pm–3:00pm**

St Mark's Church Hall, Cnr Scott & Clarence Streets, Bellerive

Enquiries: 6245 9351

Connecting Generations: Finding Your Family's History



TASMANIAN FAMILY HISTORY SOCIETY, HOBART BRANCH

Come and visit us at the old Post Office, Bellerive, where we have a unique record collection – one that you won't find online. Experienced family historians will assist you to explore the earlier generations of your family. We can help you find the final resting place of that elusive ancestor, and much more.

- **Wednesday 16th October 9:30am–12:30pm**

Old Post Office, 19 Cambridge Road, Bellerive

Enquiries: 6245 9351

Connecting the Arts at Bellerive



BELLERIVE COMMUNITY ARTS CENTRE

Are you tempted to ask artists about the way they work: the subject, the materials, how to mix a colour, stitch a quilt or weave a basket? Bellerive Community Arts Centre are running an Open Day on Wednesday 16 October. You are invited to wander through the centre, perhaps have a cuppa and chat to the artists and craftspeople working in the studio.

- **Wednesday 16th October 10:00am–3:00pm**

Bellerive Community Arts Centre, 17 Cambridge Road, Bellerive

Enquiries: 0407 470 214

Sound Museum Bellerive



SOUND PRESERVATION ASSOCIATION OF TASMANIA

The Sound Museum has a large collection of old time sound equipment and records. We have cylinder phonographs, 78 gramophones, record players, tape recorders and many old radios. Along with this we have a huge collection of recorded sound and music. All this is housed in the historic 1897 old Bellerive post office.

- **Wednesday 16th October 10:00am–3:00pm**

- **Thursday 17th October 11:00am–3:00pm**

- **Friday 18th October 11:00am–3:00pm**

- **Saturday 19th October 10:00am–1:00pm**

Old Post Office, 19 Cambridge Road, Bellerive

Enquiries: 0407 847 946

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music. For those aged 50 - 80+. The exercises are easy to learn to music of bygone days. Feel the benefits of exercise with like-minded and like-bodied participants. Grab a coffee and have a chat after class if you choose. First class is free to try out. If you'd like to continue, classes are \$14 (cash) PAYG. Your instructor is Ingrid

- **Monday 14th October 11:15am–12:15pm**

- **Wednesday 16th October 11:15am–12:15pm**

- **Thursday 17th October 9:30am–10:30am**

St. Mark's Church Hall, Cnr Scott and Church Streets, Bellerive

Bookings: 0428 297 435 | move.it.tas@gmail.com

(close: day of)

BERRIEDALE

Pétanque in Berriedale



GLENORCHY CITY PÉTANQUE

If you have ailments that make playing sport difficult, it is time to give Pétanque a go. Pétanque is a variant of bowls, played on a gravel surface using metal balls. The balls are tossed, not rolled, leading to an exciting game. You are invited to try out the sport on our Club Day at Glenorchy City Pétanque. We will provide you with instruction, a game with our club players and afternoon tea.

- **Wednesday 16th October 12:30pm–2:30pm**

Glenorchy City Bowls Club, 4 Alcorso Drive, Berriedale

Enquiries: 0402 300 672

BOTHWELL

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and it is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Monday 14th October 9:30am–10:15am**

Bothwell Town Hall, Alexander Street, Bothwell

Cost: Free for first time participants during Seniors Week

Enquiries: 0417 464 476

BRIDGEWATER

Digital Skills Session: Connecting with Others



BRIDGEWATER LIBRARY

Keep in touch with the grandkids or other loved ones online. This session will focus on using Zoom and Skype, available for use with PC, tablet or smartphone.

- **Monday 14th October 10:00am–11:00am**

Bridgewater Library, 23 Green Point Road, Bridgewater

Enquiries: 6165 5446

Discover Your Family History



BRIDGEWATER LIBRARY

Learn about researching your family history. We'll show you what information is available and how to find out more about your family's past.

- **Wednesday 16th October 2:30pm–3:30pm**

Bridgewater Library, 23 Green Point Road, Bridgewater

Bookings: bridgewater.library@libraries.tas.gov.au

| www.eventbrite.com.au/o/bridgewater-library-8598240297

| 6165 5446 (close: 16/10)

Family History – DNA Session



BRIDGEWATER LIBRARY

This three week session will examine how to get a DNA test for family history purposes and then show you how to use the results for Family History Research.

- **Friday 18th October 10:00am–12:00pm**

Bridgewater Library, 23 Green Point Road, Bridgewater

Bookings: bridgewater.library@libraries.tas.gov.au

| www.eventbrite.com.au/o/bridgewater-library-8598240297

| 6165 5446 (close: 18/10)

CAMBRIDGE

Come and Try Golf at Tasmania Golf Club



GOLF AUSTRALIA

All seniors are welcome to attend a free golf clinics at Tasmania Golf Club. Hosted by PGA Professional Adam Holden. The sessions will be fun and engaging. Come along and enjoy some golf with other like minded people. Equipment will be provided, however if you have your own please bring it along. Please register at: golf.org.au/getintogolf/home (search for post code).

- **Wednesday 16th October 11:00am–12:00pm**

- **Wednesday 16th October 12:00pm – 1:00pm**

- **Sunday 20th October 11:00am–12:00pm**

Tasmania Golf Club, 1420 Tasman Hwy, Cambridge

Bookings: simon.weston@golf.org.au | <http://golf.org.au/getintogolf/home>

(close: day of)

Enquiries: 0491 118 460

Come and Try Golf at Golf Park Hobart



GOLF AUSTRALIA

All seniors are welcome to attend a free golf clinics at Golf Park Hobart. Hosted by PGA Professional Adam Holden. The sessions will be fun and engaging. Come along and enjoy some golf with other like minded people. Equipment will be provided, however if you have your own please bring it along. Please register at: golf.org.au/getintogolf/home (search for post code)

- **Monday 14th October 3:30pm–4:30pm**

- **Sunday 20th October 3:30pm–4:30pm**

Golf Park Hobart, 6 Cranston Parade, Cambridge

Bookings: simon.weston@golf.org.au | <http://golf.org.au/getintogolf/home>

(close: day of)

Enquiries: 0491 118 460

CHIGWELL

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and it is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Tuesday 15th October 12:10pm–1:00pm**

Cost: Free for first time participants during Seniors Week
Chigwell Barn, 10 Bucaan Street, Chigwell
Enquiries: 0417 464 476

CLAREMONT

Come and Try Golf at Claremont Golf Club



GOLF AUSTRALIA

We welcome all seniors to come along & try golf at Claremont Golf Club. The session will be hosted by PGA Professional Roger Hughes. Equipment will be provided but if you have your own please bring it along. Please register at: golf.org.au/getintogolf/ home (search for post code).

- **Tuesday 15th October 1:00pm–2:00pm**

Claremont Golf Club, 1 Bournville Cres, Claremont
Bookings: www.golf.org.au/getintogolf/home (close: 15/10)
Enquiries: 6249 1000

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and it is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Monday 14th October 9:30am–10:20am**
- **Tuesday 15th October 9:30am–10:20am**
- **Wednesday 16th October 9:30am–10:20am (Zumba)**
- **Thursday 17th October 9:30am–10:20am**
- **Thursday 17th October 10:30am–11:20am (men only)**

Claremont Girl Guide Hall, Boxhill Road, Claremont
Cost: Free for first time participants during Seniors Week
Enquiries: 0417 464 476

CORNELIAN BAY

Pups & Cups



WORKING IT OUT

Come meet up with other LGBTQIA+ dog lovers for a coffee, chat, and leisurely stroll/play in the off-lead dog area at Cornelian Bay park. We will start by meeting at the café where Working It Out will shout attendees a coffee and then we will head over to the off lead dog area for some silly puppy playtime. All folks who love dogs and the LGBTQIA+ community are welcome to join. We hope to build intergenerational and broader community connection through our shared love of our best furry friends.

- **Saturday 19th October 11:00am**

Meet at Cornelian Bay Coffee Shop
Enquiries: 6231 1200

CYGNET

Cygnet Mah Jong



MARIANNE BEKKEMA

Why not come and have a look what Mah Jong is all about? It is the best analogue game ever, and gives your computer (brain) a good work-out, which is so important. We will show people on the open day how to play it.

- **Tuesday 15th October 12:00pm–2:30pm**

1/5 Lourdes Rise, Cygnet
Enquiries: sms/text message 0437 050 746

Cygnet Social Games



MARIANNE BEKKEMA

We are a small group of people playing a variety of games, which are so good for our computer (brain). Rummikub, Qwirkle, Mah Jong (newcomers to the game being coached, in possibly the best analogue game ever), Triominos, Chess, Scrabble and much more. Have a game you would like to share? Please bring it along and teach us. We look forward to welcoming you and showing you what is happening! Please note this is a mobile interaction free zone.

- **Thursday 17th October 12:00pm–2:30pm**

1/5 Lourdes Rise, Cygnet
Bookings: bekkema.tas@gmail.com (close: day of)
Enquiries: text 0437 050 746

DODGES FERRY

Herb Workshop and Lunch in the Garden



OKINES COMMUNITY HOUSE INC

Join Dignity and Okines Community Garden for a herb workshop. Learn how to start a herb garden, the best layout and which herbs work well together. Stay for lunch. Fun for all ages

- **Thursday 17th October 10:00am–12:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Bookings: 6265 7016 | info@okinescommunityhouse.com.au
(close: 14/10)

Knit & Natter



OKINES COMMUNITY HOUSE INC

Learn to knit or crochet from scratch, improve your skills or teach others what you know. Children welcome.

- **Monday 14th October 10:30am–12:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Bookings: 6265 7016 | info@okinescommunityhouse.com.au
(close: 11/10)

Card Group



OKINES COMMUNITY HOUSE INC

Come along for a fun afternoon playing cards, good company and laughter. New members always welcome.

- **Tuesday 15th October 1:00pm–3:00pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Bookings: info@okinescommunityhouse.com.au (close: 14/10)
Enquiries: 6265 7016

Tai Chi



OKINES COMMUNITY HOUSE INC

Tai Chi for people of any age and fitness level. Enjoy the positive health benefits. Please wear comfortable clothing.

- **Wednesday 16th October 10:00am–11:00am**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Bookings: info@okinescommunityhouse.com.au (close: 14/10)
Enquiries: 6265 7016

DUNALLEY

Grandparents' Day at Playgroup



DUNALLEY TASMAN NEIGHBOURHOOD HOUSE

Visit playgroup and bring your grandparent, auntie, uncle, neighbour or favourite person. Paint a portrait of your favourite person. Paint from memory, have them sit for you, or use a photograph. No need to book.

- **Wednesday 16th October 9:00am–12:00pm**

Dunalley Neighbourhood House, 172 Arthur Highway, Dunalley
Enquiries: 6253 9000

Healthy Ageing for Women: Nutrition and Gut Health



DUNALLEY TASMAN NEIGHBOURHOOD HOUSE

Join Dietitian Danae Giardina for a Healthy Ageing for Women Workshop. Bookings essential.

- **Thursday 17th October 10:00am–2:00pm**

Dunalley Neighbourhood House, 172 Arthur Highway, Dunalley
Bookings: 6253 9000

FERN TREE

Walking With Friends



WELLBEING CLUB 13 INC

Is there any better way to enjoy our great outdoors than walking the Pipeline Track from Fern Tree to Neika with like-minded walkers? BYO morning tea, lunch, drinks, sturdy footwear and suitable clothing for a walk on our beautiful mountain.

- **Wednesday 16th October 10:00am–3:00pm**

Fern Tree Park, Huon Road, Fern Tree
Enquiries: 0447 249 064

GLENORCHY

Johnny Wright in Concert



GLENVIEW COMMUNITY SERVICES

A little bit country, a little bit rock'n'roll and lots of songs you will know! You are invited to a concert by Johnny Wright, a Glenview favourite who performs songs from the 50s to the 90s. Think Elvis, the Everly Brothers, Neil Diamond, The Eagles, John Denver, Kenny Rogers, Johnny Cash & Elton John. Sometimes dancing breaks out at Johnny's concerts and it's nice to enjoy the view from the Derwent Room on a fine day. Cosgrove High students will join us for an intergenerational experience. After the concert, enjoy afternoon tea and a chat.

- **Tuesday 15th October 2:00pm–4:00pm**

The Derwent Room, Glenview, 2-10 Windsor Street, Glenorchy
Bookings: 6277 8800 | admin@glenview.org.au (close: 14/10)

Glenview Move to Music



PROMOTING BALANCE AND COORDINATION

Fun, engaging, and easy to follow exercises for all levels of coordination, ability, and mobility. The fully seated exercises are led by Miranda from Glenview's activities team. Class is 25 minutes duration, including warm up and cool down. Cosgrove High students will join us for an intergenerational experience. After class, join us for a concert and afternoon tea.

- **Tuesday 15th October 1:30pm–1:55pm**

The Derwent Room, Glenview 2-10 Windsor Street Glenorchy
Bookings: 6277 8800 (close: 14/10)

School for Seniors Guest Speaker Peter Edwards

GLENORCHY GOLDEN YEARS CLUB

Join us for an informative morning with special guest speaker Peter Edwards from Neighbourhood Watch. Peter will speak from 10:00am–11:00am with morning tea served afterwards.

- **Wednesday 16 October 10:00am–12:00pm**

314 Main Road, Glenorchy

Cost: \$5 for morning tea

Enquiries: 6272-8402 | glenorchygoldenyears@gmail.com

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music. For those aged 50 - 80+. The exercises are easy to learn while enjoying music of bygone days. Feel the benefits of exercise with like-minded and like-bodied participants. Grab a coffee and have a chat after class. The first class is free to try out. If you'd like to continue, classes are \$14 (cash) PAYG. Your instructor is Ingrid.

- **Wednesday 16th October 9:30am–10:30am**

Tolosa Street Hall, 149 Tolosa Street, Glenorchy

Bookings: 0428 297 435 | move.it.tas@gmail.com

Discover Your Family History



GLENORCHY LIBRARY

Learn about researching your family history. We'll show you what information is available and how to find out more about your family's past.

- **Friday 18th October 2:30pm–3:30pm**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 6165 5493 | glenorchy.library@libraries.tas.gov.au | <https://www.eventbrite.com.au/o/glenorchy-library-6685743883> (close: 18/10)

Get To Know CTST: Getting You to Where You Need to Be!



COMMUNITY TRANSPORT SERVICES TASMANIA

Join the CTST team for a morning tea at our southern office, where our guest speakers will tell you all about the community-connecting services we deliver around Tasmania. Bookings are essential.

- **Tuesday 15th October 10:30am–11:15am**

CTST, 320 Main Road, Glenorchy

Bookings: communications@ctst.org.au

Enquiries: 1800 781 033 | ctst.org.au

Dementia Information and Morning Tea



GOLDEN WATTLE CLUB

Morning tea, social interaction, activities, resources and information for people living with dementia, caregivers and people over 45 living on their own. Come have a chat with us and if you need assistance, we will try to help, or point you in the right direction.

- **Monday 14th October 10:00am–12:30pm**

Golden Wattle Club, 314 Main Road, Glenorchy

Cost: free for first timers

Enquiries: 0422 736 984

GLENORCHY (CONTINUED)

Digital Skills Session: Connecting with Others



GLENORCHY LIBRARY

Keep in touch with the grandkids or other loved ones online. This session will focus on using Zoom and Skype, available for use with PC, tablet or smartphone.

- **Monday 14th October 9:30am–10:30am**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 6165 5493 | glenorchy.library@libraries.tas.gov.au

| www.eventbrite.com.au/o/glenorchy-library-6685743883

(close: 14/10)

National Archives of Australia – Searching for Family



GLENORCHY LIBRARY

The National Archives' collection documents the interactions between people – from the ordinary to the famous – and the Australian Government.

- **Tuesday 15th October 10:30am–12:00pm**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 6165 5493 | glenorchy.library@libraries.tas.gov.au

| <https://www.eventbrite.com.au/o/glenorchy-library-6685743883> (close: 15/10)

BeamaClub Film – Juniper



GLENORCHY LIBRARY

A self-destructive teenager returns home from boarding school to find his alcoholic grandmother has moved in. Although the two initially clash, they soon develop an unexpected and touching bond over a period of time.

- **Friday 18th October 10:00am–12:00pm**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 6165 5493 | glenorchy.library@libraries.tas.gov.au

| <https://www.eventbrite.com.au/o/glenorchy-library-6685743883> (close: 18/10)

Finding Your Inner Peace and Power



BRAHMA KUMARIS

We all have a source of inner strength and peace in us. Relaxation and meditation help us to access our inner calm. We will also cover some useful thought strategies to help you face challenges. Bookings preferred.

- **Thursday 17th October 11:00am–12:30pm**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 0468 540 025

Barossa Park Retirement Village Open Day



ONECARE BAROSSA PARK LODGE

Curious about Retirement Living? It's not what you think!

Barossa Park Retirement Village Open Day – come and explore the possibility of how retirement living could benefit you. View one of our well-appointed Villa Units, take a tour of the village and the newly refurbished Community Centre. Enjoy some light refreshments and view the fun activities residents enjoy. Embrace the golden years, where every day in our retirement village brings new friendships, comfort, and endless possibilities! Bookings required for catering purposes.

- **Wednesday 16th October 1:00pm–3:00pm**

Barossa Park Retirement Village, 33a Clydesdale Avenue, Glenorchy

Bookings: 0439 506 115 (close: 7/10)

OneCare – Barossa Park Lodge Facility Open Home



ONECARE LIMITED – BAROSSA PARK LODGE

Please join us to hear about OneCare's Home Care Service.

Come and discuss your Home Care options with our friendly staff and learn about our services, that can help you remain in your own home. We can also provide advice on navigating aged care services. You are very welcome to stay for a scone and a cup of tea or coffee.

- **Wednesday 16th October 1:00pm–3:00pm**

Barossa Park Lodge, 17a Clydesdale Ave, Glenorchy

Bookings: 0439 506 115 (close: 8/10)

Intergenerational Playgroup

ONECARE LIMITED

Intergenerational playgroups uniquely involve the parent-child, and the ageing adults, bringing together three generations to participate in mutually enjoyable activities. Some of the activities we will have on offer include sensory play, a story corner and crafts. Numbers are limited so get in early. Please bring your own drinks.

- **Wednesday 16th October 10:30am–12:00pm**

Barossa Park Lodge, 17a Clydesdale Ave, Glenorchy

Cost: \$5 per child

Bookings: 6208 0800 (close: 7/10)

GEEVESTON

Geeveston Mah Jong / Games ★

MARIANNE BEKKEMA

We play one week Mah Jong, the next week we play a variety of games. Newcomers to Mah Jong can receive coaching. This may be the best analogue game ever, and requires your computer (brain) to do a fair bit of work. We play all type of games including Rummikub, Qwirkle, Triominos, or whatever people like to play. Come along to the open day and have a go!

- **Monday 14th October 12:00pm–2:00pm**

Geco, School Road, Geeveston

Enquiries: text 0437 050 746

GeCo High Tea ★

GEEVESTON COMMUNITY CENTRE INC

The Geeveston Community Centre welcome seniors and their carers for an afternoon tea with access to service providers and lucky door prizes! Finger sandwiches and lovely cakes will be served.

- **Thursday 17th October 1:00pm–3:00pm**

Geeveston Community Centre, 9B School Road, Geeveston

Bookings: 6297 1616 | <https://events.humanitix.com/geco-high-tea-2024> (close: 14/10)

Enquiries: 6297 1616

GLEBE

Venture Out Nature Hubs Project Launch ★

VENTURE OUT RESEARCH GROUP, WICKING CENTRE, UTAS

Come along and celebrate the launch of the Wicking Centre's wonderful dementia-inclusive Nature Hubs. Hear about the Living Lab, and find out how you can join in. This event is open to anyone interested in creating more dementia-inclusive outdoor spaces that improve wellbeing for everyone. Refreshments provided.

- **Wednesday 16th October 11:00am–12:30pm**

Phillip Smith Centre, Garden entrance, 71 Brooker Ave, Glebe

Enquiries: 6226 6905

GOODWOOD

Free Exercise Class ★

FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Tuesday 15th October 10:50am–11:35am**

Goodwood Community House, 20 Acton Crescent, Goodwood

Cost: Free for first time participants during Seniors Week

Enquiries: 0417 464 476

HOBART

One-on-one Family History Research Assistance ★

STATE LIBRARY AND ARCHIVES OF TASMANIA

Experienced family history volunteers are available for an initial consultation to assist you with your enquiries. Are you trying to solve a family history mystery? Are you starting out, not sure where to begin? What will you discover?

- **Monday 14th October 9:45am–4:00pm**

Libraries Tasmania, 91 Murray Street, Reading Room Level 2

Bookings: 6165 5538 | stateref.library@libraries.tas.gov.au

(close: 11/10)

Pembroke Parliament ★

LUKE EDMUNDS MLC FOR PEMBROKE

An opportunity for seniors from the Pembroke electorate to visit Tasmania's Parliament and witness Tasmanian democracy in action. Pembroke is on Hobart's Eastern Shore, and takes in the suburbs of Bellerive, Geilston Bay, Howrah, Lindisfarne, Montagu Bay, Mornington, Rose Bay, Rosny, Rosny Park, Tranmere and Warrane. Spaces limited.

- **Wednesday 16th October 9:15am–11:55am**

Parliament of Tasmania, 1 Salamanca Place, Hobart

Bookings: 6212 2304 | Luke.Edmunds@parliament.tas.gov.au

(close: 10/10)

HOBART (CONTINUED)

Conquering Anxiety – A Gentle Program for All Ages Featuring Simple Meditation



CITY OF HOBART

Help to get a handle on your anxiety with the support of meditation. Used for centuries the evidence behind meditation for anxiety has been proven time and time again. Find out how you can conquer your anxiety today.

- **Tuesday 15th October 1:00pm–2:00pm**

Lower Mathers, 180 Bathurst Street, Hobart

Enquiries: 6234 1441

Safeguarding Our Future as We Age



CITY OF HOBART

Take control of your future and learn what you need to know as you age with this special session hosted by Legal Aid Tasmania.

- **Tuesday 15th October 1:00pm–2:00pm**

Mathers Dining Room, 108-110 Bathurst Street, Hobart

Enquiries: 6234 1441

Wine, Savoury and Disco!

CITY OF HOBART

Pop on your dancing shoes at this positive ageing party. Drinks, nibbles and music included. Bookings preferred.

- **Wednesday 16th October 2:00pm–4:00pm**

Mathers House, 108-110 Bathurst Street, Hobart

Cost: \$10pp

Enquiries: 6234 1441

Hobart Ukulele Group



CITY OF HOBART

All abilities welcome, ukes available upon advance request.

- **Monday 14th October 7:00pm–8:30pm**

Mathers Dining Room, 108-110 Bathurst Street, Hobart

Cost: Gold Coin

Bookings: 6234 1441 (close: 14/10)

Scrabble with Friends



CITY OF HOBART

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

- **Wednesday 16th October 1:00pm–3:00pm**

Mathers Dining Room, 108-110 Bathurst Street, Hobart

Enquiries: 6234 1441

Drawing Workshop at the Tasmanian Museum and Art Gallery



TASMANIAN MUSEUM AND ART GALLERY

Join the volunteer art guides and learn some new drawing skills, reconnect with skills you haven't used for a while or develop your current practice in this friendly session. All materials provided.

- **Tuesday 15th October 10:15am–11:45am**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Bookings: <https://www.trybooking.com/CTJUD> (close: 14/10)

Enquiries: 6165 7001

Tour: The Tasmanian Museum and Art Gallery's Historic Buildings



TASMANIAN MUSEUM AND ART GALLERY

Join a friendly TMAG guide to discover the history of the various buildings on the TMAG site, why they were built and what they were originally used for? This year marks 200 years since the Bond Store was built.

- **Tuesday 15th October 11:00am–12:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Bookings: <https://www.trybooking.com/CTHBZ> (close: 14/10)

Enquiries: 6165 7001

Conserving Art for Future Generations at the Tasmanian Museum and Art Gallery



TASMANIAN MUSEUM AND ART GALLERY

Conservation at TMAG connects generations by ensuring the art of the past will be accessible to the future. This involves meticulously preserving and restoring artworks to ensure their longevity. Learn how conservators use advanced techniques and materials to repair damage, stabilize deterioration, and protect paintings and their frames from environmental factors. This process maintains the integrity of the artwork, allowing future generations to experience and appreciate cultural heritage.

- **Tuesday 15th October 1:30pm–2:15pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Bookings: <https://www.trybooking.com/CTJUL> (close: 14/10)

Enquiries: 6165 7001

Staying Strong



KIESER HOBART

Hear from Clinic Leader and Exercise Physiologist Josh Miller, as well as some wonderful senior Kieser members, to tell you all about why they come and how it has changed their lives.

- **Wednesday 16th October 6:00pm**

110 Argyle Street, Hobart | Bookings essential: 6142 3880

Volunteer Guiding at the Tasmanian Museum and Art Gallery ★

TASMANIAN MUSEUM AND ART GALLERY

Come along and join us for this friendly information session about what it takes to become a TMAG museum guide.

- **Wednesday 16th October 10:30am–12:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Bookings: 6165 7001 | <https://www.trybooking.com/CTHCD>

(close: 14/10)

Connecting Generations Storytime at Hobart Library ★

HOBART LIBRARY

Join us for a special Intergenerational Storytime with heartwarming stories, crafts, and fun activities. Grandparents and older friends are invited to share a magical morning with your grandchildren or special young friends. An event for the young and young at heart.

- **Wednesday 16th October 10:00am–11:00am**

Hobart Library, Level 1, 91 Murray Street, Hobart

Bookings: 6165 5597 | hobartlend.library@libraries.tas.gov.au

| <https://www.eventbrite.com.au/e/939259459327?aff=oddtcreator> (close: 16/10)

Land of Light: Lloyd Rees and Tasmania Exhibition Tour ★

TASMANIAN MUSEUM AND ART GALLERY

Join a TMAG art guide to visit this exhibition which brings a new perspective to Rees's work. It explores Rees' relationship with Tasmania and celebration of Tasmania's unique natural light. Please note this is a scheduled public tour available to all.

- **Friday 18th October 11:00am–12:00pm**
- **Saturday 19th October 11:00am–12:00pm**
- **Sunday 20th October 11:00am–12:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Enquiries: 6165 7001

Artful Connections ★

CITY OF HOBART

Join us at the Youth Arts & Recreation Centre (YARC) for an intergenerational art workshop. Together, we'll create a collaborative art piece while enjoying engaging conversations over afternoon tea. No art experience is required –just bring a good attitude and an open mind.

- **Thursday 17th October 4:00pm–5:30pm**

Youth Arts & Recreation Centre, 44 Collins Street, Hobart

Enquiries: 6234 1441

Tasmanian Museum and Art Gallery Tour ★

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 one of TMAG's guides. Please note: this is a scheduled public tour available to all throughout the year.

- **Friday 18th October 1:00pm–2:00pm**
- **Saturday 19th October 1:00pm–2:00pm**
- **Sunday 20th October 1:00pm–2:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, 7000

Enquiries: 6165 7001

Tour of the Henry Hunter Galleries ★

TASMANIAN MUSEUM AND ART GALLERY

Discover the treasures and exhibitions in the Henry Hunter galleries with one of TMAG's guides. Please note: this is a scheduled public tour available to all throughout the year.

- **Friday 18th October 2:00pm–3:00pm**
- **Saturday 19th October 2:00pm–3:00pm**
- **Sunday 20th October 2:00pm–3:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart

Enquiries: 61657 0001

Yoga for Seniors at St Lukes

ST LUKES

Join St Lukes Hobart for our Yoga for Seniors class during Seniors Week. Our yoga sessions focus on improving your flexibility and mobility, balance and co-ordination with classes designed for all bodies and levels of experience. Bring a water bottle and comfortable clothes, yoga mats will be provided.

- **Monday 14th October 9:30am–10:15am**

St Lukes Hobart, 72 Elizabeth Street, Hobart

Cost: \$8

Bookings: www.stlukes.com.au/events?eventLocation=Hobart (close: 14/10)

Pilates

CITY OF HOBART

A great start or continuation of your fitness journey with Hiroko.

- **Thursday 17th October 11:10am–12:00pm**

Criterion House, 108-110 Bathurst Street, Hobart

Cost: \$10

Enquiries: 6234 1441

HOBART (CONTINUED)

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 self-serve SiSU health station. It is free and simple to use, all you need is an email address and a spare 5 minutes. If you have any questions, one of our dedicated Health Navigators will be on-hand to assist. No bookings required.

- **Monday 14th October 9:00am–5:00pm**
- **Tuesday 15th October 9:00am–5:00pm**
- **Wednesday 16th October 9:00am–5:00pm**
- **Thursday 17th October 9:00am–5:00pm**

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

Tour of *ningina tunapri* Gallery at the Tasmanian Museum and Art Gallery ★

TASMANIAN MUSEUM AND ART GALLERY

Join TMAG's First People staff for an in depth look at this important gallery. Take this opportunity to learn more about the unique history of Tasmanian Aboriginal people through to the living culture of today's Community.

- **Thursday 17th October 1:30pm–2:30pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Bookings: <https://www.trybooking.com/CTJUW> (close: 15/10)
Enquiries: 6165 7001

The Luck of the Draw: Convict Women in Private Assignment

TASMANIAN MUSEUM AND ART GALLERY

In this talk, you will hear about some of the convict women who were assigned to the Haig family whose 'big house', Narryna, is one of TMAG's House Museums. At the conclusion of the talk, participants will be invited to visit the ceramics gallery to view the work Ruffles on the Rajah.

- **Friday 18th October 11:00am–12:00pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Bookings: <https://www.trybooking.com/CTHCN> (close: 16/10)
Enquiries: 6165 7001

Seniors Week Friday Film at Mathers House ★

HOBART LIBRARY

Join Hobart Library at Mathers House in Mathers Lane, Hobart for a Seniors Week screening of "Mr Holmes". Grab a coffee and enjoy a free movie with other film buffs.

- **Friday 18th October 1:00pm–3:00pm**

Mathers House, 108-110 Bathurst Street, Hobart
Bookings: 6165 5597 | hobartlend.library@libraries.tas.gov.au | <https://www.eventbrite.com.au/e/773522826597?aff=oddtcreator> (close: 18/10)

Stand Up for Ageing, But Not on a Bus ★

CITY OF HOBART

Local stand-up comedian Daryl Peebles offers a comical look at ageing with a strong message about the positive benefits of laughter and good humour. Join us at the Rosny Barn.

- **Thursday 17th October 11:00am–12:00pm**

1/22 Rosny Hill Road, Rosny Park
Enquiries: 6217 9500 | events@ccc.tas.gov.au

Need Help Navigating the Healthcare System? ★

ST LUKES

We know that finding the right healthcare service can be hard. That's why we offer free health navigation to everyone, not only our members. Simply visit the St Lukes wellness hub in Hobart and one of our dedicated Health Navigators will guide you through your healthcare journey – no bookings required. We listen to your needs, provide useful information and connect you to services that can help. But if you'd prefer to discuss your healthcare options over the phone, jump on to our website to make a booking or call 1300 651 988.

- **Monday 14th October 9:00am–4:00pm**
- **Tuesday 15th October 9:00am–4:00pm**
- **Wednesday 16th October 9:00am–4:00pm**
- **Thursday 17th October 9:00am–4:00pm**

St Lukes Hobart, 72 Elizabeth Street, Hobart
Enquiries: 1300 651 988

Knitting Group ★

CITY OF HOBART

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

- **Tuesday 15th October 2:00pm–4:00pm**

Mathers Dining Room, 108-110 Bathurst Street, Hobart
Enquiries: 6234 1441

Guided Meditation

CITY OF HOBART

Enhance your focus and mental clarity with 30 minutes of guided meditation by Helen.

- **Thursday 17th October 12:30pm–1:00pm**

Lower Mathers, 108-110 Bathurst Street, Hobart

Enquiries: 6234 1441

Gentle Exercise and Afternoon Tea

DOONE KENNEDY HOBART AQUATIC CENTRE

Join us for a delightful afternoon designed especially for seniors! Start with a 30-minute low-impact exercise class suitable for all fitness levels. Afterward, enjoy a relaxing afternoon tea, complete with delicious treats, hot beverages and classic games like trivia and bingo. Bring a friend along or take the opportunity to meet new people and make lasting connections. Space is limited, so bookings are essential. Bookings for each class close at 12pm on the day the class is being held. Bookings are required for both DKHAC members and non-members and can be made using our app, via phone or email. These are free events.

- **Monday 14th October 1:00pm–3:00pm**
- **Tuesday 15th October 1:00pm–3:00pm**
- **Wednesday 16th October 1:00pm–3:00pm**
- **Thursday 17th October 1:00pm–3:00pm**
- **Friday 18th October 1:00pm–3:00pm**

Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue

Bookings: 6222 6962 | dkhac@hobartcity.com.au

| www.hobartaquaticcentre.com.au

The Ukulele Experience

CITY OF HOBART

Learn the basics of playing and singing with Sally, Te and Marley.

- **Thursday 17th October 9:30am–11:00am**

Lower Mathers, 108-110 Bathurst Street, Hobart

Cost: \$5

Enquiries: 6234 1441

Broadway Boogie

CITY OF HOBART

Low impact musical theatre style movement with Ashley.

- **Thursday 17th October 10:00am–11:00am**

Criterion House, 108-110 Bathurst Street, Hobart

Cost: \$8

Enquiries: 6234 1441



Stronger for Longer

CITY OF HOBART

Join Manu for an exercise class designed for people at all levels. Stay Stronger for Longer.

- **Monday 14th October 1:00pm–1:45pm**

Criterion House, 108-110 Bathurst Street, Hobart

Cost: \$10

Enquiries: 6234 1441

Summer of the Seventeenth Doll

HOBART REPERTORY THEATRE SOCIETY INC

From the pen of Ray Lawler comes this classic Australian story of Roo and Barney, two canefield workers who have taken an annual trip to Melbourne for 17 years. But as times change and people move on, Roo and Barney find that the good times are coming to an end. “Summer of the Seventeenth Doll” premiered in 1955 and for many, marked the time when Australian theatre came of age: when we started hearing Australian voices telling Australian stories. Under acclaimed Director, Robert Jarman’s guidance, “Summer of the Seventeenth Doll” is sure to delight lovers of Australian theatre.

- **Wednesday 16th October 7:30pm–9:45pm**
- **Thursday 17th October 7:30pm–9:45pm**
- **Friday 18th October 7:30pm–9:45pm**
- **Saturday 19th October 7:30pm–9:45pm**
- **Sunday 20th October 3:30pm–5:45pm**

Please note: Run times are approximate. Please let our staff know if special assistance is required for any guests.

The Playhouse, Bathurst Street, Hobart

Cost: \$33–\$47 per person

Bookings: <https://playhouse.sales.ticketsearch.com/sales/salesevent/116510>

| 6234 1536 (please leave a message if unanswered, a staff member will get back to you)

A Taste of Your Generation

KIESER HOBART

Home is where the heart is. Share a bit of your home, your history and your heart with our home of health at Kieser. This is a great way to connect with the Kieser team, with the other members, and to share a plate of food that says something special about your past as we work on staying strong for the future.

- **Tuesday 15th October 11:00am–1:00pm**

110 Argyle Street, 7000, Hobart

Enquiries: 6142 3880



HOBART (CONTINUED)

Art at Mathers

CITY OF HOBART

Art classes with Leigh covering different artists' styles each week. Supplies included.

- **Tuesday 15th October 1:00pm–3:30pm**

Criterion House, 108-110 Bathurst Street, Hobart

Cost: \$15

Enquiries: 6234 1441

Pilates, Balance and Stretch

CITY OF HOBART

Take charge of your mind-body connection with Manu.

- **Tuesday 15th October 10:00am–11:00am**

Lower Mathers, 180 Bathurst Street, Hobart

Cost: \$10

Enquiries: 6234 1441

Variety TasBash on Display



VARIETY TASMANIA

Head down to Parliament Lawns to check out some of the classic cars taking part in Tasbash 24.

- **Saturday 19th October 9:00am–12:00pm**

Parliament Lawns, Salamanca, Hobart

Enquiries: 6248 4888

Across the River with Louis Rodway

MARITIME MUSEUM TASMANIA

Join us for a closer look at our exhibition 'Across the River: a story of ferries and resilience' by Louis Rodway. Louis will delve into the detail of his work, and share his memories of Hobart's historic ferries. In the year 2000, Louis endured a major life-changing event that left him struggling to cope. He turned to painting as a therapy, hiding away in his shed drawing and painting the ferries he remembered from his childhood. For Louis, as for many Tasmanians, ferries evoke nostalgia and happy memories. He immersed himself in these cherished moments and focused on depicting ferries with historical accuracy, gradually finding a path through his grief. In this exhibition, ferries, as vessels of transition and passage, symbolise Louis's journey through healing.

- **Wednesday 16th October 10:30am–11:00am**

Maritime Museum Tasmania, 16 Argyle Street, Hobart

Cost: Adults \$15, Seniors \$12, Students \$6, Children under 12 free with accompanying guardian

Enquiries: 6234 1427

Long Table Luncheon

CITY OF HOBART

Enjoy food and a show by students from Collegiate. Bookings required 48 hours prior. Bookings required by Wednesday, 16 October. Any dietary requirements must be noted when booking. Payment must be made at time of booking.

- **Friday 18th October 12:00pm–2:00pm**

Mathers House, 108-110 Bathurst Street, Hobart

Cost: \$25 per person

Bookings: 6234 1441 (close: 16/10)

Zumba

CITY OF HOBART

Come and enjoy a low intensity, easy to follow Zumba class with Ashley.

- **Monday 14th October 10:00am–11:00am**

Mathers Dining Room, 108-110 Bathurst Street, Hobart

Cost: \$8

Enquiries: 6234 1441

Laughing Yoga



CITY OF HOBART

Combine laughing, clapping and breathing into an exercise with Lois.

- **Tuesday 15th October 1:00pm–1:45pm**

Lower Mathers, 108-110 Bathurst Street, Hobart

Enquiries: 6234 1441

Hear Better, Live Better Hearing Event



MARIA BROWN HEARING CLINIC

We are holding a free hearing check, trial and information session for people attending our Seniors Week event for 2024. Learn about your hearing and how to get the most out of it to help you connect and communicate with the world around you. We will provide information on listening strategies, the ability to preview hearing technology and best of all it is free of charge.

- **Monday 14th October 9:00am–5:00pm**
- **Tuesday 15th October 9:00am–5:00pm**
- **Wednesday 16th October 9:00am–5:00pm**
- **Thursday 17th October 9:00am–5:00pm**
- **Friday 18th October 9:00am–5:00pm**

Maria Brown Hearing Clinic, 61 Davey St, Hobart

Bookings: 1300797519 | support@mbhc.com.au

T'ai Chi

CITY OF HOBART

Improve your health, wellbeing, balance and mobility with John.

- **Tuesday 15th October 11:00am–12:00pm**
- **Wednesday 16th October 10:00am–11:00am**

Criterion House, 108-110 Bathurst Street, Hobart

Cost: \$2

Enquiries: 6234 1441

HOWRAH

Bellerive Parkrun



BELLERIVE PARKRUN

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. parkrun is free but you need to register first. You can do this at: <https://www.parkrun.com.au/register/?section=form&eventName=bellerive&e=bellerive>

- **Saturday 19th October 8:50am–10:30am**

11 Howrah Road, Howrah

Enquiries: bellerive@parkrun.com

Hearing Checks at Shoreline Pharmacy



HEARING AUSTRALIA

Hearing Australia and Shoreline AMCAL have teamed up to offer free basic hearing checks and hearing health information. Bookings are not essential but are recommended.

- **Tuesday 15th October 10:00am–2:00pm**

Shoreline Plaza, 6 Shoreline Drive, Howrah

Enquiries: 03 6247 9616

HUONVILLE

Check out the Wheel of Wellbeing



HUON VALLEY COUNCIL

Come and enjoy morning tea and try some fun, gentle Wheel of Wellbeing activities. We will learn about a simple way of looking at your own and your friend or family's wellbeing. Based on well researched evidence, WoW uses gentle and fun activities to demonstrate how we can easily add to, or adjust, our regular routines to age well and for maximum happiness!

- **Tuesday 15th October 10:00am–12:00pm**

Huon Valley Hub, 23 Main Street, Huonville

Bookings: 6264 0300 | hvc@huonvalley.tas.gov.au (close: 14/10)

Digital Skills Session: Connecting with Others at Huonville Library



HUONVILLE LIBRARY

Keep in touch with the grandkids or other loved ones online. This session will focus on using Zoom and Skype, available for use with PC, tablet or smartphone.

- **Tuesday 15th October 2:00pm–3:00pm**

Huonville Library, 1 Skinner Drive, Huonville

Bookings: 6121 7010 | huonville.library@libraries.tas.gov.au

| <http://huonville-library-tasmania.eventbrite.com> (close 14/10)

KEMPTON

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Friday 18th October 1:00pm–1:45pm**

Kempton Memorial Hall, 89 Main Street, Kempton

Cost: Free for first time participants during Seniors Week

Enquiries: 0417 464 476

KINGSTON

You Can Grow Your Own



KINGSTON COMMUNITY GARDEN

Grow your own nutritious food and reduce the cost of living. Kingston Community Garden will be selling 2000 low cost seedlings, including 32 varieties of tomatoes at their Spring Seedling Sale. Free activities include potting your own plants, getting gardening advice, and tours of the garden. Lunch will be available from the Kingston Men's Shed.

- **Sunday 20th October 10:00am–3:00pm**

Kingston Community Garden, 12-14 Gormley Drive, Kingston

Enquiries: 0407 560 960

Come and Try Croquet in Kingston



KINGSTON CROQUET CLUB

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, equipment and afternoon tea provided.

- **Monday 14th October 1:00pm–3:00pm**

159 Summerleas Road, Kingston

Enquiries: 0429 000 186 | kingstoncroquetclub@gmail.com

KINGSTON (CONTINUED)

Power People – Energy Efficiency Strategies



TASNETWORKS

Join us in the Whitewater Room at the Kingborough Community Hub for an enlightening session with the Power People from Channel Men's Shed. Learn how you can reduce your home energy bills with practical, easy-to-implement tips. The Power People will guide you on making your home more energy-efficient, and simple tips to save money on your energy bills at home. You can stay comfortable without stretching your budget. This session will offer valuable insights to help you take control of your energy costs.

- **Monday 14th October 2:00pm–3:00pm**

Kingborough Community Hub, 7 Goshawk Way, Kingston

Bookings: www.tasnetworks.com.au/seniorsweek

| community@tasnetworks.com.au | 1300 127 777

Walking Football



TASMANIA WALKING FOOTBALL

Seniors Walking Soccer, for those who once played and now feel the need to reconnect with a football, or those who have never played but would like a challenge, and a social experience. We are open to anyone, male or female, and play at Kingborough Sports Centre at 12:30 every Tuesday.

- **Tuesday 15th October 12:30pm–1:30pm**

Sports centre, 10 Kingston View Drive, Kingston

Cost: First time free

Enquiries: 0477 198 454

Sri Lanka Dishes with Friends



ONECARE LIMITED – BISHOP DAVIES COURT

Join us for some delicious food from Sri Lanka and meet our residents.

- **Tuesday 15th October 2:00pm–3:30pm**

Bishop Davies Court, 27 Redwood Road, Kingston

Bookings: 6283 1100 (close: 9/10)

Art for the Ages



KINGSTON NEIGHBOURHOOD HOUSE

Come along to our playgroup at Kingston Neighbourhood House on and bring your special little preschooler. Celebrate seniors week with morning tea, activities, and special take home creations. While you're here, learn about the services and programs we offer.

- **Thursday 17th October 9:30am–11:30am**

Kingston Child Care Centre, 24 Hawthorn Drive, Kingston

Enquiries: 03 6229 4066

Kingston Men's Shed and Community Garden Open Day



KINGSTON COMMUNITY GARDEN

The Kingston Men's Shed and Community Garden will be open to visitors from 10am to 1pm. See what projects the Men's Shed members have been crafting, and the facilities available in the shed. Take a tour of the garden and get inspired to grow your own food by our expert gardeners. Morning tea will be available, and soup for lunch.

- **Thursday 17th October 10:00am–1:00pm**

Kingston Men's Shed, 12-14 Gormley Drive, Kingston

Enquiries: 0407 560 960

The Peace Education Program



THE PEACE EDUCATION PROGRAM

Get to know yourself and be positively surprised. This introductory event will be followed by the free five week program. It is based on talks by Peace Ambassador, Prem Rawat, interspersed with cartoons, interviews and time for your own reflection and comment. The focus is on the strengths you already have such as dignity, hope, self awareness and choice. The course is very popular in over 80 countries and has been translated into 40 languages.

- **Wednesday 16th October 10:00am–11:30am**

Kingston Neighbourhood House, 24 Hawthorn Drive, Kingston

Bookings: 6229 4066 (close: 16/10)

Come and Try Table Tennis



SOUTHERN TASMANIAN TABLE TENNIS ASSOCIATION

Come and try table tennis – a low impact game that increases fitness, balance, agility and speed. Join a group at Kingston Sports Centre (KSC) in the STTTA stadium. Bring a friend or come on your own and join in with a group of active (mostly) older players. We will provide bats and balls. Just bring a pair of indoor shoes to change into and lots of enthusiasm. All sessions followed by social coffee in the KSC Cafe. Come and join us!

- **Monday 14th October 9:30am–11:00am**

- **Tuesday 15th October 9:30am–11:00am**

- **Wednesday 16th October 9:30am–11:00am**

Kingston Sports Centre, 10 Kingston View Drive, Kingston

Enquiries: 0457 861 343 | secretary@sttta.org.au

Come and Learn Mahjong

KINGBOROUGH SENIOR CITIZENS CLUB

Learn Mahjong from a very experienced and patient teacher.

- **Thursday 17th October 9:00am–12:00pm**

35 Redwood Road, Kingston

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music. For those aged 50 - 80+. The exercises are easy to learn while enjoying music from bygone days. Feel the benefits of exercise with like-minded and like-bodied participants. Grab a coffee and have a chat after class if you choose. First class is free to try out. If you'd like to continue, classes are \$14 (cash) PAYG. Your instructor is Ingrid.

- **Tuesday 15th October 11:15am-12:15pm**

Kingston Beach Hall, Beach Road, Kingston Beach
Bookings: 0428 297 435 | move.it.tas@gmail.com

Need Help Navigating the Healthcare System?



ST LUKES

We know that finding the right healthcare service can be hard. That's why we offer free health navigation to everyone, not only our members. Simply visit St Lukes in Kingston and one of our dedicated Health Navigators will guide you through your healthcare journey – no bookings required. We listen to your needs, provide useful information and connect you to services that can help. But if you'd prefer to discuss your healthcare options over the phone, jump on to our website to make a booking or call 1300 651 988.

- **Wednesday 16th October 9:00am-4:00pm**

St Lukes Customer Care Centre, Channel Court S/Centre, Shop 28a, Channel Highway, Kingston
Enquiries: 1300 651 988

Dementia Friendly Tasmania Craft Session



DEMENTIA FRIENDLY TASMANIA

Come and celebrate Seniors Week with us. Bring along some photographs to make a collage or get involved in the prearranged activities.

- **Wednesday 16th October 1:00pm – 3:30pm**

Kingston Neighbourhood House, 24 Hawthorn Drive, Kingston.
Cost: Gold coin donation
Enquiries: dftasmania@gmail.com | Anne 0432 180 146

Zumba Gold

SANDY BAY SENIORS CLUB

Zumba Gold is great for any one needing fitness modifications, and it's great for all ages and beginner levels. Exercise in disguise – it's so much fun you will feel like the hour has gone too fast.

- **Wednesday 16th October 11:30am-12:30pm**

Kingston Beach Hall, 20 Beach Rd, Kingston Beach
Cost: \$15 cash only
Enquiries: Cazar on 0400 089 515

Hearing Checks at Kingston Library



HEARING AUSTRALIA

Hearing Australia and Kingston Library have teamed up to offer free basic hearing checks and hearing health information. Bookings are not essential but expressions of interest are welcome.

- **Wednesday 16th October 9:30am-2:30pm**

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

LENAH VALLEY

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music. For those aged 50 - 80+. The exercises are easy to learn to music of bygone days. Feel the benefits of exercise with like-minded and like-bodied participants. Grab a coffee and have a chat after class if you choose. First class is free to try out. If you'd like to continue, classes are \$14 (cash) PAYG. Your instructor is Ingrid

- **Tuesday 15th October 9:30am-10:30am**

- **Thursday 17th October 6:30pm-7:30pm**

Lenah Valley Community Hall, Creek Road, Lenah Valley
Bookings: 0428 297 435 | move.it.tas@gmail.com

LINDISFARNE

The Unscary Sing Thing!



PALLIATIVE CARE TASMANIA, QUEEN VICTORIA CARE AND CLARENCE CITY COUNCIL

Part choir workshop, part singalong, part concert and an afternoon of all wonderful goodness! Not a singer? No problems - you don't need to be a singer to come along. Everyone is welcome, even if you think you are not a singer at all! Our amazing host Rose Wilson will guide us through, making the afternoon utterly unscary, welcoming and fun. Afternoon tea provided.

- **Thursday 17th October 1:30pm-3:00pm**

Queen Victoria Care, 13 Milford Street, Lindisfarne
Bookings: <https://events.humanitix.com/unscary-sing-thing>

Experience the Joy of Singing



LINDISFARNE RIVERSIDE ARTS CLUB CHOIR

Join in the celebration of singing at our open rehearsal during Seniors Week. We'll be singing a range of standards as well as a few classic Christmas tunes in the leadup to our Christmas Concert. Supper provided

- **Thursday 17th October 7:00pm-9:00pm**

Lindisfarne Community Activities Centre, 37A Lincoln Street
Enquiries: cfarq@bigpond.net.au | 0407 717 423

LUTANA

Come and Try Golf at New Town Bay Golf Club



GOLF AUSTRALIA

All seniors are welcome to attend a free golf clinics at Tasmania Golf Club. Hosted by PGA Professional Adam Holden. The sessions will be fun and engaging. Come along and enjoy some golf with other like minded people. Equipment will be provided, however if you have your own please bring it along.

• **Tuesday 15th October 3:30pm–4:30pm**

• **Sunday 20th October 3:30pm–4:30pm**

New Town Bay Golf Club, 258 Risdon Rd, Lutana

Bookings: simon.weston@golf.org.au

| <http://golf.org.au/getintogolf/home> (search for postcode)

Enquiries: 0491 118 460

MARGATE

Channel Museum – Step Back into History



CHANNEL MUSEUM

Step back in time and explore the Channel Museum with free entry for seniors cardholders. After your visit, relax with a discounted coffee at the Channel Café, exclusively for seniors.

• **Monday 14th October 10:00am–4:00pm**

• **Tuesday 15th October 10:00am–4:00pm**

• **Wednesday 16th October 10:00am–4:00pm**

• **Thursday 17th October 10:00am–4:00pm**

• **Friday 18th October 10:00am–4:00pm**

• **Sunday 20th October 10:00am–4:00pm**

Channel Museum, 1755 Channel Highway, Margate

Enquiries: 6267 2333

MONTROSE

Hearing Checks at Rosetta Pharmacy



HEARING AUSTRALIA

Hearing Australia and Rosetta AMCAL have teamed up to offer free basic hearing checks and hearing health information. Bookings are not essential but are recommended.

• **Thursday 17th October 10:00am–2:00pm**

Rosetta AMCAL, 502 Main Road, Montrose

Enquiries: 6272 8006

MOONAH

Intergenerational Paint Your Pet

MOONAH ARTS CENTRE (GLENORCHY CITY COUNCIL)

Working under the expert guidance of local artist Molly Turner, grandparents and grandchildren will create beautiful pet portraits together at the Moonah Arts Centre, partnered with the RSPCA. No art experience required! Just bring along a photo of your pet.

• **Wednesday 16th October 10:00am–12:00pm**

Moonah Arts Centre, 23-27 Albert Road, Moonah

Cost: \$10 (adults), Free (under 18s)

Bookings: moonahartscentre.org.au

Enquiries: 6216 6316

Intergenerational Art Making



MOONAH ARTS CENTRE (GLENORCHY CITY COUNCIL)

Attention all grandparents and guardians! Bring your grandchildren and young people to Moonah Arts Centre for a morning of art and fun together exploring visual storytelling. Guided by artist Yilian Basser, and together with your young person, play with a range of art materials and techniques to create stories through artmaking.

• **Saturday 19th October 11:00am–12:30pm**

Moonah Arts Centre, 23-27 Albert Road, Moonah

Enquiries: 6216 6316

Women's Art Prize Tasmania Artist Talk



MOONAH ARTS CENTRE (GLENORCHY CITY COUNCIL)

Join the artists from the Women's Art Prize to talk all about their art.

• **Saturday 19th October 1:00pm–2:00pm**

Moonah Arts Centre, 23-27 Albert Road, Moonah

Enquiries: 6216 6316

Walking Football (Soccer)



WALKING FOOTBALL TASMANIA INC

A slower paced game based on soccer and non contact. No running, tackling or head high balls. All below waist height. This health and socially based activity is for both senior women and men, but all adults are welcome. This activity requiring no previous skill in kicking a ball – you just need a little enthusiasm, be able to walk at your own pace and the ability to have fun – the enjoyment will look after itself! First game free. Why not give it a go?

• **Thursday 17th October 12:30pm–2:15pm**

Moonah Sports Centre, 17 Gormanston Rd, Moonah

Enquiries: 0417 637 952 | wftas.org

Keep Active and Independent with genU



GENU

Are you, a loved one or someone you know looking to learn about how to remain independent and stay in your own home for longer? Enjoy a cuppa and a chat to learn about genU, our services for seniors and how to access them. At genU, we're passionate about working with you to give you the service and care that's right for you. Space is limited, so please register. We can't wait to see you there!

- **Tuesday 15th October 10:00am–11:30am**

Multicultural Council of Tasmania, 65 Hopkins St, Moonah
Bookings: 6282 0038 | volunteers@genu.org.au | <https://www.trybooking.com/events/landing/1256312> (close: 10/10)

NEW NORFOLK

Digital Skills Session: Connecting with Others



NEW NORFOLK LIBRARY

Keep in touch with the grandkids or other loved ones online. This session will focus on using Zoom and Skype, available for use with PC, tablet or smartphone.

- **Wednesday 16th October 2:00pm–3:00pm**

New Norfolk Library, 9 Charles Street, New Norfolk
Bookings: 6165 6381 | newnorfolk.library@libraries.tas.gov.au | <https://www.eventbrite.com.au/o/glenorchy-library-6685743883> (close: 17/10)

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Monday 14th October 10:00am–10:45am**
- **Tuesday 15th October 10:00am–10:45am**
- **Thursday 17th October 10:00am–10:45am**
- **Friday 18th October 10:00am–10:45am**

Freedom Health & Wellness, 99 Ring Road New Norfolk
Cost: Free for first time participants during Seniors Week
Enquiries: 0417 464 476

Sing-a-long Oklahoma

DERWENT VALLEY COMMUNITY HOUSE

Join in the fun and festivities with a sing-a-long to the Rodgers and Hammerstein classic, Oklahoma. Facilitated by the CHUMS singing group, this will be a treat for young and old. Scones with jam and cream will be available during intermission.

- **Monday 14th October 2:30pm–5:00pm**

Derwent Valley Community House, 56 Blair Street, New Norfolk
Enquiries: 6261 5230

NEW TOWN

Runnymede Tea and Tour

NATIONAL TRUST AUSTRALIA (TASMANIA)

Runnymede is opening the doors of this historic house for Seniors Week 'Tea and Tours' in 2024. Enjoy Devonshire Tea in the drawing room and a guided tour through the beautifully preserved 1840s Regency marine villa nestled in the heart of New Town. We're always thrilled to show off this beautiful property and would love you to join us.

- **Tuesday 15th October 10:00am–12:00pm**
- **Thursday 17th October 10:00am–12:00pm**

Runnymede, 61 Bay Road, New Town
Cost: \$35 Adult | \$30 Concession
Bookings: <https://nationaltrusttas.rezdy.com/> (close: 14/10)
Enquiries: 6278 1269

Social Singing at Kickstart Arts

SING FOR YOUR LIFE! CHOIR

The Sing For Your Life! Choir Kickstart program is a great way to brighten your day, get back into singing after a break, or maybe even get your choir-singing adventures started for the first time. SFYL! Kickstart is for anyone who is keen to sing – you don't need to be a member of the choir to take part. There's no sheet music involved and no experience required – we'll get together, learn some songs (mostly gospel and folk), sing them with gusto, and feel great. Sessions are run by SFYL! Choir Director Jane Christie-Johnston. Bookings are essential.

- **Tuesday 15th October 10:30am–12:00pm**

Kickstart Arts South Building, 12 St Johns Park, New Town
Cost: \$13 per person, 2 for \$11.50 each, 3+ for \$10.50 each (plus enter code SENIORS24 at the online payment page for an additional 10% discount to any of our spring sessions)
Bookings: <https://www.trybooking.com/1119876> (close: 15/10)
Enquiries: choir@tadaa.com.au

NEW TOWN (CONTINUED)

Come and Try Croquet



NEW TOWN CROQUET CLUB

A fun way to get fit, stay fit and exercise mind and body at the same time. Meet new people at our beautiful old club that has been part of Tasmanian life since 1908. Croquet is a sport, that can be as competitive or social as you wish. Please note: Entry is from the car park behind the netball courts via Creek Road.

- **Tuesday 15th October 11:00am–1:00pm**
- **Wednesday 16th October 10:00am–12:00pm**

New Town Croquet Club, St. John's Avenue, New Town
Enquiries: 0409 799 462

Uplift Choir

UPLIFT SINGING

Singing with a group is a powerful way to connect with others and plays an important role in building strong, diverse and healthy communities. Over many years experience, choir director Audrey has developed a unique technique that makes group singing more accessible to the wider community. Regular group singing is proven to: Develop your ear for music and harmony; improve the tone, range and quality of your singing and speaking voice; improve mental health and well being; create a sense of belonging and community; improve memory, cognition and mental acuity; lower cortisol levels and provide stress management; boost the immune system and thyroid; alleviate the symptoms of anxiety and depression; heighten mood by increasing levels of oxytocin and releasing endorphins; balance the metabolism; improve fitness levels; support heart and lung health. Uplift is proudly licensed with OneMusic Australia.

- **Thursday 17th October 6:00pm–7:00pm**

Kickstart Arts South Building, 12 Johns Avenue, New Town
Cost: \$15 per session
Bookings: upliftsinging@gmail.com (close: 17/10)
Enquiries: 0455 483 074

Compost, Cuppa and Cake



DAVID STEPHEN NEIGHBOURHOOD GARDEN

Garden guru David Stephen will provide an informal compost-making demonstration followed by a garden tour. Morning tea provided. This vibrant and large community garden is just 2.5 years old and is full of productive plots. It shows our plot holders enthusiasm, knowledge and benefits of growing your own food.

- **Wednesday 16th October 10:00am–11:45 am**

12 St Johns Ave, New Town
Cost: Gold coin donation
Bookings: Suzie 0429 238 956 (close 8:30am 16/10)

Polish Dancing for Seniors

POLISH WELFARE OFFICE

The Polish Welfare Office is hosting this popular event again in 2024. Seniors are invited to join the dancers from the local Polish dance group 'Oberek' for a fun morning of folk dancing. Refreshments will be provided.

- **Tuesday 15th October 11:00am–1:00pm**

Polish House, 22-24 New Town Road, New Town
Cost: \$8

Bookings: 6228 6258 | polishwelfare_hobart@bigpond.com
(close: 14/10)

Hobart Repair Café



HOBART REPAIR CAFE

"Toss it? No Way!" The global Repair Café movement has made it to Hobart! Repair Cafés are all about repairing things together and having a chance to make new connections. There will be a variety of fixing stations set up for clothes, furniture, electrical appliances, bicycles, crockery, toys, and more (depending on volunteer availability). Expert volunteers will be on hand to assist with repairs, so please bring your broken items from home so we can help you work out how to fix them. If you don't have anything that needs fixing, feel free to come along anyway for a cuppa and a chat, or lend a hand with someone else's repair job. Monthly sessions: every 3rd Saturday of the month.

- **Saturday 19th October 1:00pm–4:00pm**

Kickstart Arts South Building, 12 St Johns Park, New Town
Enquiries: www.facebook.com/RepairCafeHobart
| Roz 0448 459 473

NORTH HOBART

What's Your Story? Estate and Advance Care Planning Seminar



PUBLIC TRUSTEE

Join the Public Trustee for a free seminar and learn how to ensure your financial, legal and health care wishes are known. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advance Care Directive, and Enduring Guardianship. Everyone is welcome to these free events, and light refreshments will be provided. Bookings essential.

- **Thursday 17th October 10:00am–11:30am**

Rydgcs, 393 Argyle Street, North Hobart
Bookings: 1800 068 784 | marketing@publictrustee.tas.gov.au
| <http://publictrustee.tas.gov.au> (close: 10/10)

NUBEENA

Playgroup at Tasman MPS



TASMAN NEIGHBOURHOOD HOUSE

Playgroup will begin at the Neighbourhood House from 9:00am and we will go to the multi-purpose centre (MPS) together at 10:45am. Come and meet some of the residents of our local aged care facility, join in with some craft, enjoy a special morning tea and hang out for a play and a chat.

- **Tuesday 15th October 9:00am–12:00pm**

Tasman Health & Community Service, 1614 Nubeena Road, Nubeena (meet us in the foyer of the MPS building or ask staff for directions)

Enquiries: coordinator@dunalleytasman.org

OLD BEACH

Crafting Generations



PLAYGROUP TASMANIA

Playgroup Tasmania will be hosting a pop up 'Crafting Generations' Intergenerational Playgroup. Join us for games and self expression through crafting and art. Craft activities will be designed to encourage collaboration and fun between generations and everyone will have the opportunity to create a personal piece to take home.

- **Thursday 17th October 10:00am–12:00pm**

Old Beach Community Centre, Jetty Road, Old Beach

Bookings: amanda.treanor@playgrouptas.org.au

| 1300 035 350 (close: 14/10)

ONLINE

Can You Spot a Scam?



ESAFETY COMMISSIONER

Want to learn how to protect yourself from scammers? Register for a free "Can you spot a scam?" online presentation on Thursday 17 October at 3pm, hosted by the eSafety Commissioner as part of the Be Connected initiative. This 1-hr session covers: common scams; tips on how to spot them; what to do and what not to do; and where to go for help. Register now to book your spot. Be Connected is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians. beconnected.esafety.gov.au

- **Thursday 17th October 3:00pm–4:00pm**

Bookings: <https://beconnected.esafety.gov.au/online-safety-presentations#spot-a-scam> (close: 17/10)

Discover Volunteering with genU



GENU

Be the difference, be a volunteer. Volunteering is a great way to stay active in your community. With a little time, you can make a significant difference to someone's life. Build meaningful relationships with individuals, fostering social connections and helping to reduce feelings of loneliness. Come learn about volunteering with genU across North and South Tasmania at our online information session. Register via the link and we look forward to seeing you on the screen! Event held via Microsoft Teams: register online to receive the link. Not able to get online? Give our friendly team a call.

- **Wednesday 16th October 10:00am–11:00am**

Online via Teams

Bookings: 6282 0038 | volunteers@genu.org.au

| www.trybooking.com/events/landing/1256590 (close: 10/10)

OUSE

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Tuesday 15th October 10:30am–11:15am**

Ouse School, 6993 Lyell Highway, Ouse

Cost: Free for first time participants during Seniors Week

Enquiries: 0417 464 476

RICHMOND

Coaldale Walnuts Farm Tour

COALDALE WALNUTS

Visit the Coaldale Walnuts farm in Richmond for a behind the scenes tour. Learn about the family business and how the walnuts are grown and processed. The tour includes a short walk to view the orchard (around 80m over mostly flat ground), and a tasting of premium walnut kernel and pickled walnuts.

- **Wednesday 16th October 11:00am–12:00pm**

321 Prossers Rd, Richmond

Cost: Adults \$40, Seniors \$35, Children free

Bookings: coaldalewalnuts.com.au/farm-tours (close: 14/10)

Enquiries: 0407 563 701 | info@coaldalewalnuts.com.au

RICHMOND (CONTINUED)

Richmond Guided Walk and Oak Lodge

COAL RIVER VALLEY HISTORICAL SOCIETY INC.

Discover the history of Richmond with a guided walk with an experienced historian, 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. Meet in the Richmond Gaol carpark to commence walk and finish at Oak Lodge.

- **Tuesday 15th October 10:00am–12:30pm**
- **Saturday 19th October 10:00am–12:30pm**

Oak Lodge, 18 Bridge Street, Richmond

Cost: \$20 Seniors

Bookings: 0403 205 087 | isobel.williams@gmail.com | <https://www.trybooking.com/CSWKV> (close: 11/10)

Afternoon Tea and Tour of Oak Lodge

COAL RIVER VALLEY HISTORICAL SOCIETY INC.

Enjoy a homemade afternoon tea in either the front dining room or sitting room of historic Oak Lodge whilst being surrounded by the past. Then take your time on a self-guided tour to explore the house and gardens. 2 tables of 6 in different rooms.

- **Tuesday 15th October 2:00pm–3:00pm**
- **Saturday 19th October 2:00pm–3:00pm**

Oak Lodge, 18 Bridge Street, Richmond

Cost: \$15 Seniors

Bookings: 0403 205 087 | isobel.williams@gmail.com | <https://www.trybooking.com/CSWKV> (close: 18/10)

Exploring Richmond's Historic Cemeteries Talk

COAL RIVER VALLEY HISTORICAL SOCIETY INC.

Beginning at the End: Exploring Richmond's Historic Cemeteries talk with Michelle Harris and also guest speaker Dianne Snowden. Our talks will be followed by a light lunch.

- **Monday 14th October 10:00am–1:00pm**

Richmond Supper Rooms, Bridge Street, Richmond

Cost: Seniors \$25

Bookings: 0403 205 087 | isobel.williams@gmail.com | <https://www.trybooking.com/CTJJV> (close: 11/10)

ROKEBY

Clarence Festival of the Ages – Taster Day: Live Well, Live Long, Staying Stronger Gentle Exercise Class



CLARENCE CITY COUNCIL

Discover the joy of movement in our free gentle exercise classes – tailored for older adults with a focus on strength and mobility. Join us for a fun, low impact session that promotes flexibility, strength and balance. Our instructor from All About Fitness – Paul Hamilton keeps the classes full of laughter and fun. Come along this Seniors Week and try it out for yourself – we will have a special after class morning tea in Seniors Week. This weekly program is funded by Clarence City Council. The sessions are facilitated by qualified fitness instructor Paul Hamilton. Sessions are inclusive and suitable for disabilities and chronic conditions. If you would like to find out if this session is suitable for you, please call Paul on 0417 836 988.

- **Friday 18th October 9:00am–10:00am**

Rokeby Neighbourhood Centre, 85 Tollard Drive, Rokeby

Enquiries: 6247 6778

ROSNY PARK

U3A Clarence



U3A CLARENCE

Please come and visit U3A Clarence free of cost during Seniors Week. We meet at allocated rooms at Rosny Library and there will be a timetable displayed with classes and rooms so you can choose which classes you would like to attend. We are an organisation totally run by volunteers and we meet on Monday and Wednesdays with various classes being held from 9:30am to 1pm with a morning tea break at 10:25 am in room 6. There are no pre-requisites for joining and we charge a very reasonable annual membership fee of \$50. We offer a variety of classes including Clarence History, Archaeology, Art, Line Dancing, Book Chat, Tai Chi, Play reading, Exploring Poetry, Armchair Travel and many more. During the year several social activities outside of U3A times are organised by our Social Secretary.

- **Monday 14th October 9:30am–1:00pm**

- **Wednesday 16th October 9:30am–1:00pm**

Rosny Library, 46 Bligh Street, Rosny Park

Enquiries: 0409 970 201

Clarence Festival of the Ages – Storytime and Nature Play



CLARENCE CITY COUNCIL

Join us and the Rosny Library for storytime and nature craft activities designed to engage young children and older people alike. This intergenerational event fosters a love for reading and nature through interactive storytelling and play. Hear a story told by one of the young people from the Clarence Youth Network Advisory Group (YNAG), Do a Storywalk, draw your older person, make a 'reel' and so much more. This event is hosted by Clarence City Council, Rosny Library and members of the Clarence Youth Network Advisory Group (YNAG) and Clarence Positive Ageing working group (CPAWG).

- **Tuesday 15th October 11:00am–12:30pm**

Rosny Library, 46 Bligh Street, Rosny Park

Bookings: <https://www.eventbrite.com.au/e/rosny-library-storytime-and-nature-play-at-rosny-library-tickets-958774569547> | 6165 6448 (close: 14/10)

Clarence Festival of the Ages – Our Shared Space: Rosny – Dance with Paint



CLARENCE CITY COUNCIL

Unleash your creativity through music and art at Dance with Paint, an exciting and unique workshop exploring the magic of both the visual and performing arts. This all-inclusive, friendly, and social workshop combines art, music, health, and well-being and is suitable for all ages and abilities. We encourage people of all ages to come along and join in – this is a great activity for grandparents and grandkids to spend time together. All materials are provided and participants will be able to take home their completed artworks. This workshop is suitable for approximate ages 5 and up. Please contact us if you're unsure about suitability. Duration: approximately 1.5 hours. Bring: yourself and a water bottle and wear comfortable clothing that is ok to get a bit messy! This event is hosted by Our Shared Space: Rosny. A partnership between Rosny Library and councils Our Shared Space program. We offer fortnightly activities for youth and or for all ages.

- **Tuesday 15th October 3:30pm–4:45pm**

Rosny Library, 46 Bligh Street, Rosny Park

Bookings: <https://www.eventbrite.com.au/e/our-shared-space-rosny-dance-with-paint-at-rosny-library-tickets-958727478697> | 6165 6448 (close: 14/10)

Power People – Energy Efficiency Strategies



TASNETWORKS

Join us in Room 3 at the Rosny Library for an enlightening session with the Power People from your local Men's Shed. Learn how you can reduce your home energy bills with practical, easy-to-implement tips. The Power People will guide you on making your home more energy-efficient, and simple tips to save money on your energy bills at home. You can stay comfortable without stretching your budget. This session will offer valuable insights to help you take control of your energy costs.

- **Tuesday 15th October 2:00pm–3:00pm**

Rosny Library, 46 Bligh Street, Rosny Park

Bookings: www.tasnetworks.com.au/seniorsweek

| community@tasnetworks.com.au | 1300 127 777

Clarence Festival of the Ages – Bellerive Historical Walk



CLARENCE CITY COUNCIL

Join us for a stroll through Bellerive. Soak in the scenery and enjoy a curated tour of notable historical Bellerive landmarks. This leisurely afternoon walk is a great opportunity to embrace the rich history, makes new friends and connect with familiar faces. Open to all ages. Hosted by the Clarence Positive Ageing working group (CPAWG). Afternoon tea available.

- **Thursday 17th October 12:30pm–2:30pm**

Carpark, 20 Kangaroo Bay Drive, Rosny Park

Bookings: 6217 9500 | abyrne@ccc.tas.gov.au

| <https://events.humanitix.com/clarence-festival-of-the-ages-seniors-week-bellerive-historical-walk> (close: 15/10)

Clarence Festival of the Ages – The Outrageous History of Tassie TV Ads



CLARENCE CITY COUNCIL

Step back in time and relive the golden era of Tasmanian TV commercials! Join us for a nostalgic journey through decades of memorable ads, reflecting on how they mirrored our society's norms and everyday life. Discover how attitudes have evolved and changed, through a quirky look into Tasmania's cultural history.

- **Wednesday 16th October 3:00pm–4:30pm**

Rosny Library, 46 Bligh Street, Rosny Park

Bookings: 6217 9500 | abyrne@ccc.tas.gov.au

<https://events.humanitix.com/clarence-festival-of-the-ages-seniors-week-the-outrageous-history-of-tassie-tv-ads> (close: 15/10)

ROSNY PARK (CONTINUED)

Dementia Unmasked – A Workshop for Boomers and Zoomers

CARE FORWARD

Dementia Unmasked is a fun, informative session that brings together the carers of tomorrow with the carers of today. This interactive session is a great opportunity for older Tasmanians and those studying in college or TAFE to understand the experience of people living with dementia. Participants will learn care strategies for people living with dementia, whether they are in a paid caring role, or if that person is a friend or family member. Be prepared to be surprised, have a laugh, and learn along the way!

- **Friday 18th October 1:30pm–3:30pm**

Rosny Library - Room 6, 46 Bligh Street, Rosny Park

Bookings: 1300 364 876 | info@careforward.com.au

(close: 10/10)

Enquiries: 0481 586 822



Need Help Navigating the Healthcare System?

ST LUKES

We know that finding the right healthcare service can be hard. That's why we offer free health navigation to everyone, not only our members. Simply visit St Lukes in Rosny Park and one of our dedicated Health Navigators will guide you through your healthcare journey – no bookings required. We listen to your needs, provide useful information and connect you to services that can help. But if you'd prefer to discuss your healthcare options over the phone, jump on to our website to make a booking or call 1300 651 988.

- **Tuesday 15th October 9:00am–4:00pm**

St Lukes, Customer Care Centre, 2/7 Bayfield Street, Rosny Park

Enquiries: 1300 651 988



SANDY BAY

Hearing Checks at Bayside AMCAL

HEARING AUSTRALIA

Hearing Australia and Bayside AMCAL have teamed up to offer free basic hearing checks and hearing health information. Bookings are not essential but are recommended.

- **Monday 14th October 10:00am–2:00pm**

Bayside AMCAL, 638 Sandy Bay Road, Sandy Bay

Enquiries: 6225 1306



Wrest Point Timeless Tales Tour and Lunch Package

WREST POINT

Join us for a historical tour of iconic Wrest Point from October 14-18, where the stories of our 50-year history of entertainment come alive! Afterward, indulge in a delectable carvery and dessert at the Boardwalk Bistro. It's the perfect way to enjoy a morning – connect with history and savor the present. Reserve your experience today for just \$31 per person for Federal Rewards Club Members and \$39 per person for visitors. The tour will commence at 11 am, followed by lunch at midday.

- **Monday 14th October 11:00am–2:00pm**
- **Tuesday 15th October 11:00am–2:00pm**
- **Wednesday 16th October 11:00am–2:00pm**
- **Thursday 17th October 11:00am–2:00pm**
- **Friday 18th October 11:00am–2:00pm**

Wrest Point, 410 Sandy Bay Rd, Sandy Bay

Cost: \$31 per person for Federal Rewards Club Members and \$39 per person for visitors

Bookings: 6221 1888 | <https://wrestpoint.com.au/timeless-tales> (close: 13/10)

Croquet – Come and Try

SANDY BAY CROQUET CLUB

Croquet is a game for all ages. Join us for an afternoon of fun at our three superb playing lawns set in the picturesque recreational area of Sandy Bay. Croquet is a game of skill and tactics but most of all, it's fun when played in a social, friendly atmosphere. Enjoy a game or two while exercising your body and mind. All equipment supplied.

- **Monday 14th October 1:00pm–3:00pm**

Sandy Bay Croquet Club, 4 Long Point Rd, Sandy Bay

Bookings: Arthur on 0408 572 511 | sandybaycroquetclub@gmail.com (close: 10/10)



Mahjong Club Open Night

SANDY BAY SENIOR CITIZENS CLUB

Come to our Open Night. Observe our members playing this intriguing game or join in and have a free lesson. Supper included.

- **Monday 14th October 7:00pm–9:30pm**

Sandy Bay Senior Citizens Club, 23 Lambert Avenue, Sandy Bay

Enquiries: 0427 408 331



Bayside Boules Pétanque Club



BAYSIDE BOULES PÉTANQUE CLUB

Come and try a friendly game of Pétanque, the French game, played on gravel pistes with metal boules! Covered shoes are essential, we can help with everything else – boules, friendly instructions, good company! Please wear covered shoes, no sandals or thongs.

- **Tuesday 15th October 10:15am–12:00pm**
- **Friday 18th October 12:45pm–2:30pm**

End of Long Point Road, Sandy Bay

Enquiries: 0459 208 458

Learn to Orienteer



ORIENTEERING TASMANIA

Orienteering is all about reading maps and navigating around a course. People from age 8 to 88 regularly participate in our events at their own pace. Learn the basics of map reading and navigation with fun activities at Sandown Park on Saturday October 19 at 2pm. Upon completion of the session you will have the skills to participate in and enjoy our Spring Twilight Series if you wish. This runs for 6 weeks on Wednesday afternoons, starting October 23 and caters for all ages and levels of ability.

- **Saturday 19th October 2:00pm–3:30pm**

The picnic shelter, Sandown Park, Sandy Bay

Bookings: 0448 566 157 | australopers@tasorienteeing.asn.au
(close: 17/10)

Back on Your Bike



BICYCLE NETWORK

If you haven't been on a bike in a while, we will help you to brush up those skills to get riding! We will provide all the equipment and an instructor to go over the basics, we have bicycles and trikes so if your balance isn't what it used to be we have you covered. We can help if you want to try an ebike or can answer any questions about bikes you have. Riding is a great way to stay healthy, meet new people and to cut down those extra fuel dollars.

- **Thursday 17th October 10:00am–11:30am**
- **Thursday 17th October 1:00pm–2:30pm**

Long Point Road, Sandy Bay

Bookings: 0475 803 663 | tamikap@bicyclenetwork.com.au | <https://bicyclenetwork.com.au/rides-and-events/back-on-your-bike/> (close: 17/10)

Pétanque in the Park



HOBART PÉTANQUE CLUB

Often known as Boules, Pétanque is a fast growing sport very popular with seniors. Played outdoors on a 'piste', it is easy to learn, gentle on the body and lots of fun. Boules and helpful instruction to get you started will be provided. Covered footwear is recommended.

- **Thursday 17th October 11:30am–12:45pm**

Hobart Pétanque Piste, Long Point Road, (Behind Seagrass Restaurant), Sandy Bay

Bookings: secretary.hobart.petanque@gmail.com

| 0400 293 644 (close: 14/10)

SORELL

Walking Netball



SOUTH EAST NETBALL ASSOCIATION

Did you used to play or have you never played. Come along to our walking netball to bring back the fun and create new fun in a slower pace that is welcoming to all abilities. All welcome.

- **Friday 18th October 10:00am–11:30am**

South East Stadium, 13 Montague St, Sorell

Enquiries: 0428 596 089

Care Finder in the Community

COTA (COUNCIL ON THE AGEING) TASMANIA

Are you 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 are here to work alongside you to access Aged Care and other support services. Visit our Pop-Up Stall during Seniors Week to learn about our service, register for our program (if eligible), get help and advice. No bookings required. Our team is here to listen and support you.

- **Tuesday 15th October 10:00am–2:00pm**

Sorell Plaza, 2 Cole St, Sorell

Enquiries: 1800 518 048

SOUTH HOBART

Come and Try Ladies Badminton Session



HOBART LADIES BADMINTON ASSOCIATION

Come and try badminton for free. You'll need to wear comfortable clothes to play in and non-marking shoes. Racquets and shuttles will be provided at no charge. Morning tea will also be provided.

- **Thursday 17th October 10:00am–12:00pm**

Southern Tasmanian Badminton Association, 101 Cascade Road
Bookings: secretaryhlba@gmail.com (close: 14/10)

TRIABUNNA

Living Courageously



BRAHMA KUMARIS

Be taken through a series of exercises to help you live more courageously. These will include: 1) Relaxation exercise; 2) Gratitude Exercise; 3) Guided meditation (10min); 4) Who is your hero; and 5) Wishing well and sound bath.

- **Friday 18th October 11:00am–12:00pm**

Spring Bay Community and Health Centre, 7 Esplanade Way, Triabunna

Bookings: 6278 3788

Enquiries: brahmakumaris.org.au/hobart-meditation | brahmakumaris.org.au

WARRANE

Clarence Festival of the Ages – Youth Rec Drop In for All



CLARENCE CITY COUNCIL

Join us for a fun filled Youth Drop In session in celebration of Seniors Week! This all ages session features exciting activities and creative cupcake decorating – prize for most creative!

Come make memories, connect with friends and enjoy a great afternoon of laughter, music, food and creativity. This activity is hosted by the Clarence City Council Youth Team and Youth Network Advisory Group (YNAG) and Warrane Mornington Neighbourhood Centre Whilst bookings are not essential, we would love to know if you are coming so we make sure we have enough cupcakes and snacks (including any dietary concerns).

- **Monday 14th October 3:00pm–4:30pm**

Warrane Mornington Neighbourhood Centre, 150A Bligh Street
Enquiries: Clarence City Council Youth Services 6247 1230

Community Lunch

WARRANE MORNINGTON NEIGHBOURHOOD CENTRE INC

Come and join us at Warrane Mornington Neighbourhood Centre for an intergenerational community lunch and activity.

- **Wednesday 16th October 11:45am–2:00pm**

Warrane Mornington Neighbourhood Centre, 150a Bligh Street, Warrane

Cost: \$5 for 2 course meal

Bookings: 6244 6346 | info@wmnc.org.au (close: 7/10)

WEST MOONAH

Free Exercise Class



FREEDOM HEALTH AND WELLNESS

A low to moderate intensity exercise class, which may incorporate hand-held weights, balls, and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! You'll be having so much fun that you will forget you are exercising. Classes are run by qualified fitness professionals who will make sure there are options for everyone in a safe and supportive environment.

- **Monday 14th October 10:50am–11:35am**

West Moonah Community House, 130 Springfield Avenue, West Moonah

Cost: Free for first time participants during Seniors Week

Enquiries: 0417 464 476

Statewide event!

The Aged Care System is a Tough Nut to Crack



COTA (COUNCIL ON THE AGEING) TASMANIA

Give us 30 minutes to see if we can help you get it sorted! In celebration of Seniors Week 2024, the Care Finder team will offer their time to assist you, providing older Tasmanians with personalised Aged Care Navigation and support via a phone call, Microsoft Teams, or Zoom. Services are free, providing you with personalised, independent information and guidance so that you can access the right aged care services for you. If you are eligible for Care Finder support we can also register you with the program.

- **Tuesday 15th October 9:00am–4:30pm**

Bookings: 1800 518 048

what's
your
story

Film
Night

Seniors Week
events in the
NORTH

come and
try Boules

ARCHERY

WORKSHOP

Community
Garden

SKILLS
SESSION

Morning
Tea



BEACONSFIELD

Connecting Generations in Beaconsfield

BEACONSFIELD MINE AND HERITAGE CENTRE

The Beaconsfield Mine and Heritage Centre is a place where you can lose yourself in history, play with treasures from the past and embark on an historical journey. You'll be entertained by the interactive displays and live a different story around every corner. Open daily.

- **Monday 14th–Sunday 20th October 10:00am–4:00pm**

West Street, Beaconsfield

Cost: Buy one seniors entry and up to 3 accompanying children (under 16 years) will be free (a saving of \$24). Offer valid 12–20 October.

Enquiries: 6383 1473

CAMPBELL TOWN

Trivia Through the Generations



CAMPBELL TOWN HEALTH & COMMUNITY SERVICE

Come along and join in a fun packed trivia afternoon at Campbell Town Health & Community Services. Put yourself in the running for some great prizes while testing your knowledge over the generations. Lucky Door prizes and prizes for the winning team. Register as a team of six or come as a single and make your own team.

- **Wednesday 16th October 1:00pm–3:00pm**

Quorn Hall – Campbell Town Health & Community Service, 70 High Street, Campbell Town

Cost: Gold Coin

Bookings: 6774 8000 | jan.harvey@ths.tas.gov.au (close: 14/10)

CLARENCE POINT

Knit & Sip – Wire Bracelet Workshop ★

WEST TAMAR POSITIVE AGEING COMMITTEE

Come along and learn how to knit your own bracelet with beads and wire! This workshop will be run by the wonderful Noelene from Noelene's Textile Designs! Knitting kit and morning tea included.

- **Thursday 17th October 10:30am–1:30pm**

Clarence Point Hall, 29 Sunset Boulevard, Clarence Point

Bookings: 6323 9200 (close: 10/10)

DELORAINÉ

Past the Post

GREAT WESTERN TIERS VISITOR CENTRE

Did you attend the Deloraine races? Past the Post is a horse racing exhibition covering the racing history of the Meander Valley and Deloraine.

- **Monday 14th October 9:00am–5:00pm**
- **Tuesday 15th October 9:00am–5:00pm**
- **Wednesday 16th October 9:00am–5:00pm**
- **Thursday 17th October 9:00am–5:00pm**
- **Friday 18th October 9:00am–5:00pm**
- **Saturday 19th October 9:00am–5:00pm**
- **Sunday 20th October 9:00am–5:00pm**

Deloraine Folk Museum, 98-100 Emu Bay Road, Deloraine

Cost: Seniors \$6*, Full ticket \$10 *\$6 if you mention it's on the Seniors Week program, or \$8 for seniors

Enquiries: 6362 5280 | info@greatwesterntiers.net.au

GEORGE TOWN

Try Something new – Digital Device Session



KINIMATHATAKINTA/GEORGE TOWN LIBRARY

Join us and explore the latest in digital technology. Come along and discover what you might learn!

- **Monday 14th October 10:00am–12:00pm**

Kinimathatakinta/George Town Library, 12 Elizabeth Street, George Town

Enquiries: 6777 2446

Connecting Generations Gaming and VR



KINIMATHATAKINTA/GEORGE TOWN LIBRARY

Ever wondered what the young ones are talking about with their gadgets? Join us for a fun session and give VR, Nintendo Switch and PlayStation a try! Discover a new way to connect and have fun with technology. Bring your grandchildren to join in with the fun.

- **Monday 14th October 3:30pm–4:30pm**

Kinimathatakinta/George Town Library, 12 Elizabeth Street, George Town

Enquiries: 6777 2446

Connecting Generations Rock and Rhyme at Kinimathatakinta/George Town Library



KINIMATHATAKINTA/GEORGE TOWN LIBRARY

Rock and Rhyme is a lively song-filled session where seniors bring their young ones, or young people bring their seniors! Aimed at children aged 0-5, it's packed with songs and rhymes that all generations can enjoy and cherish together. Join us for an intergenerational musical adventure!

- **Wednesday 16th October 10:30am–11:00am**

Kinimathatakinta/George Town Library, 12 Elizabeth Street, George Town

Enquiries: 6777 2446

GRINDELWALD

Fly Casting



THE FLY FISHERS' CLUB OF TASMANIA INC.

Have you ever thought about fly fishing? Learn how to do a basic cast with a fly rod.

- **Sunday 20th October 11:00am–1:30pm**

26 A Alpine Crescent, Grindelwald

Bookings: secretary@flyfisherscluboftasmania.org.au

| 0429 888 687 (close: 9/10)

INVERMAY

Back on Your Bike



BICYCLE NETWORK

If you haven't been on a bike in a while, we will help you to brush up those skills to get riding! We will provide all the equipment and an instructor to go over the basics, we have bicycles and trikes so if your balance isn't what it used to be we have you covered. We can help if you want to try an ebike or can answer any questions about bikes you have. Riding is a great way to stay healthy, meet new people and to cut down those extra fuel dollars.

- **Monday 14th October 1:00pm–2:30pm**

Inveresk Carpark, 2 Invermay Road, Invermay

Bookings: 0475 803 663 | tamikap@bicyclenetwork.com.au

(close: 14/10)

KINGS MEADOWS

OneCare – The Manor Gardens Retirement Village



ONECARE LIMITED

Come along and see what OneCare has to offer at The Manor Gardens. There will be information booths. You can book a tour to see the Retirement Village. You are also invited to stay and enjoy a scone and a cup of tea/coffee.

- **Friday 18th October 1:00pm–3:00pm**

Bruce Davidson Centre, 1-7 Guy Street, Kings Meadows

Bookings: 6345 2154 (close: 11/10)

OneCare – The Manor Complex



ONECARE LIMITED

Come along and see what OneCare has to offer at The Manor Aged Care Facility. There will be information booths. You can book a tour to see the facility. Please join us in staying for a scone and a cup of tea/coffee.

- **Friday 18th October 1:00pm–3:00pm**

Bruce Davidson Centre, 1-7 Guy Street, Kings Meadows

Bookings: 6345 2154 (close: 11/10)

Care Finder in the Community



COTA (COUNCIL ON THE AGEING) TASMANIA

Are you 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 are here to work alongside you to access Aged Care and other support services. Visit our Pop-Up Stall during Seniors Week to learn about our service, register for our program (if eligible), get help and advice. No bookings required. Our team is here to listen and support you.

- **Thursday 17th October 10:00am–2:00pm**

Meadow Mews Shopping Centre, 102-106 Hobart Rd, Kings Meadows

Enquiries: 1800 518 048

KINGS MEADOWS (CONTINUED)

OneCare – Home Care



ONECARE LIMITED

Please join us to hear about OneCare's Home Care Service. We are having an open day with information booths, there will be an opportunity to speak to our friendly staff and learn about our services, that can help you remain in your own home. We can also provide advice on navigating aged care services. You are very welcome to stay for a scone and a cup of tea/coffee.

- **Friday 18th October 1:00pm–3:00pm**

Bruce Davidson Centre, 1-7 Guy Street, Kings Meadows

Bookings: 6345 2124 (close: 11/10)

Come and Try Golf at Launceston Golf Club



GOLF AUSTRALIA

All seniors are welcome to come and try golf at Launceston golf club with PGA Professional Scott Mansfield. All equipment will be provided, if you have your own please bring with you. The session will allow you to understand the basics of playing golf & you will be in the company of like minded people in a friendly and fun environment. Please register at: www.golf.org.au/getintogolf/home (please search by postcode).

- **Thursday 17th October 2:00pm–3:00pm**

Launceston Golf Club, Opossum Rd, Kings Meadows

Bookings: www.golf.org.au/getintogolf/home (close: 17/10)

Enquiries: 6344 1154

After the Goodbyes: Insights into Burial and Cremation – Chapel and Crematorium Tour



CARR VILLA MEMORIAL PARK

Carr Villa Memorial Park will open its doors on Wednesday 16th October to take guests behind the scenes of the Chapel and Crematorium operations. Two tour times are available, offering an opportunity to explore end-of-life choices, considerations for selecting a funeral home, and clarifying myths and misconceptions about cremation. This educational tour is designed to provide valuable information, helping you to make an informed decision about your end-of-life choices.

- **Wednesday 16th October 9:00am–9:45am**

- **Wednesday 16th October 10:00am–10:45am**

Bookings: 6323 3600 | carrvilla@launceston.tas.gov.au

Carr Villa Memorial Park, 36 Nunamina Ave, Kings Meadows

LAUNCESTON

Royal Park Croquet Club



ROYAL PARK CROQUET CLUB

Come and try the game of croquet; gentle walking with strategy. Equipment provided. Please wear flat, soft soled shoes.

- **Monday 14th October 1:00pm–3:00pm**

- **Wednesday 16th October 1:00pm–3:00pm**

Royal Park Clubrooms, Park Street, Launceston

Enquiries: 0439 078 337

Yoga at St Lukes

ST LUKES

Join St Lukes Launceston in our new wellness hub for a range of movement, health and wellbeing sessions for the whole community. Our yoga sessions focus on improving your flexibility and mobility, balance and co-ordination with classes designed for all bodies and levels of experience. Bring a water bottle and comfortable clothes.

- **Monday 14th October 12:15pm–1:00pm**

St Lukes, 93 Cimitiere Street, Launceston

Cost: \$8

Bookings: events@stlukes.com.au | <https://stlukes.simplybook.vip/v2/#book/service/74> (close: 14/10)

Enquiries: 0477 231 144

Need Help Navigating the Healthcare System?



ST LUKES

We know that finding the right healthcare service can be hard. That's why we offer FREE health navigation to everyone, not only our members. Simply visit the St Lukes wellness hub in Launceston and one of our dedicated Health Navigators will guide you through your healthcare journey – no bookings required. We listen to your needs, provide useful information and connect you to services that can help. But if you'd prefer to discuss your healthcare options over the phone, jump on to our website to make a booking or call 1300 651 988.

- **Monday 14th October 9:00am–4:00pm**

- **Tuesday 15th October 9:00am–4:00pm**

- **Wednesday 16th October 9:00am–4:00pm**

- **Thursday 17th October 9:00am–4:00pm**

St Lukes, 93 Cimitiere Street, Launceston

Enquiries: 1300 651 988

Hear Better, Live Better Hearing Event



MARIA BROWN HEARING CLINIC

We are holding a free hearing check, trial and information session for people attending our Seniors Week event for 2024. Learn about your hearing health, and how you can take care of your hearing so that you can connect and communicate with the world around you. We will provide information on listening strategies, and the opportunity to preview hearing technology and best of all, it is free of charge.

- **Thursday 17th October 9:00am–5:00pm**

Maria Brown Hearing Clinic, 9 Innes St, Launceston

Bookings: 1300 797 519 | support@mbhc.com.au (close: 17/10)

Building Bones



ST LUKES

Learn all about the importance of strength exercise as we age to help keep our muscles and bones strong and healthy. Get some practical tips and exercises from an Accredited Exercise Physiologist to help keep you strong, independent and doing the things you love! Join us at the St Lukes Launceston wellness hub for a range of health and wellbeing sessions this Seniors week.

- **Monday 14th October 2:00pm–3:00pm**

St Lukes, 93 Cimiterie Street, Launceston

Bookings: events@stlukes.com.au | <https://stlukes.simplybook.vip/v2/#book/service/136> (close: 14/10)

Enquiries: 0477 231 144

Power People – Energy Efficiency Strategies



TASNETWORKS

Join us at the Launceston Bowls and Community Club for an enlightening session with the Power People from Kings Meadows Men's Shed. Learn how you can reduce your home energy bills with practical, easy-to-implement tips. The Power People will guide you on making your home more energy-efficient, and simple tips to save money on your energy bills at home. You can stay comfortable without stretching your budget. This session will offer valuable insights to help you take control of your energy costs.

- **Wednesday 16th October 2:00pm–3:00pm**

Launceston Bowls and Community Club, 5 Home Point Parade, Launceston

Bookings: www.tasnetworks.com.au/seniorsweek

| community@tasnetworks.com.au | 1300 127 777

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 self-serve SiSU health station. It is free and simple to use, all you need is an email address and a spare 5 minutes. If you have any questions, one of our dedicated Health Navigators will be on-hand to assist. No bookings required.

- **Monday 14th October 9:00am–4:00pm**

- **Tuesday 15th October 9:00am–4:00pm**

- **Wednesday 16th October 9:00am–4:00pm**

- **Thursday 17th October 9:00am–4:00pm**

St Lukes, 93 Cimiterie Street, Launceston

Enquiries: 1300 651 988

Planning for Retirement Village Living



TASMANIAN ASSOCIATION FOR RESIDENTS OF RETIREMENT VILLAGES INC. (TARRV)

The Tasmanian Association for Residents of Retirement Villages (TARRV) will conduct a community education program as a part of Seniors Week. Information sessions will be conducted on an hourly basis as required during this time. An opportunity for attendees to talk with TARRV Committee on personal decisions is available at conversation tables. This is a great opportunity to talk with those who are living within Retirement Villages and to learn of the investigations you need to conduct before entering a contract with your chosen village.

- **Thursday 17th October 10:00am–2:00pm**

Holy Trinity Anglican Church, 34 Cameron St, Launceston

Enquiries: 0419 317 808

Launceston LGBTIQ+ Seniors Week Outing



WORKING IT OUT

Celebrating seniors in the LGBTIQ+ Launceston community. Outside activity will be planned followed by a coffee group.

- **Wednesday 16th October 1:30pm–3:00pm**

Launceston WIO Office, Kilby's Lane, 56 Cimiterie Street, Launceston

Bookings: 0438 346 122 | joseph@workingitout.org.au (close: 15/10)

LAUNCESTON (CONTINUED)

What's Your Story? Estate and Advance Care Planning Seminar ★

PUBLIC TRUSTEE

Join the Public Trustee for a free seminar and learn how to ensure your financial, legal and health care wishes are known. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advance Care Directive, and Enduring Guardianship. Everyone is welcome to these free events, and light refreshments will be provided. Bookings are essential, please visit publictrustee.tas.gov.au or call 1800 068 784.

- **Wednesday 16th October 10:00am–11:30am**

Launceston Conference Centre, 50 Glen Dhu Street

Bookings: 1800 068 784 | marketing@publictrustee.tas.gov.au
| <http://publictrustee.tas.gov.au> (close: 10/10)

Launceston Planetarium at QVMAG: Free Shows for Seniors ★

LAUNCESTON PLANETARIUM AT QUEEN VICTORIA MUSEUM

Take a journey out of this world in a full-dome experience at the Launceston Planetarium. To celebrate Seniors Week 2024, we're hosting three Planetarium shows with free tickets for Seniors:

- *The Birth of Planet Earth* tells the twisted tale of Earth's origins, examining how Earth became a living planet in the wake of our solar system's violent birth.
- *Black Holes* looks at one of the strangest types of objects in the universe, a region of space from which light cannot escape - black holes.
- *Capcom Go!* celebrates the achievement of NASA over 50 years ago – the mission during which the first men walked on the moon.

Explore the cosmos without leaving the comfort of Launceston – and all for free.

- **Tuesday 15th October 1:00pm–1:45pm (*The Birth of Planet Earth*)**

- **Wednesday 16th October: 1:00pm–1:45pm (*Black Holes*)**

- **Thursday 17th October 1:00pm–1:45pm (*Capcom Go!*)**

Launceston Planetarium, Queen Victoria Museum at Inveresk, 2 Invermay Road, Launceston

Bookings: www.qvmag.tas.gov.au/Seniors-Week-2024

Enquiries: 6323 3777 | enquiries@qvmag.tas.gov.au

Seniors Week 2024 at QVMAG: My Storybook Sculpture ★

QUEEN VICTORIA MUSEUM AND ART GALLERY

Create a 3D sculpture from a book in this fascinating and fun workshop. Join us at QVMAG for an engaging workshop as part of our Seniors Week 2024 celebrations and immerse yourself in the art of transforming old books into stunning 3D sculptures. Using our *Unbound* exhibition (opening on 5 October) as your inspiration, and old books as your canvas, you'll craft unique sculptures that tell a story – whether it's your own, someone else's, or a flight of imagination. This workshop welcomes everyone, from beginners to seasoned artists. Join us to connect with new friends, celebrate and explore your creativity, and craft a sculpture you'll be proud to take home.

- **Thursday 17th October 10:30am–2:30pm**

Queen Victoria Museum at Inveresk, 2 Invermay Road, Launceston

Bookings: www.qvmag.tas.gov.au/Seniors-Week-2024

Enquiries: 6323 3777 | enquiries@qvmag.tas.gov.au

Arts on Site: Felted Landscapes with Mae Finlayson

QUEEN VICTORIA MUSEUM AND ART GALLERY

Recreate Tasmania's landscapes, captured by the photography of Olegas Truchanas, in this immersive felting workshop. The images of celebrated photographer Olegas Truchanas are deeply rooted in his love for Tasmania's wild places. Our next Arts on Site workshop will introduce you to the art of felting, inviting you to explore the layers of Truchanas' sublime landscapes. Discover the profound sense of nature captured in *This Vanishing World: Photography of Olegas Truchanas* and let his breathtaking images inspire your creative journey. Led by textile artist Mae Finlayson, this immersive needle felting experience will merge art and nature in a captivating way. You'll learn the fascinating technique of needle felting and transform the stunning landscapes from Truchanas' photography into your own felted masterpieces.

- **Friday 18 October 2024, 1:30pm–3:30pm**

Queen Victoria Museum at Inveresk, 2 Invermay Road, Launceston

Cost: Seniors discounted ticket: \$18.90

Bookings: www.qvmag.tas.gov.au/Seniors-Week-2024

Enquiries: 6323 3777 | enquiries@qvmag.tas.gov.au

Seniors + Children's Week 2024 at QVMAG: Suminigashi and Artists' Books



QUEEN VICTORIA MUSEUM AND ART GALLERY

Explore the ancient Japanese art of Suminigashi marbling in a multi-generational art workshop. Celebrate Seniors Week, Children's Week and the *Unbound* exhibition at QVMAG by joining our fun creative workshop: Suminigashi and Artists' Books. Experience the timeless beauty of Suminigashi, the ancient Japanese art of marbling, in a workshop designed for all ages. Bring your grandchildren along and enjoy creating mesmerizing marbled prints using traditional inks. Transform these prints into unique artists' books using various creative techniques. Connect with your grandchild and share the joy of creativity to craft an artist's book together that you'll both be proud to take home.

- **Saturday 19th October 10:30am–12:30pm**

Queen Victoria Museum at Inveresk, 2 Invermay Road, Launceston

Bookings: www.qvmag.tas.gov.au/Seniors-Week-2024

Enquiries: 6323 3777 | enquiries@qvmag.tas.gov.au

Seniors + Children's Week 2024 at QVMAG: Printmaking with Emma Magnusson-Reid

QUEEN VICTORIA MUSEUM AND ART GALLERY

Explore the art of printmaking in this intergenerational creative workshop. In recognition of Senior's Week coinciding with Children's Week and to honour this year's theme, *Connecting generations*, this creative workshop gives grandchildren and grandparents the chance to create a beautiful artwork together. You'll explore the Art Gallery at Royal Park to gather inspiration, and collaborate to sketch your design. You'll receive guidance from Tasmanian artist Emma Magnusson-Reid in using the tools and materials, and you'll work together to create your printed artwork. This workshop is perfect for grandparents looking to spend quality time with their grandchildren while exploring a new creative hobby. Don't miss this opportunity to connect, create, and take home a beautiful printmaking project you'll cherish.

- **Sunday 20th October 10:30am–1:30pm**

Queen Victoria Art Gallery at Royal Park, 2 Wellington Street, Launceston

Cost: Senior: \$5 | Senior + 1 child: \$10 | Senior + 2 children: \$15

Bookings: www.qvmag.tas.gov.au/Seniors-Week-2024

Enquiries: 6323 3777 | enquiries@qvmag.tas.gov.au

Connecting Generations Storytime at Launceston Library



LAUNCESTON LIBRARY

Join us for an intergenerational storytime adventure! Aimed at children aged 2-5, storytime is packed with stories, rhymes and action songs that all generations can enjoy and cherish together.

- **Wednesday 16th October 10:00am–10:30am**

Launceston Library, 71 Civic Square, Launceston

Enquiries: 6777 2446

Intergenerational Digital Support at Launceston Library



LAUNCESTON LIBRARY

Whether you have a question about your device or just want to learn something new, our school community is here to empower and guide you every step of the way. Join us in embracing technology together.

- **Wednesday 16th October 9:30am–11:00am**

- **Friday 18th October 9:30am–11:00am**

Launceston Library, 71 Civic Square, Launceston

Enquiries: 6777 2446

Introduction to Mindfulness

ST LUKES

Interested to experience what mindfulness is all about?

Learn and explore foundational mindfulness techniques and practices to encourage present moment awareness at the St Lukes Launceston wellness hub. Mindfulness can assist you in responding rather than reacting, decrease stress levels and promote relaxation.

- **Wednesday 16th October 9:30am–11:00am**

St Lukes, 93 Cimiter Street, Launceston

Cost: \$10

Bookings: events@stlukes.com.au | <https://stlukes.simplybook.vip/v2/#book/service/128> (close: 16/10)

Enquiries: 0477 231 144

LAUNCESTON (CONTINUED)

Mat Pilates at St Lukes

ST LUKES

Join St Lukes Launceston in our new wellness hub for a range of movement, health and wellbeing sessions for the whole community. Mat Pilates is a form of exercise that focuses on strengthening the core muscles, improving flexibility and enhancing overall body alignment for all abilities. A fun and light-hearted session to help improve your body awareness, core strength and control.

- **Wednesday 16th October 12:15pm–1:00pm**

St Lukes, 93 Cimitero Street, Launceston

Cost: \$8

Bookings: events@stlukes.com.au | <https://stlukes.simplybook.vip/v2/#book/service/105> (close: 16/10)

Enquiries: 0477 231 144

Qi Gong at St Lukes



ST LUKES

Join St Lukes Launceston in our new wellness hub for a range of movement, health and wellbeing sessions for the whole community. 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. Through the harmonisation of the mind, body and breath, regulate the nervous system, enhance physical health and invigorate all levels of human experience.

- **Thursday 17th October 7:30am–8:15am**

St Lukes, 93 Cimitero Street, Launceston

Bookings: events@stlukes.com.au | <https://stlukes.simplybook.vip/v2/#book/service/106> (close: 17/10)

Who
I am
not how
old I am

LONGFORD

Connecting Generations Rock and Rhyme at Longford Library



LONGFORD LIBRARY

Rock and Rhyme is a lively song-filled session where seniors bring their young ones, or young people bring their seniors! Aimed at children aged 0-5, it's packed with songs and rhymes that all generations can enjoy and cherish together. Join us for an intergenerational musical adventure!

- **Thursday 17th October 10:15am–10:45am**

Longford Library, 55 Wellington St, Longford

Enquiries: 6777 2446

Connecting Generations Storytime at Longford Library



LONGFORD LIBRARY

Join us for an intergenerational storytime followed by a craft activity! Aimed at children aged 2-5, storytime is packed with stories, rhymes and action songs that all generations can enjoy and cherish together.

- **Thursday 17th October 11:00am–11:30am**

Longford Library, 55 Wellington St, Longford

Enquiries: 6777 2446

Restart a Heart Day: Learn Life Saving Skills and CPR



AMBULANCE TASMANIA / NORTHERN MIDLANDS COUNCIL

Join Ambulance Tasmania and the Northern Midlands Council on October 16 for "Restart a Heart Day" a special event supporting Seniors Week! We invite all community groups to come together and participate in this important day dedicated to showcasing life-saving CPR skills, using AED machines and raising awareness about cardiac arrest. Let's empower our seniors and community members to make a difference and save lives. Don't miss this chance to learn, connect, and strengthen our community!

- **Wednesday 16th October 11:00am–12:30pm**

- **Wednesday 16th October 2:00pm–4:00pm**

War Memorial Hall, 55 Wellington Street, Longford

Enquiries: 6397 7303

MOWBRAY

Afternoon Tea with the Slam Nans at Mowbray Neighbourhood House ★

CITY OF LAUNCESTON

Join us for Seniors Week and enjoy a delightful morning tea with entertaining poetry from the Slam Nans. Expect plenty of laughs and good humour as you connect with your community!

- **Wednesday 16th October 1:00pm–2:00pm**

Mowbray Neighbourhood House, Dover Street, Mowbray
Bookings: 6326 5506 | admin@nscctas.org.au (close: 11/10)

Family Matters Seniors Week Celebration ★

WELCOME CULTURAL SERVICES

Welcome Cultural Services Family Matters Program involves aging individuals from culturally and linguistically diverse communities offering activities, information sessions, and fostering connections to services while enhancing capacity and meaningful interactions. Come and join us to celebrate Seniors Week to enjoy morning tea along with fun games, food sharing, music and dancing.

- **Friday 18th October 10:00am–12:00pm**

Welcome Cultural Services, Harmony Building, 21 Haig Street, Mowbray
Enquiries: 0409 926 321

NEWNHAM

Morning Tea with the Slam Nans at NSCC ★

CITY OF LAUNCESTON

Join us for Seniors Week and enjoy a delightful morning tea with entertaining poetry from the Slam Nans. Expect plenty of laughs and good humour as you connect with your community!

- **Wednesday 16th October 10:00am–11:00am**

Northern Suburbs Community Centre, 49 George Town Road, Newnham

Bookings: 6326 5506 | admin@nscctas.org.au (close: 11/10)

Community Kite Flying Day ★

LAUNCESTON CITY MISSION

A free community Kite Flying Day for everyone – bring your kites and have some fun with the whole family! This intergenerational event celebrates both Seniors Week and Children's Week. An amazing opportunity to fly kites, watch kites being made, kite demonstrations, children's outdoor activities and face painting. A BBQ and food/coffee van will also be available.

- **Sunday 20th October 11:00am–2:00pm**

Football Oval, UTAS Campus Newnham, Newnham
Bookings: Ray Green 6335 3000 (close: 18/10)

NEWSTEAD

NIA Movement Class ★

SACRED NIA TASMANIA

Nia is an uplifting, flowing, empowering and fun movement practice that is easy to follow, gentle and healing. Suitable for all ages and abilities. Soulful music and beautiful open-hearted friendly people. Usually my class is \$20 / \$15 concession. I would like to offer a free class for Seniors Week. Participants to wear comfy clothes and bring a water bottle. Come and experience the Magic of Nia!

- **Tuesday 15th October 7:00pm–8:00pm**

- **Friday 18th October 10:00am–11:00am**

RAOB Hall, 11 Birch Avenue, Newstead
Enquiries: 0408 672 194

Keep Active and Independent with genU ★

GENU

Are you, a loved one or someone you know looking to learn about how to remain independent and stay in your own home for longer? Enjoy a cuppa and a chat to learn about genU, our services for seniors and how to access them. At genU, we're passionate about working with you to give you the service and care that's right for you. Space is limited, so please register. We can't wait to see you there!

- **Thursday 17th October 10:00am–11:30am**

PCYC, 146 Abbott St, Newstead

Bookings: 6282 0038 | volunteers@genu.org.au | <https://www.trybooking.com/events/landing/1256587> (close: 10/10)

ONLINE

Can You Spot a Scam? ★

ESAFETY COMMISSIONER

Want to learn how to protect yourself from scammers? Register for a free “Can you spot a scam?” online presentation hosted by the eSafety Commissioner as part of the Be Connected initiative. This 1-hr session covers: common scams; tips on how to spot them; what to do and what not to do; and where to go for help. Register now to book your spot. Be Connected is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians.

beconnected.esafety.gov.au

• **Thursday 17th October 3:00pm–4:00pm**

Bookings: <https://beconnected.esafety.gov.au/online-safety-presentations#spot-a-scam> (close: 17/10)

Discover Volunteering with genU ★

GENU

Be the difference, be a volunteer. Volunteering is a great way to stay active in your community. With a little time, you can make a significant difference to someone’s life. Build meaningful relationships with individuals, fostering social connections and helping to reduce feelings of loneliness. Come learn about volunteering with genU across North and South Tasmania at our online information session. Register via the link and we look forward to seeing you on the screen! Event held via Microsoft Teams: register online to receive the link. Not able to get online? Give our friendly team a call.

• **Wednesday 16th October 10:00am–11:00am**

Bookings: 6282 0038 | volunteers@genu.org.au
| www.trybooking.com/events/landing/1256590 (close: 10/10)

The Aged Care System is a Tough Nut to Crack ★

COTA (COUNCIL ON THE AGEING) TASMANIA

Give us 30 minutes to see if we can help you get it sorted! In celebration of Seniors Week 2024, the Care Finder team will offer their time to assist you, providing older Tasmanians with personalised aged care navigation and support via a phone call, Microsoft Teams, or Zoom. Services are free, providing you with personalised, independent information and guidance so that you can access the right aged care services for you. If you are eligible for Care Finder support we can also register you with the program. 30 minute appointments will be available.

• **Tuesday 15th October 9:00am–4:30pm**

Bookings: 1800 518 048

RAVENSWOOD

Lunch with the Slam Nans @ SPNH ★

CITY OF LAUNCESTON

You’re invited to “Slam Nans @ SPNH” a community luncheon to celebrate Senior’s Week 2024, featuring poetry slamming! There will be plenty of entertainment and laughs! Enjoy delicious soup, hot nibbles and something sweet.

• **Thursday 17th October 12:00pm–1:00pm**

Starting Point Neighbourhood House, 6 Prossers Forrest Road
Bookings: 6339 2861 | reception@ravenswoodnh.org (close: 14/10)

RIVERSIDE

Dress to Impress – Seniors Week Launch Party ★

WEST TAMAR POSITIVE AGEING COMMITTEE

Dust off your best Op-Shop outfit* and come along to celebrate the start of Seniors Week in 2024! “Best Dressed” competitions, prizes, activities and more! Come alone, come together or come with friends! Join us for a fun, free and lighthearted evening! *Op-Shop outfits are encouraged as a theme, but are not essential

• **Monday 14th October 6:00pm–7:30pm**

Windsor Community Precinct, 1 Windsor Drive, Riverside
Bookings: 6323 9200 (close: 7/10)

Art with Annie ★

WEST TAMAR POSITIVE AGEING COMMITTEE

Come along and explore your creative side and learn to create and paint your masterpiece, or at least have fun trying. Morning tea will be provided. Spaces are limited and bookings are essential. All supplies are included.

• **Tuesday 15th October 9:30am–12:00pm**

Windsor Community Precinct - Tamar Function Center (Lower Level), 1 Windsor Drive, Riverside
Bookings: 6323 9200 (close: 8/10)

Ageing Outrageously Over the Generations ★

WEST TAMAR ARTS GROUP

Afternoon tea and people being asked to dress outrageously. Prize for best dressed. Cost: Gold Coin

• **Friday 18th October 2:00pm–4:00pm**

Windsor Precinct, Windsor Park Drive, Riverside
Bookings: 0438 634 330 | spmodels@bigpond.net.au

ikebana Workshop – Japanese Art of Arranging Flowers



CITY OF LAUNCESTON

This is a perfect cross-generational activity! Book in with your parent, grandparent, child or grandchild! While ikebana has Buddhist roots, its development goes back to ancient Japan. The first ikebana school was established in the fifteenth century and today there are over 2,000 registered ikebana schools in Japan and a lot of interest in this art form across the world. Your teachers are Aileen Duke and Eleanor Button from the Sogetsu School of Ikebana. Aileen has taught ikebana for nearly six years in Melbourne and has recently returned from an artist's residency in France where she practiced ikebana alongside other artists in a range of media. Eleanor is a Launceston resident having completed her study, has now graduated as a Sogetsu teacher. Each workshop will last 1.5-2 hours and include a demonstration, as well as an opportunity for each participant to make and take-away two free-style arrangements in the containers provided. Information about ikebana and the Sogetsu School is provided as part of each workshop. Proudly supported by the City of Launceston. Bookings are limited. NOSS Tasmania and their partners will have priority.

- **Tuesday 15th October 10:00am–12:00pm**

- **Tuesday 15th October 1:00pm–3:00pm**

NOSS – The Red Shed, 3 Waterfront Drive, Riverside (back of bottom car park at Tailrace Function Centre)

Bookings: 6334 4911 | admin@nossinc.org.au (close: 11/10)

ROWELLA

The Bucket List

ROWELLA COMMUNITY HALL

Hyacinth and Richard Bucket hold a talent quest with the winners to attend her candlelight supper with tasty morsels of the highest calibre. An array of “contestants” fight it out for the honour of dining from her Royal Doulton with handpainted periwinkles. Enjoy a delightful afternoon of mixed entertainment and afternoon tea. Bookings required for catering purposes.

- **Thursday 17th October 1:30pm–3:30pm**

Rowella Hall, 422 Rowella Road, Rowella

Cost: Seniors \$10

- **Sunday 20th October 1:30pm–3:30pm**

Rowella Hall, 422 Rowella Road, Rowella

Cost: \$15 per adult Children \$5

Bookings: Rosemary 0400 303 841 | rowellahall@gmail.com

(close: 15/10)

SCOTTSDALE

Senior's Week Celebration with Friends



DORSET COMMUNITY HOUSE

Come share a social meal together to celebrate seniors in Dorset. Dorset senior community members are invited to join together for a two-course meal followed by tea and coffee. Enjoy great food, connect with your friends and local community, and find out about supports and services. We'll also recognise the wonderful contribution of seniors to the Dorset area. This event is hosted by Dorset Community House in partnership with Eating with Friends and is supported by Dorset Council.

- **Friday 18th October 12:00pm–2:00pm**

Nugget Sellers Pavilion, Scottsdale Recreation Ground, Scottsdale

Bookings: 0474 100 219 | admin@dorsethouse.org.au

(close: 14/10)

Scottsdale Library



LIBRARIES TASMANIA – NORTHERN COLLECTIVE

Enjoy the Scottsdale experience at the Scottsdale Library.

- **Monday 14th October 10:00am–11:00am**

- **Tuesday 15th October 10:00am–11:00am**

Scottsdale Library, 51 King Street, Scottsdale

Enquiries: 6778 8586

Connecting Generations Rock and Rhyme at Scottsdale Library



SCOTTSDALE LIBRARY

Rock and Rhyme is a lively song-filled session where seniors bring their young ones, or young people bring their seniors! Aimed at children aged 0-5, it's packed with songs and rhymes that all generations can enjoy and cherish together. Join us for an intergenerational musical adventure!

- **Monday 14th October 10:30am–11:00am**

Scottsdale Library, 51 Scott Street, Scottsdale

Enquiries: 6777 2446

SIDMOUTH

Sidmouth Hall Presents The Big Singalong

SIDMOUTH HALL

Performing popular evergreen songs from the 1950s onward, join in the Big Singalong with Val and Kerry as we stroll across time and along memory lane, performing songs with voice and guitar. Sing along with us or sit back, relax and enjoy, close your eyes and let your memories stir, taking you on a journey to yesteryear. Afternoon tea is included.

- **Wednesday 16th October 1:00pm–3:30pm**

Sidmouth Hall, 255 Batman Highway, Sidmouth

Cost: \$10 – includes afternoon tea

Bookings: Lorraine on 0438 433 953

SOUTH LAUNCESTON

Dementia Unmasked – A Workshop for Boomers and Zoomers

CARE FORWARD

Dementia Unmasked is a fun, informative session that brings together the carers of tomorrow with the carers of today. This interactive session is a great opportunity for older Tasmanians and those studying in college or TAFE to understand the experience of people living with dementia. Participants will learn care strategies for people living with dementia, whether they are in a paid caring role, or if that person is a friend or family member. Be prepared to be surprised, have a laugh, and learn along the way!

- **Wednesday 16th October 1:30pm–3:30pm**

Launceston Conference Centre – Room 7, 50 Glen Dhu Street

Bookings: 1300 364 876 | info@careforward.com.au (close: 10/10)

Enquiries: 0481 586 822

ST HELENS

Free Bus Trip to Bicheno

BREAK O'DAY COUNCIL

Come and enjoy a trip to Bicheno's East Coast Natureworld wildlife park and a free BBQ lunch at Bicheno's Lions Park. Departing St Helens at 9:00am – return at approximately 5:00pm.

- **Tuesday 15th October 9:00am–5:00pm**

Council Office, 32-34 Georges Bay Esplanade, St Helens

Enquiries: 6376 7900

ST LEONARDS

Croquet

SCHOOL FOR SENIORS

Croquet an easy to learn, passive, social sport for all ages and abilities. All equipment provided, coaches on site, cuppa at finish. Please wear flat soled shoes. Come and try croquet and enjoy this great game with great people.

- **Monday 14th October 10:00am–11:00am**

- **Thursday 17th October 10:00am–11:30am**

Northern Tasmania Croquet Centre, St. Leonards Sports Centre

Enquiries: 0439 310 070

Come and Try Croquet Day

NORTH ESK CROQUET CLUB

Come and join in the fun at the North Esk Croquet Club. Join us for a free trial during Seniors Week.

- **Tuesday 15th October 10:00am–12:00pm**

North Esk Croquet Club, St Leonards Sports Centre, St Leonards

Enquiries: 0419 533 717



The members of the Handweavers, Spinners & Dyers Guild promote the textile crafts by sharing their knowledge and skills with others, by informal teaching at meetings, and also through workshops and demonstrations. Throughout Tasmania there are groups of the Guild which have regular meetings.

www.hwsdguildtasmania.org
info@hwsdguildtasmania.org



WESTBURY

Mahjong at Westbury Library



WESTBURY LIBRARY

Come and try mahjong at Westbury Library this Seniors Week. Never played before? No problem, as there will be friendly, experienced players to help.

- **Wednesday 16th October 1:00pm–3:00pm**

Westbury Library, 33 William St, Westbury

Enquiries: 6777 2446

Intergenerational Digital Support at Launceston Library



WESTBURY LIBRARY

Whether you have a question about your device or just want to learn something new, our school community is here to empower and guide you every step of the way. Join us in embracing technology together.

- **Wednesday 16th October 9:30am–11:00am**

Westbury Library, 33 William St, Westbury

Enquiries: 6777 2446

Play Cards at Westbury Library



WESTBURY LIBRARY

Come and try your hand playing cards at Westbury Library this Seniors Week. Never played before? No problem as there will be friendly, experienced players to help.

- **Thursday 17th October 2:15pm–3:30pm**

Westbury Library, 33 William St, Westbury

Enquiries: 6777 2446

Crochet at Westbury Library



WESTBURY LIBRARY

Bring your crochet project or just come along to be inspired at Westbury Library this Seniors Week.

- **Friday 18th October 2:00pm–4:00pm**

Westbury Library, 33 William St, Westbury

Enquiries: 6777 2446

YOUNGTOWN

ikebana Workshop – Japanese Art of Arranging Flowers



CITY OF LAUNCESTON

This is a perfect cross-generational activity! Book in with your parent, grandparent, child or grandchild! While ikebana has Buddhist roots, its development goes back to ancient Japan. The first ikebana school was established in the fifteenth century and today there are over 2,000 registered ikebana schools in Japan and a lot of interest in this art form across the world.

Your teachers are Aileen Duke and Eleanor Button from the Sogetsu School of Ikebana. Aileen has taught ikebana for nearly six years in Melbourne and has recently returned from an artist's residency in France where she practiced ikebana alongside other artists in a range of media. Eleanor is a Launceston resident and having completed her study, has now graduated as a Sogetsu teacher. Earlier this year Aileen and Eleanor held an ikebana exhibition and demonstration in nearby Franklin House. Each workshop will last 1.5-2 hours and include a demonstration, as well as an opportunity for participants to make and take home two free-style arrangements in the containers provided. Information about ikebana and the Sogetsu School is provided as part of each workshop. Come and join in this relaxing and enjoyable activity! Proudly supported by the City of Launceston.

- **Wednesday 16th October 10:00am–12:00pm**

- **Wednesday 16th October 1:00pm–3:00pm**

Franklin House, 413-419 Hobart Road, Youngtown Bookings: 6344 7824 | franklin@nationaltrusttas.org.au (close: 11/10)



Stay up-to-date!

COTA Tasmania's *Rethink Ageing* monthly e-newsletter presents COTA's ongoing projects and raises awareness of issues affecting older Tasmanians.

Signing-up to receive the e-newsletter is easy and free – simply scan this QR code or visit cotatas.org.au/about-us/newsletter and fill-in the online form.



You can also call us on (03) 6231 3265.

Travel for **FREE** with Metro during **Seniors Week!**

Simply present your Seniors Card to travel for free between 14 - 20 October 2024!



To learn more, get a GreenCard, or for help in planning your journey:

📍 metrotas.com.au | 📞 13 22 01 | 💬 contact@metrotas.com.au

Metro

what's
your
story

Film
Night

Seniors Week
events in the
**NORTH
WEST**

come and
try Boules

ARCHERY

WORKSHOP

Community
Garden

SKILLS
SESSION

Morning
Tea



BURNIE

What's Your Story? Estate and Advance Care Planning Seminar



PUBLIC TRUSTEE

Join the Public Trustee for a free seminar and learn how to ensure your financial, legal and health care wishes are known. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advance Care Directive, and Enduring Guardianship. Everyone is welcome to these free events, and light refreshments will be provided. Bookings are essential, please visit publictrustee.tas.gov.au or call 1800 068 784.

- **Tuesday 15th October 10:00am–11:30am**

Burnie Library, 30 Alexander Street, Burnie

Bookings: 1800 068 784 | marketing@publictrustee.tas.gov.au
| <http://publictrustee.tas.gov.au> (close: 10/10)

Scones and Songs



BURNIE CHILD & FAMILY LEARNING CENTRE

Join us for an afternoon of scones and songs as we celebrate Seniors Week during our Baby Mother Goose Nursery Rhyme Program.

- **Wednesday 16th October 1:00pm–2:00pm**

Burnie Child & Family Learning Centre, 36 Thorne Street

Bookings: 6430 4222 | shandel.pile@decyp.tas.gov.au
(close: 11/10)

Drop in and Learn



BURNIE SCHOOL FOR SENIORS

We have interesting presentations from two club members in the first hour, a half-hour morning tea and chat, then a one-hour presentation from a guest speaker followed by a wonderful lunch at a nearby restaurant with a group of members.

- **Tuesday 15th October 10:00am–12:30pm**

Upper Burnie Sports Centre, 2 Southwell Street, Upper Burnie
Enquiries: 0417 035 444

Care Finder in the Community



COTA (COUNCIL ON THE AGEING) TASMANIA

Are you 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 are here to work alongside you to access aged care and other support services. Visit our pop-up stall during Seniors Week to learn about our service, register for our program (if eligible), get help and advice. No bookings required. Our team is here to listen and support you.

- **Thursday 17th October 10:0am–2:00pm**

Burnie Plaza, 24 Mount Street, Burnie

Enquiries: 1800 518 048

CRADLE MOUNTAIN

Day Keeper Tour

DEVILS@CRADLE

Devils@Cradle is a unique Tasmanian conservation sanctuary located at the entrance to the spectacular World Heritage listed Cradle Mountain National Park. On our Day Keeper Tour a keeper will lead you through the sanctuary and provide you with a thorough insight into the operation of a working sanctuary and explain the importance of various conservation programs for these three unique and threatened animals. Tour also includes general entry for a leisurely stroll through the sanctuary in either the morning or the afternoon.

- **Monday 14th October 10:30am–11:15am**
- **Monday 14th October 3:00pm–3:45pm**
- **Tuesday 15th October 10:30am–11:15am**
- **Tuesday 15th October 3:00pm–3:45pm**
- **Wednesday 16th October 10:30am–11:15am**
- **Wednesday 16th October 3:00pm–3:45pm**
- **Thursday 17th October 10:30am–11:15am**
- **Thursday 17th October 3:00pm–3:45pm**
- **Friday 18th October 10:30am–11:15am**
- **Friday 18th October 3:00pm–3:45pm**
- **Saturday 19th October 10:30am–11:15am**
- **Saturday 19th October 3:00pm–3:45pm**
- **Sunday 20th October 10:30am–11:15am**
- **Sunday 20th October 3:00pm–3:45pm**

Devils@Cradle, 3950 Cradle Mountain Rd, Cradle Mountain

Cost: Adults \$25 | Seniors \$20 | Children \$15

Enquiries: 6492 1491

DEVONPORT

Back on Your Bike



BICYCLE NETWORK

If you haven't been on a bike in a while, we will help you to brush up those skills to get riding! We will provide all the equipment and an instructor to go over the basics, we have bicycles and trikes so if your balance isn't what it used to be we have you covered. We can help if you want to try an ebike or can answer any questions about bikes you have. Riding is a great way to stay healthy, meet new people and to cut down those extra fuel dollars.

- **Tuesday 15th October 12:30pm–2:00pm**

Market Square, Fenton Way, Devonport

Bookings: 0475 803 663 | tamikap@bicyclenetwork.com.au
(close: 15/10)

Power People – Energy Efficiency Strategies



TASNETWORKS

Join us in the Community Shed at the Devonport Community House for an enlightening session with the Power People from Waratah and Rosebery Men's Sheds. Learn how you can reduce your home energy bills with practical, easy-to-implement tips. The Power People will guide you on making your home more energy-efficient, and simple tips to save money on your energy bills at home. You can stay comfortable without stretching your budget. This session will offer valuable insights to help you take control of your energy costs.

- **Thursday 17th October 10:00am–11:00am**

Devonport Community House, 10 Morris Avenue, Devonport
Bookings: www.tasnetworks.com.au/seniorsweek
| community@tasnetworks.com.au | 1300 127 777

Dementia Unmasked – A Workshop for Boomers and Zoomers



CARE FORWARD

Dementia Unmasked is a fun, informative session that brings together the carers of tomorrow with the carers of today. This interactive session is a great opportunity for older Tasmanians and those studying in college or TAFE to understand the experience of people living with dementia. Participants will learn care strategies for people living with dementia, whether they are in a paid caring role, or if that person is a friend or family member. Be prepared to be surprised, have a laugh, and learn along the way!

- **Monday 14th October 1:30pm–3:30pm**

paranaple centre – Quoiba Room, 145 Rooke Street, Devonport
Bookings: 1300 364 876 | info@careforward.com.au
(close: 10/10)
Enquiries: 0481 586 822

NIA Movement Class



SACRED NIA TASMANIA

Nia is an uplifting, flowing, empowering and fun movement practice that is easy to follow, gentle and healing. Suitable for all ages and abilities. Soulful music and beautiful open-hearted friendly people. Usually classes cost \$20 / \$15 concession. This is a free offer for Seniors Week. Participants to wear comfy clothes and bring a water bottle. Come and experience the Magic of Nia!

- **Sunday 20th October 5:30pm–6:30pm**

Don Hall, 17 Forth Road, Devonport
Enquiries: 0408 672 194

Wi-Fi Networks and Online Safety



DEVONPORT ONLINE DIGITAL HELP CENTRE

Discover the essentials of Wi-Fi, including how to connect to public networks and protect yourself online. Our helpful staff will also offer advice on creating strong passwords and recognising scams.

- **Monday 14th October 10:00am–11:00am**

paranaple, Level 1, 137 Rooke Street, Devonport
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 11/10)

Email and Internet Basics



DEVONPORT ONLINE DIGITAL HELP CENTRE

Learn how to use email, send attachments, and manage unwanted messages. We'll also show you how to search effectively in your email and on the internet.

- **Monday 14th October 1:00pm–2:00pm**

paranaple, Level 1, 137 Rooke Street, Devonport
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 11/10)

App Help



DEVONPORT ONLINE DIGITAL HELP CENTRE

Need assistance with finding, installing, updating, or deleting apps? We're here to help you streamline and organise your screen for easier access to your favourite apps.

- **Tuesday 15th October 10:00am–11:00am**

paranaple, Level 1, 137 Rooke Street, Devonport
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 14/10)

Android Phones and Tablets



DEVONPORT ONLINE DIGITAL HELP CENTRE

Join us to learn more about your Android phone or tablet. Is your screen timing out too quickly? Want to make other changes but don't know how? Bring your device and your questions.

- **Tuesday 15th October 1:00pm–2:00pm**

paranaple, Level 1, Rooke Street, Devonport
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 14/10)

DEVONPORT (CONTINUED)

Converting Video Tapes to DVD



DEVONPORT ONLINE DIGITAL HELP CENTRE

Want to reminisce by watching your old home movies, but no longer have a working VCR? Learn how to convert your old VHS video tapes into digital format, allowing you to save them on DVD or USB.

- **Wednesday 16th October 10:00am–11:00am**

paranaple, Level 1, Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 15/10)

Converting Old Audio Media



DEVONPORT ONLINE DIGITAL HELP CENTRE

Do you wish you could listen to some of your old music in the car or on a walk? Learn how to convert your old vinyl records or audio cassette tapes into digital format, allowing you to save it on CD or USB.

- **Wednesday 16th October 1:00pm–2:00pm**

paranaple, Level 1, 137 Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 15/10)

General Computer Maintenance



DEVONPORT ONLINE DIGITAL HELP CENTRE

Learn how to perform basic computer maintenance to keep your system running smoothly. Learn to clean up files, update software, and run antivirus scans and more.

- **Thursday 17th October 10:00am–11:00am**

paranaple, Level 1, 137 Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 16/10)

Buying and Selling Online



DEVONPORT ONLINE DIGITAL HELP CENTRE

Have items you no longer need? Want to turn clutter into cash? Learn how to buy and sell online using platforms like Gumtree and eBay. Bring a few photos, and we can assist you in setting up your first listing.

- **Thursday 17th October 1:00pm–2:00pm**

paranaple, Level 1, Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 16/10)

iPhone and iPad Basics



DEVONPORT ONLINE DIGITAL HELP CENTRE

Join us to learn more about your iPhone or iPad. Is your screen timing out too quickly? Want to make other changes but don't know how? Bring your device and your questions.

- **Friday 18th October 10:00am–11:00am**

paranaple, Level 1, Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 17/10)

Using the Cloud



DEVONPORT ONLINE DIGITAL HELP CENTRE

Have you heard about the cloud but don't quite understand what it is? Let us explain how the cloud works and how you can use it to back up, store, or share files and photos.

- **Friday 18th October 1:00pm–2:00pm**

paranaple, Level 1, 137 Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 17/10)

Managing Photos



DEVONPORT ONLINE DIGITAL HELP CENTRE

Learn how to transfer and back up your photos between devices, organise them into folders for easier access, and delete unwanted images. We can also show you how to crop or rotate a photo.

- **Saturday 19th October 10:00am–11:00am**

paranaple, Level 1, 137 Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 18/10)

What's Your Story? Estate and Advance Care Planning Seminar



PUBLIC TRUSTEE

Join the Public Trustee for a free seminar and learn how to ensure your financial, legal and health care wishes are known. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advance Care Directive, and Enduring Guardianship. Everyone is welcome to these free events, and light refreshments will be provided. Bookings are essential, please visit publictrustee.tas.gov.au or call 1800 068 784.

- **Tuesday 15th October 3:00pm–4:30pm**

Paranaple Arts Centre, 137 Rooke Street, Devonport

Bookings: 1800 068 784 | marketing@publictrustee.tas.gov.au

| <http://publictrustee.tas.gov.au> (close: 10/10)

EAST DEVONPORT

Roast Lunch at Orana



BAPTCARE ORANA

Come in for a delicious, homestyle cooked roast meal, and scrumptious dessert. Then stay afterwards for fun activities, with prizes to be won!

- **Thursday 17th October 11:30am–3:00pm**

Bapcare Orana, 31 Murray street, East Devonport

Bookings: 6421 8000 | jaccam88@yahoo.com.au (close: 10/10)

LATROBE

Come and Try Lawn Bowls at the Latrobe Bowls Club

LATROBE BOWLS CLUB

All seniors are welcome to a come and try day at the club. All equipment will be provided and a qualified coach will be available to give instructions on the basics of playing lawn bowls. Come along and try – you may be pleasantly surprised on how much you enjoy it!

- **Wednesday 16th October 1:00pm**

Latrobe Bowls Club, 3 Victor Street, Latrobe

Enquiries: 6426 1276 | bowlsclub@latrobebowlsclub.com

ONLINE

Can You Spot a Scam?



ESAFETY COMMISSIONER

Want to learn how to protect yourself from scammers? Register for a free “Can you spot a scam?” online presentation on Thursday 17 October at 3pm, hosted by the eSafety Commissioner as part of the Be Connected initiative. This 1-hr session covers: common scams; tips on how to spot them; what to do and what not to do; and where to go for help. Register now to book your spot. Be Connected is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians.

- **Thursday 17th October 3:00pm–4:00pm**

Bookings: <https://beconnected.esafety.gov.au/online-safety-presentations#spot-a-scam> (close: 17/10)

Enquiries: www.beconnected.esafety.gov.au

Discover Volunteering with genU



GENU

Be the difference, be a volunteer. Volunteering is a great way to stay active in your community. With a little time, you can make a significant difference to someone's life. Build meaningful relationships with individuals, fostering social connections and helping to reduce feelings of loneliness. Come learn about volunteering with genU across North and South Tasmania at our online information session. Register via the link and we look forward to seeing you on the screen! Event held via Microsoft Teams: register online to receive the link. Not able to get online? Give our friendly team a call.

- **Wednesday 16th October 10:00am–11:00am**

Online via Teams

Bookings: 6282 0038 | volunteers@genu.org.au

| www.trybooking.com/events/landing/1256590 (close: 10/10)

PORT SORELL

Connection Between Generations

ONECARE LIMITED – RUBICON GROVE

We will open the cafe and showcase our wonderful facility and area that we live in. Bookings are essential.

- **Thursday 17th October 1:30pm–3:00pm**

Rubicon Grove, 89 Club Drive, Port Sorell

Cost: \$5

Bookings: 6427 5704 (close: 10/10)

QUEENSTOWN

Health Fest West



WEST COAST COUNCIL

The Health Fest West event will consist of a showcase of healthy living and ageing on the West Coast and will incorporate many stakeholders who work in the health industry or related fields such as mental health. We also intend showcasing ageing, exercise/wellbeing, volunteering, education and healthy food. A few examples are listed below however, final details will follow in due course. Get ready to dive into the heart of our vibrant community at its upcoming Healthy living festival! Chat with our Healthy living service providers, stakeholders and educators; sample free healthy food, recipes and delicious treats at the wonderful market stalls; participate in fun, healthy activities such as riding the smoothy bike and learning about how to improve your wellbeing experiences; UTAS staff and researchers will be sharing health and education information around differing health

disciplines in Tasmania. The UTAS big 'brain' is one activity which you can walk through and learn about how we are researching in many areas including risk factors around dementia and how research shows 40% of cases may be prevented through lifestyle changes. Guest speakers on many health related topics; Health screening i.e. dental, eyes, hearing, skin cancers, bone health, breast screening, blood pressure monitoring, and much, much more! Pop-ups will also be happening around the West Coast at select locations before the event. A full list of activities, speakers and stallholders will be announced early Sept 2024.

- **Saturday 19th October 9:00am–5:00pm**
Queenstown, 10 McNamara Street, Queenstown
Enquiries: 0428 429 962

SHOREWELL PARK

OneCare – Umina Park Open Day ★

ONECARE LIMITED – UMINA PARK

Come along and see what OneCare has to offer at Umina Park Aged Care Facility. You can book a tour to see the facility. Please join us in staying for a scone and a cup of tea/coffee.

- **Tuesday 15th October 11:00am–12:00pm**
Umina Park, 22 Mooreville Rd, Shorewell Park
Bookings: 6433 5108 (close: 8/10)
Enquiries: 0439 041 153 | 6433 5108

SMITHTON

Power People – Energy Efficiency Strategies ★

TASNETWORKS

Join us in the Training Room at Smithton Library for an enlightening session with the Power People from Waratah and Rosebery Men's Sheds. Learn how you can reduce your home energy bills with practical, easy-to-implement tips. The Power People will guide you on making your home more energy-efficient, and simple tips to save money on your energy bills at home. You can stay comfortable without stretching your budget. This session will offer valuable insights to help you take control of your energy costs.

- **Thursday 17th October 2:30pm–3:30pm**
Smithton Library, 134-140 Nelson Street, Smithton
Bookings: www.tasnetworks.com.au/seniorsweek
| community@tasnetworks.com.au | 1300 127 777

TURNERS BEACH

Mum's, Dad's, Nan's and Pop's Bike Ride – Bring the Family if You Can ★

BICYCLE NETWORK – NORTH WEST RECREATIONAL RIDERS

A scenic, easy, family bike ride between Turners Beach and Don Heads – out and back along the scenic Coastal Pathway. Opportunities to turn back early to suit those who want to. Especially looking forward to being joined by multi-generational groups. (Children need to be competent bike riders or passengers in a suitable seat – there are a few hills in the full ride). The ride will be guided by qualified leaders (Bicycle Network) and will start with a bike check-over for those wanting one. Riders are responsible for themselves on public roads and paths and for children aged under 16. Opportunity for a pre-ride drink and post-ride lunch at the famous Berry Patch.

- **Sunday 20th October 10:30am**
Berry Patch car park, Blackburn Drive, Turners Beach
Enquiries: 0418 508 435

ULVERSTONE

Cargo EBike – New and Exciting Program in Ulverstone ★

CENTRAL COAST COUNCIL

Imagine the delight of cycling the pathways along the Leven River either as a volunteer pilot of a ECargo bike or as a passenger taking in the sights! New to Ulverstone is this delightful community cycling experience. During Seniors Week there will be an opportunity to look over the bikes, enjoy a ride or enquire about becoming a volunteer pilot (rider).

- **Thursday 17th October 10:00am–1:00pm**
Gnomon Pavilion, Ulverstone Wharf
Bookings: 6429 8900 | admin@centralcoast.tas.gov.au
| www.centralcoastcouncil.tas.gov.au

Women's Shed Open Day ★

CENTRAL COAST COUNCIL

A day at the Central Coast Community Shed for women to learn all things workshop and enjoy the company, chinwag and a cuppa with other like-minded women.

- **Tuesday 15th October 10:30am–11:30am**
Women's Shed, Ulverstone Show Grounds
Bookings: 6429 8900 | admin@centralcoast.tas.gov.au | www.centralcoastcouncil.tas.gov.au

Men's Shed Open Day



CENTRAL COAST COUNCIL

The Ulverstone Men's Shed program offers a safe and social place to visit, meet new people and make some good gear out of wood! Or sit by the fire and chat, potter in the garden or tinker on the welder.

- **Wednesday 16th October 10:30am–11:30am**

Men's Shed, Ulverstone Show Grounds

Bookings: 6429 8900 | admin@centralcoast.tas.gov.au |

www.centralcoastcouncil.tas.gov.au

Connect Café

CENTRAL COAST COUNCIL

Visit our pop-up café which aims to enable connection with new and old friends. Morning tea and entertainment will be provided in a safe, inviting space.

- **Tuesday 15th October 10:00am–12:00pm**

Gnomon Pavilion, Ulverstone Wharf

Cost: Donation

Bookings: 6429 8900 | admin@centralcoast.tas.gov.au |

www.centralcoastcouncil.tas.gov.au

WEST ULVERSTONE

Come and Try Golf at Ulverstone Golf Club



GOLF AUSTRALIA

All seniors are welcome to come and try golf at Ulverstone golf club with PGA Professional Darren Spencer. All equipment will be provided, if you have your own please bring with you. The session will allow you to understand the basics of playing golf & you will be in the company of like minded people in a friendly and fun environment. Please register at: <https://www.golf.org.au/getintogolf/home> (Please search by postcode)

- **Sunday 20th October 12:30pm–1:30pm**

Ulverstone Golf Club, Lobster Creek Rd, West Ulverstone

Bookings: 6425 2322 | simon.weston@golf.org.au |

www.golf.org.au/getintogolf/home (close: 20/10)

WYNYARD

Self Care Session

EMILY MASSAGE THERAPIST

Hosted by Emily, a qualified remedial massage therapist. Learn simple stretches from a chair position; learn simple self-massage techniques; engage in wellbeing discussions on a range of topics. Enjoy light refreshments afterwards. Open to all ages.

- **Monday 14th October 10:00am–11:00am**

Frederick Street Reserve, Lowe Street, Wynyard

Cost: \$5

Bookings: 0413 955 098 | hanson.j.emily@mail.com

(close: 11/10)

Wynyard Historical Society Open Days



WYNYARD HISTORICAL SOCIETY

Open days at the Society Rooms, Wynyard. Come and see what information we have about the history of Wynyard. We have maps, books, photos and documents. You can talk to our members and ask questions.

- **Monday 14th October 2:00pm–4:00pm**

- **Wednesday 16th October 11:00am–3:00pm**

Room 1, Community Centre, 48 Hogg Street, Wynyard

Enquiries: 0400 113 496

An Afternoon of Music, Movement and Mindfulness



WARATAH-WYNYARD COUNCIL

1 x 60minute "Tune into you" workshop (aimed at senior citizens only) – gentle Chi-Kung/Dao Yin movements to stimulate circulation and internal – energy. Body percussion to switch on inner beat, rhythmic flow, stimulate brain function – engaging in group singing to boost mood and memory – guided meditation and sound healing for relaxation followed by 1 x 60minute "Come and Try Trad Irish Music workshop" (intergenerational, beginners welcome). School-aged children are invited to participate and seniors are encouraged to invite their own grandchildren. No music experience necessary. Participants are invited to try a range of instruments in traditional Irish style, including tin whistle, bodhran, keyboard.

- **Wednesday 16th October 2:00pm–4:30pm**

Railway Institute Hall, Station Street, Wynyard

First aid for burns

Treating a burn quickly is important.



REMOVE

Remove yourself from danger and remove any clothing or jewellery from near the burn



Remove clothing as they can stay hot.



COOL

Place the burn under cool, gently running water for 20 minutes



Do not use ice, ointments or anything else on burns.

Cover burns with a clean dressing and seek medical help.



PREVENT



REMOVE



COOL



COVER



SEEK

Learn more from the Tasmanian Burns Unit at health.tas.gov.au/burns and the Australian & New Zealand Burn Association anzba.org.au



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

*We'll get you where
you need to be!*



CTST are a not-for-profit service that delivers door-to-door transport across the state, supporting people to live well, maintain their independence, and connect with community. We can take you to...

- ✓ medical appointments,
- ✓ shopping,
- ✓ chemist,
- ✓ local events and activities,
- ✓ visiting friends and family,
- ✓ ...and plenty more places, just ask us!

Our service is available to older Tasmanians aged 65 years+ (50 years+ for First Nations people) who need transport assistance under **CHSP** or **HCP**. Registered carers travel for free.



CONTACT US:

1800 781 033

info@ctst.org.au

www.ctst.org.au



WREST POINT HOTEL & CASINO TIMELESS TALES TOUR & LUNCH PACKAGE*

14-18 October 2024

Join us for a historical tour of Australia's first legal casino, and discover the fascinating tales from the past five decades. From Tina Turner to Johnny Cash, discover more about the powerhouse acts that have graced the stages at Wrest Point, and explore the stories that have shaped all 17 levels of the iconic Tower.

After the tour, treat yourself to a mouthwatering carvery and dessert buffet on the waterfront at Boardwalk Bistro.



DISCOVER MORE

*This offer is exclusive to seniors. Bookings required.





Free energy advice for when you need it most

TasNetworks have partnered with Uniting's Energy Support Program to help you better understand your energy use and take steps to lower your power bills.

Know your bill

Learn what you're being charged and how to make savings.

Discounts and concessions

Make sure you're getting the discounts and concessions you're eligible for.

Energy efficiency

Get tips to make your home more energy-efficient, saving you money.

Payment support

Get help managing your budget or arranging a payment plan.

Energy rights

Know your rights as a customer, so you can make sure you are treated fairly.

Translation services

If you speak another language, we can help you understand in your language.

Book your free appointment today:

Call **1800 313 126**

Email **energy@vt.uniting.org**

Learn more at **tasnetworks.com.au/uniting**

Uniting


TasNetworks

Powering a
Bright Future

Savings galore for Tasmanian seniors!

As we celebrate 30 years of the Tasmanian Seniors Card, card holders can now enjoy generous discounts from over 600 local businesses!

Pick up your free copy of the **2023-2024 Seniors Guide** from Service Tasmania, Libraries Tasmania, and Visitor Information Centres, or visit the website.

Haven't got a 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



Service
Tasmania



The R U OK? Your natter matters resources include activities and practical tips on how to stay connected with seniors in your community and ask, 'are you OK?'.

Learn more at ruok.org.au

RUOK?TM
A conversation could change a life.



Rainbow Connections

An Aged Care Volunteer Visitors Scheme initiative by Working It Out

WORKING IT OUT AND THE ACVVS DREAM OF AGED CARE SERVICES WHERE...



LGBTIQA+ people feel connected to their community so their physical, emotional and psychological health and wellbeing are supported.



Social connection based on recognising and valuing the 'whole person' is recognised as a vital element of care planning.



The Aged Care Volunteer Visitors Scheme (ACVVS) is thriving nationally, with requests for peer volunteers to visit LGBTIQA+ people who receive aged care services.



Training and advocacy continues to build for providers, residents and LGBTIQA+ peer visitors, to uphold their human rights to culturally safe opportunities for social connection.

But we're not there yet, so join us in making a difference! Volunteer today or reach out to connect with a peer visitor and help drive positive change. Find out how you can get involved by contacting us below.

AGED CARE SERVICE RECIPIENTS

If you are a member of the rainbow family, receive aged care services, and would like a visitor, contact details are below. We can't wait to hear from you!

VOLUNTEERS

Rainbow Community: Would you like to make a difference to the lives of rainbow elders? Become a Rainbow Connections volunteer today!

AGED CARE PROVIDERS

Contact us for workforce development and to refer your LGBTIQA+ care recipients.

This project is funded by the Commonwealth Department of Health and Aged Care.

CONTACT

Worthy Starling at
acvvs@workingitout.org.au or 03 6231 1200



COTA (Council on the Ageing) Tasmania

Care Finder

Are you 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.



This program is supported by funding from Primary Health Tasmania (Tasmania PHN) through the Australian Government's Primary Health Networks Program.



Connect with us at:

1800 518 048

carefinder@cotatas.org.au

www.cotatas.org.au/carefinder

