



SENIORS WEEK



16–22 OCT 2023





Have you got all your ducks in a row?

Estate and Advanced Care Planning

Join us at one of our free state-wide seminars to learn how you can take proactive steps to ensure your financial, legal and health care wishes are secure. We will be focusing on important documents such as a Will, Enduring Power of Attorney, Advanced Care Directive, and Enduring Guardianship.

The Public Trustee 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. In Hobart, Palliative Care Tasmania will also join us for a more in-depth conversation about Advanced Care Directives.

Everyone is welcome and bookings are open until Thursday, October 12, 2023.

To book visit publictrustee.tas.gov.au or call 1800 068 784. Space is limited, so book early.

Date	Time	Venue
Tuesday, 17 October	3 – 4:30pm	Burnie Library, 30 Alexander St, Burnie
Wednesday, 18 October	10 – 11:30am	Paranple, Market Square, 137 Rooke St, Devonport
Wednesday, 18 October	3 – 4:30pm	Launceston Conference Centre, 50 Glen Dhu St, Launceston
Thursday, 19 October	10 – 11:30am	Rydges North Hobart, 393 Argyle St, North Hobart

VISIT publictrustee.tas.gov.au **CALL** 1800 068 784

PublicTrustee
Every moment counts

Message from the Minister



Older Tasmanians make such an enormous contribution to our state.

For me personally, it's

those people in my life who have a treasure trove of advice, knowledge, wisdom, and experience that are a great influence on me, the person I try to be and the decisions I make.

Our Tasmanian Government is proud to support COTA Tasmania and the many events taking place during Seniors Week. This is the 25th anniversary that the event has been celebrated, making 'Celebrate' a brilliant theme.

We are committed to creating an age-friendly community that ensures every Tasmanian, regardless of their age, can access health care and education opportunities, participate in their community in any way they choose, feel safe and secure, and have their values and preferences respected.

Strong, Liveable Communities: Tasmania's Active Ageing Plan 2017-22 supported older Tasmanians to maintain their health, increase their participation, continue to learn, and feel secure as they age across the areas of health, lifelong learning, participation and security.

Now we look to the future.

Last year, COTA Tasmania – supported by the Tasmanian Government – undertook initial community consultations in preparation for the

development of the Government's next plan to support older Tasmanians, building upon the work achieved under the Active Ageing Plan.

I warmly thank and acknowledge those organisations who along with COTA Tasmania bring Seniors Week to life with a range of exciting social, cultural, and educational events.

Our older Tasmanians' hard work, accomplishments and contributions to our great State most certainly never go unnoticed. Whether you are in the south, north, northwest or east, I hope there is an event in this guide that sparks your interest.

Jo Palmer

Minister for Community Services and Development

Opening event for COTA Tasmania's Seniors Week celebration!

Get ready to start Seniors Week with a bang! COTA Tasmania is thrilled to invite you to the opening event that promises fun, connections, and celebration. While the finer details are still under wraps, we can guarantee that it's going to be an event to remember.

As we mark the 25th anniversary of Seniors Week and embrace the theme of "Celebrate," this opening event will set the tone for the week. Join us as we celebrate older Tasmanians and launch the festivities of Seniors Week 2023 with a catered party. It's an opportunity to come together, enjoy good company, and share in the joy of this remarkable milestone.

Stay tuned for more detail as we finalise the plans. Don't miss out on this chance to be a part of the Seniors Week excitement right from the start. We can't wait to celebrate with you!

For updates, visit: www.cotatas.org.au/programs/seniorsweek



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.

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.

COVID-19

COTA strongly encourages all Seniors Week event organisers to maintain COVID-safe plans and actions throughout Seniors Week. Seniors Week event organisers should continue to check COVID-19 safety information and precaution recommendations 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



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!

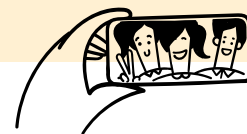
Send us a note or email. Or complete the official survey form available at Seniors Week events, which takes less than two minutes to complete.

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.

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



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Tasmania
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(03) 6231 3265

Program produced by COTA Tasmania

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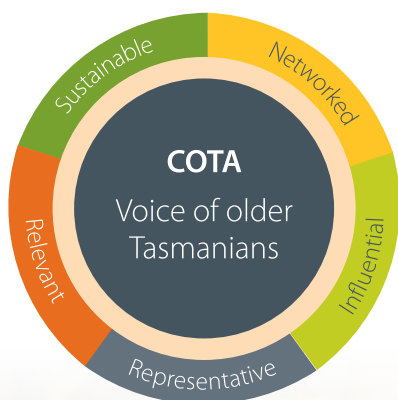
Our vision and mission

Our vision:

Ageing in Australia is a time of possibility, opportunity and influence.

Our mission:

We advance the rights, interests and futures of Australians as we age.



This year we CELEBRATE!



We celebrate the 25th anniversary of Seniors Week, and we CELEBRATE the privilege of ageing!

COTA Tasmania

and the Tasmanian Government warmly welcome you to participate in the many Seniors Week events and activities on offer around the state from 16-22 October 2023.

COTA Tasmania has been working around the clock with event organisers and stakeholders to ensure that the 25th anniversary of Seniors Week is truly a celebration to be remembered. It was no accident that CELEBRATE was chosen as this year's theme, as we have much to be excited about.

Ageing is not just about being older, it's about exploring opportunities, embracing new challenges, and enjoying the journey of life. Keeping active socially and physically are the cornerstones of a vibrant life!

If we are lucky, we age, sadly many of us don't. The mere fact that we can celebrate a birthday each year is reason enough to smile!

This event guide will provide you with all you need to know about Seniors Week 2023, what's on offer, where, and when.

You can attend as many, or as few, events as you like – how you choose to CELEBRATE is up to you and we hope you will join the party!

Seniors Week wouldn't be possible without the generous and ongoing support of the Tasmanian Government, 25 years and going strong. We gratefully acknowledge the following CELEBRATE major sponsors:

- TasNetworks
- Australia Post
- Metro Tasmania
- The Public Trustee

To our major sponsors and other supporters – thank you!

I would like to strongly encourage our community to support these partner organisations, as without this ongoing commitment Seniors Week would not be the success it has been for the past 25 years.

To the staff of COTA Tasmania, thank you for your tireless efforts and work to support Tasmanians 50 years and over. I am so very proud of each one of you.

Finally, thank you, yes you – without your participation and support, Seniors Week is not possible. Join me in CELEBRATING . . . YOU!

Craig Chadwick

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



Metro – keeping Tasmanians moving safely

Metro keeps Tasmanians moving, connecting them with their jobs, their family and their community.

Metro is a long-time supporter of Seniors Week. This year it is again offering free travel for Seniors Cards holders with a Greencard during Seniors Week (this year falling between Monday 16 October and Sunday 22 October 2023).

Using a Greencard is a quick and simple process for passengers – no need to have the correct change, just tap and go.

You can even set up an automatic top up for when you are running low, or add credit online, at a Metro shop, depot or Greencard agent.

In addition to being easier and quicker, it is cheaper, offering a 20 per cent discount on fares outside of free travel period during Seniors Week.

Visit metrotas.com.au to get your Greencard.

Or visit:

- the Metro Shop on the corner of Elizabeth and Collins Streets or the Moonah depot
- a Metro depot in Launceston or Burnie
- a Greencard agent:
www.metrotas.com.au/fares/greencard/greencard-agents

You can also call the Metro customer service hotline on 13 22 01.

Seniors Week 2023 – powered by TasNetworks

We believe power resides in the hands of the people – that spark of electricity that exists between us all, empowering us towards a better, brighter, more sustainable future. At TasNetworks, we see it as our job to help deliver that power – for Tasmania, and for all Tasmanians.

TasNetworks exists to serve Tasmania and its Tasmanians. It's our job to deliver electricity to the entire state, to power the future of the entire state. Every day, over 295,000 residential, commercial and industrial customers and their communities are relying on us to safely and reliably power their homes and businesses, which is why we're investing in an electricity network that's future ready

Access to reliable and affordable electricity is an absolute necessity. By being future focussed, we haven't just secured the energy Tasmania needs to grow and thrive, or the 1000+ employees who call TasNetworks home, we're securing our vital natural environment for all Tasmanians.

Our supportive and industrious team has been finding ways to connect Tasmanians for a very long time. We're experts at it, and are at our best when supporting and helping others during times of need – because we know that by supporting Tasmania, we are Powering a Bright Future.

For more information about TasNetworks and our commitment to delivering reliable and sustainable electricity to Tasmania, please visit our website at tasnetworks.com.au

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

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 10 million letterboxes across Australia, and we're not stopping there.

This September we're delivering 4 million prepaid postcards to every letterbox across regional Australia to help people connect with each other. Because when we connect, we feel better.

Look out for the postcard in your letterbox or visit your local participating Post Office to learn more.

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

Find out more: auspost.com.au/mentalhealth



STOP

THIS HAPPENING TO SOMEONE YOU LOVE!

When using a wood heater:

- Supervise young children at all times
- Always use a fixed fire screen
- Never use accelerants to light a fire
- Keep clothing and furniture at least 2 metres from the heater/fire
- Clean chimneys and flues professionally every year
- Install a smoke alarm.

For further information contact the
Tasmanian Burns Unit at dhhs.tas.gov.au/burns
or visit fire.tas.gov.au

BURNS FIRST AID



Cool the burn for at least
20 minutes
under cool running water,
and seek medical attention.



Department of
Health



AGE IS NO BARRIER

Fun, friendship, fitness!

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
- ✔ All grades of players welcome
(including beginners)
- ✔ Racquets and shuttles provided

Contact us:

secretaryhlba@gmail.com
hlbatasmania.wixsite.com/hlba
or find us on **Facebook**



Public Trustee
Every moment counts

Talk to the Public Trustee about making your financial, health care and legal wishes known

The Public Trustee is here to help you and
your family when you need it most and to
help make every moment count.

We have been helping Tasmanians for
over 100 years to plan for their future.

No matter where you are on your
journey, having a plan in place is always
important. We can help you plan so
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 about your
property, belongings, and finances
once you are gone. But that's just one
element. A complete estate plan also
covers what happens if you cannot
make medical or financial decisions for
yourself while you are alive.

Making a plan will help give you, your
friends and family peace of mind
knowing that your wishes are known
so that you can make the most of your
time together.

This Seniors' Week, make sure you have
a chat with the Public Trustee team to
find out how they can help you prepare
documents. Or consider appointing them
to ease the burden on a loved one when
it comes time to administer your estate.

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



**OneCare is your local Tasmania,
not-for-profit home care provider.**

**We're here in your community
to provide you with the care and
support you need, to help you
make the most of every day.**

**Our Home Care service can help you with everyday tasks,
allowing you to remain in your own home for longer.**

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- Social support
- Cleaning
- Shopping
- Home and garden maintenance
- Nursing services
- Massage therapy
- Transport
- Equipment hire and purchase
- Allied health services
- Hydrotherapy
- Podiatry
- Physiotherapy
- Clinical care
- PLUS
- Private fee for service

Call: 1300 555 409 or visit onecare.org.au



Book your free home energy appointment today!

TasNetworks has partnered with community services organisation Uniting Vic.Tas to provide free, over-the-phone home energy appointments for all Tasmanians.

Delivered by Uniting's team of energy experts, appointments can help you better understand your bills, check you are receiving all available concessions and discounts, learn simple tips to cut your energy use, and much more.

All calls are completely confidential and appointments are available now, for FREE!

Book an appointment today by calling Uniting's Energy Support team on **1800 313 126**.



To find out more about the Energy Support Program visit **tasnetworks.com.au/uniting**.

Uniting


TasNetworks

Powering a
Bright Future

Celebrate Saving Lives!

Cancer Screening Saves Lives.

Screening is your best protection against cancer.

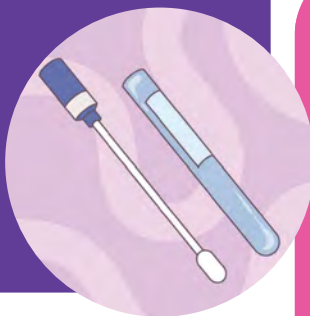


NATIONAL
CERVICAL SCREENING
PROGRAM

Do it yourself!

You can choose to collect your own
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One test every five years
from the age of 25 to 74
can give you peace of mind



Scan for our website



6166 2791



canscreenpeu@ths.tas.gov.au

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TASMANIA

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women who BreastScreen each year!

It's fast, FREE and saves lives.



Aged 50-74?

**POO
POKE
POST**

It could save
your life



GLENVIEW

Community Services

Our job is to support your independence and help you live life well, with dignity.
Call our friendly team today.

Home Care cleaning, cooking, and gardening. Support in the community.

Independent Living Units with garden, maintenance services and more, if you want.

Bisdee Community Centre bus trips, social and activities group. Day respite centre.

Hotel Bisdee hotel-like cottage respite accommodation.

Korongee Dementia Village small-house living for people with dementia.

Dementia Tas courses for carers, families and staff.

Windsor Street long term accommodation and care.

2-10 Windsor Street
Glenorchy
enquiries@glenview.org.au
03 6277 8800
www.glenview.org.au



Community Transport Services Tasmania (CTST)

We'll get you where you need to be.

For more than 30 years, Community Transport Services Tasmania has been helping eligible older Tasmanians get to where they need to go.

We are a statewide, not-for-profit service that provides entry-level door-to-door shared transport to support people to live well, maintain their independence, and connect with their community.

We can take you to:

- ✓ medical appointments
- ✓ shopping
- ✓ the bank or post office
- ✓ the pharmacy
- ✓ the hairdresser
- ✓ visit friends and family
- ✓ local events, activities

And many other places – just ask us!

Eligibility:

Our service is available to older Tasmanians aged 65 years+ (50 years+ for First Nations people) who need transport assistance under:

- the Commonwealth Home Support Program (CHSP) or
- a Home Care Package (HCP)

To register for services, please contact My Aged Care for an assessment.

For people already on a Home Care Package, please talk to your package provider.

We'll help you get to where you need to go!



1800 781 033 | info@ctst.org.au
www.ctst.org.au

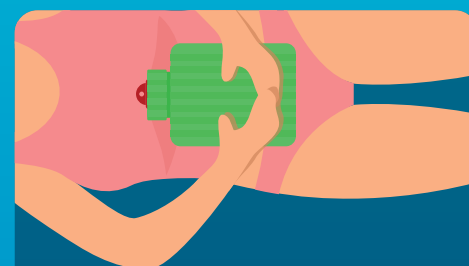
Hot water bottle burns

Adults and children can suffer serious burns from hot water bottles, with young children, older people, and those with decreased sensation at greater risk due to thickness of skin.



PREVENT

Take action to prevent burns and scalds to yourself and others



Do not use in direct contact with skin.
Always use a cover or wrap a towel around the hot water bottle.



Burns usually happen while filling the hot water bottle.

NEVER use boiling water to fill a hot water bottle.

Use hot water from the tap **ONLY**. Pour into bottle slowly and do not overflow.



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



Department of Health

Daily Planner: South

Monday 16th October

(Click on the event title to jump to the listing)

8:15am–9:00am	Low Impact Aerobics	Hobart	p37
9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
9:15am–9:45am	Staying Active Move	Kingston	p42
9:30am–1:00pm	U3A Clarence	Rosny	p48
9:30am–10:30am	Move It Easy Exercises	Battery Point	p30
10:00am–11:00am	Caring for Your Inner Self	Online	p46
10:00am–11:30am	Switched On Seniors	Huonville	p40
10:00am–12:00pm	Morning Tea to Celebrate Seniors Week	Lindisfarne	p43
10:00am–12:00pm	Come and Try Croquet	Sandy Bay	p49
10:00am–1:00pm	Morning Tea and Entertainment	Glenorchy	p35
10:00am–2:00pm	Loop Jam – Live Music Making Opportunity	Hobart	p38
10:00am–2:00pm	Seniors Week Free Hearing Checks	Sorell	p50
10:30am–11:15am	Shallow Water Aqua Aerobics	Hobart	p36
10:30am–11:30am	How to get from A to B with CTST	Glenorchy	p35
10:30am–12:30pm	Knit and Natter	Dodges Ferry	p33
11:15am–12:15pm	Move It Easy Exercises	Bellerive	p30
12:00pm–1:00pm	Free Come and Try Get Into Golf	Cambridge	p31
1:00pm–1:45pm	Stronger for Longer	Hobart	p39
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–2:30pm	Switched On Seniors	Kingston	p42
1:00pm–3:30pm	Croquet – Come and Try It!	Kingston	p42
1:30pm–2:30pm	Discover Volunteering with CTST	Glenorchy	p34
2:00pm–4:00pm	GRIT Tasmanian Film Festival	Eaglehawk Neck	p33
2:00pm–4:30pm	My Fair Lady Sing-along	New Norfolk	p44
3:00pm–4:00pm	Eating for Health	Huonville	p40
6:45pm–9:30pm	Hobart Mah Jong Club	Sandy Bay	p49
7:00pm–8:30pm	Hobart. Ukulele. Group. HUG	Hobart	p39
7:15pm–9:00pm	Fun Sing Along Night	New Town	p46

THE DISTRICT NURSES

HOME CARE PACKAGES



Our home care package staff include care management, support workers and nursing teams who can provide a range of support services in your home.



Committed to Care
Since 1896

Our staff are experienced and committed to ensuring you get the very best of care. We will support you to stay healthy and independent at home and within your community.

Call Us 03 6208 0500

@thedistrictnurses

thedistrictnurses.org.au



Tuesday 17th October

9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
9:15am–10:00am	Deep Water Tabata Aqua Aerobics	Hobart	p36
9:30am–10:30am	What Matters Most Advance Care Planning Community Education Session	Hobart	p37
9:30am–10:30am	Realise Your Rights Morning Tea	Hobart	p37
9:30am–10:30am	Move It Easy Exercises	Lenah Valley	p42
10:00am–11:00am	Stroke Safe Talk	Kingston	p42
10:00am–11:00am	Caring for Your Inner Self	New Town	p46
10:00am–11:00am	Ballet for Seniors (Absolute Beginners)	Rosny Park	p48
10:00am–11:30am	Switched On Seniors	Glenorchy	p35
10:00am–11:30am	Coffee and Chat	Lindisfarne	p43
10:00am–12:00pm	Cuppa Conversations	Huonville	p40
10:00am–12:30pm	Come and Try Golf Croquet	New Town	p45
10:00am–2:00pm	Seniors Week Free Hearing Checks	Montrose	p44
10:15am–12:00pm	Come and Try Boules!	Sandy Bay	p49
10:30am–11:30am	Ageing Backwards Exercise Program	Blackmans Bay	p31
10:30am–11:30am	Pathway to Care in the Home	Glenorchy	p34
10:45am–11:30am	Empowering Seniors	Kingston	p42
11:00am–1:00pm	Polish Dancing for Seniors	New Town	p46
11:00am–12:00pm	Tai Chi	Hobart	p38
11:15am–12:15pm	Move It Easy Exercises	Kingston	p41
12:00pm–1:30pm	DJ De – Classic Records over Lunch	Hobart	p36
12:00pm–3:30pm	Cygnets Mah Jong	Cygnets	p32
12:30pm–3:30pm	Finding Your Family's History	Bellerive	p30
1:00pm–2:00pm	Free Come and Try Get Into Golf	Claremont	p31
1:00pm–2:30pm	Switched On Seniors	Bridgewater	p31
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–3:00pm	Card Group	Dodges Ferry	p33
1:00pm–3:00pm	Barossa Park Lodge Open Day	Glenorchy	p34
1:00pm–3:00pm	GRIT Tasmanian Film Festival	Hobart	p39
2:00pm–3:15pm	Silvertones Social	Hobart	p37
2:00pm–3:00pm	Rebellious, Resourceful and Resilient – Narryna Convict Women Tour	Battery Point	p30
2:00pm–3:00pm	Ageing Backwards Exercise Program	Claremont	p32
2:00pm–3:00pm	Chair Yoga	Midway Point	p44
2:00pm–3:10pm	Up Close and Personal with Keith Potger	Bridgewater	p31
2:00pm–3:30pm	All Things Dutch	Kingston	p41
2:00pm–3:30pm	GeCo High Tea for National Carer's Week	Geeveston	p34
2:00pm–4:00pm	Trace Your Ancestry Online	Hobart	p38
3:30pm–4:30pm	Free Come and Try Get Into Golf	Lutana	p43
3:30pm–5:00pm	Switched On Seniors	Rosny	p48
6:00pm–7:30pm	Rotary Club of North Hobart Open Night	New Town	p46

Daily Planner: South

Wednesday 18th October

8:15am–9:00am	Mat Pilates	Hobart	p38
9:00am–2:00pm	Derwent Valley Mens Shed Open Day	New Norfolk	p45
9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
9:15am–9:45am	Staying Active Move	Kingston	p42
9:30am–1:00pm	U3A Clarence	Rosny	p48
9:30am–10:30am	Move It Easy Exercises	Glenorchy	p35
9:30am–12:30pm	Finding Your Family's History	Bellerive	p30
10:00am–11:00am	Tai Chi	Dodges Ferry	p33
10:00am–11:00am	Tai Chi	Hobart	p38
10:00am–11:00am	Ballet for Seniors (Absolute Beginners)	Rosny Park	p48
10:00am–11:30am	Peace Education Program	Kingston	p41
10:00am–11:30am	Back on Your Bike	Sandy Bay	p49
10:00am–12:00pm	Introduction to Bridge	Kingston	p42
10:00am–12:00pm	Research Your Family's Military History	New Town	p45
10:00am–12:00pm	Runnymede Tea and Tour	New Town	p45
10:00am–12:30pm	Come and Try Golf Croquet	New Town	p45
10:00am–1:00pm	Tech Hour	Huonville	p40
10:00am–1:00pm	Celebrating Seniors Week with genU	Moonah	p44
10:00am–1:00pm	Richmond Guided Walk and Morning Tea	Richmond	p47
10:00am–2:00pm	Seniors Week Free Hearing Checks	Howrah	p40
10:15am–3:00pm	A Walk in the Great Outdoors	Fern Tree	p34
10:30am–1:00pm	Live the Life You Please – VIP Seniors Movie Event	Risdon Vale	p47
10:30am–12:00pm	Walking Netball	Sorell	p50
10:30am–12:30pm	Seniors High Tea	Nubeena	p47
12:30pm–1:15pm	Yoga with Shannon	Hobart	p39
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–3:00pm	Research Your Family's Military History	New Town	p45
1:30pm–2:30pm	Online Safety	Dodges Ferry	p32
1:30pm–2:30pm	Choose Your Own Adventure – Not the Usual TMAG Tour	Hobart	p36
2:00pm–3:00pm	Free Come and Try Get Into Golf	Kingston	p41
2:00pm–3:00pm	Staying Safe Online	Midway Point	p44
2:00pm–3:10pm	Up Close and Personal with Keith Potger	Sorell	p49
2:00pm–4:00pm	Free Bridge Taster Session	New Town	p45
2:30pm–4:00pm	Billy Whitton – Wine, Savoury and Song	Hobart	p37
5:30pm–8:30pm	Drinks and Dinner at The Maypole	New Town	p46
7:00pm–9:00pm	Quiz Night	New Town	p45

Thursday 19th October

9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
9:15am–10:00am	Deep Water Tabata Aqua Aerobics	Hobart	p36
9:30am–10:25am	Beginner Line Dancing	Glenorchy	p35
9:30am–10:30am	Move It Easy Exercises	Bellerive	p30
9:30am–10:30am	Move It Easy Exercises	Lenah Valley	p42
9:30am–11:00am	The Uke Experience	Hobart	p39
10:00am–11:00am	What Matters Most Advance Care Planning Community Education Session	Hobart	p37
10:00am–11:00am	Ballet for Seniors (Absolute Beginners)	Rosny Park	p48
10:00am–11:30am	Getting Your Advanced Life and Estate Planning Ducks in a Row!	North Hobart	p46
10:00am–12:00pm	Runnymede Tea and Tour	New Town	p45
10:00am–12:30pm	Excellent Elders on E-bikes	Cornelian Bay	p32
10:00am–1:30pm	Sip and Paint	Dodges Ferry	p32
10:00am–2:00pm	Seniors Week Free Hearing Checks	Hobart	p36
10:00am–2:00pm	Conversations About Things That Matter	Rosny Park	p48
10:30am–11:30am	Ageing Backwards Exercise Program	Blackmans Bay	p31
10:30am–12:30pm	Seniors Week Morning Tea	Howrah	p40
10:30am–12:30pm	Open Day Bishop Davies Court	Kingston	p41
10:30am–12:30pm	Clarence Through the Ages	Rosny Park	p48
10:35am –11:30am	Beginner Line Dancing	Glenorchy	p35
10:45am–11:15am	Empowering Seniors	Kingston	p42
11:00am–12:00pm	Convict Artisans at the Tasmanian Museum and Art Gallery	Hobart	p38
11:00am–12:30pm	Introduction to Pétanque	Sandy Bay	p49
11:00am–3:00pm	Cygnets Social Games	Cygnets	p32
11:15am–12:15pm	Floor to Core	Hobart	p39
11:30am–12:30pm	Yoga in a Chair	Huonville	p41
12:30pm–1:00pm	Serenity in the City	Hobart	p39
1:00pm–2:00pm	Ageing Backwards Exercise Program	New Norfolk	p45
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–2:30pm	Creative Connections	Huonville	p41
1:00pm–3:00pm	Croquet Introduction	Bellerive	p30
1:30pm–3:30pm	How to use DNA to Enhance Your Family History	Bellerive	p30
2:00pm–3:10pm	Up Close and Personal with Keith Potger	Lindisfarne	p43
7:00pm–9:00pm	Easy Multi-language Singing Experience	North Hobart	p47

Daily Planner: South

Friday 20th October

8:15am–9:00am	Shallow Water Aqua Aerobics	Hobart	p36
9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
9:15am–9:45am	Staying Active Move	Kingston	p42
9:15am–10:00am	Deep Water Tabata Aqua Aerobics	Hobart	p36
9:30am–10:30am	Move It Easy Exercises	Bellerive	p30
9:30am–10:30am	Move It Easy Exercises	Lenah Valley	p42
9:30am–11:00am	The Uke Experience	Hobart	p39
10:00am–11:00am	What Matters Most Advance Care Planning Community Education Session	Hobart	p37
10:00am–11:00am	Ballet for Seniors (Absolute Beginners)	Rosny Park	p48
10:00am–11:30am	Getting Your Advanced Life and Estate Planning Ducks in a Row!	North Hobart	p46
10:00am–12:00pm	Runnymede Tea and Tour	New Town	p45
10:00am–12:00pm	Guest Speaker Rosie Barry	Hobart	p40
10:00am–12:00pm	School for Seniors	Hobart	p39
10:00am–12:00pm	Garden High Tea	Dodges Ferry	p33
10:00am–12:30pm	Excellent Elders on E-bikes	Cornelian Bay	p32
10:00am–12:30pm	Seniors High Tea	Dunalley	p33
10:00am–1:30pm	Sip and Paint	Dodges Ferry	p32
10:00am–2:00pm	Seniors Week Free Hearing Checks	Hobart	p36
10:00am–2:00pm	Conversations About Things That Matter	Rosny Park	p48
10:30am–11:30am	Ageing Backwards Exercise Program	Glenorchy	p35
10:30am–11:30am	Ageing Backwards Exercise Program	Blackmans Bay	p31
10:30am–12:30pm	Seniors Week Morning Tea	Howrah	p40
10:30am–12:30pm	Open Day Bishop Davies Court	Kingston	p41
10:30am–12:30pm	Clarence Through the Ages	Rosny Park	p48
10:30am–2:00pm	Mosaic Workshop – Shell Mandalas	Moonah	p44
10:45am–11:15am	Empowering Seniors	Kingston	p42
11:00am–12:00pm	Convict Artisans at the Tasmanian Museum and Art Gallery	Hobart	p38
11:00am–12:00pm	Twist Exhibition at the Tasmanian Museum and Art Gallery	Hobart	p38
11:00am–12:30pm	Introduction to Pétanque	Sandy Bay	p49
11:00am–3:00pm	Cygnet Social Games	Cygnet	p32
11:15am–12:15pm	Floor to Core	Hobart	p39
12:00pm–1:00pm	Free BBQ Lunch	Midway Point	p44
12:30pm–1:00pm	Serenity in the City	Hobart	p39
12:45pm–2:30pm	Come and Try Boules!	Sandy Bay	p49
1:00pm–2:00pm	Ageing Backwards Exercise Program	New Norfolk	p45
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour Part A	Hobart	p38

Friday 20th October (continued)

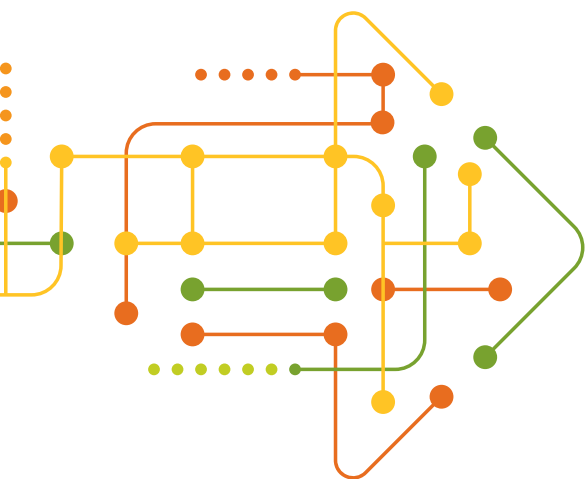
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–2:30pm	Creative Connections	Huonville	p41
1:00pm–3:00pm	Croquet Introduction	Bellerive	p30
1:30pm–3:30pm	How to use DNA to Enhance Your Family History	Bellerive	p30
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour Part B	Hobart	p38
2:00pm–3:00pm	Rebellious, Resourceful and Resilient – Narryna Convict Women Tour	Battery Point	p30
2:00pm–3:40pm	Up Close and Personal with Keith Potger	Margate	p43
2:30pm–4:00pm	Scott Burns – Wine, Savoury and Song	Hobart	p37
6:30pm–8:30pm	Quiz Night	Glenorchy	p34
7:00pm–9:00pm	Easy Multi-language Singing Experience	North Hobart	p47

Saturday 21st October

8:50am–10:30am	Bellerive parkrun	Bellerive	p30
9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
10:30am–12:30pm	Free Bridge Taster Session	New Town	p45
11:00am–12:00pm	Twist Exhibition at the Tasmanian Museum and Art Gallery	Hobart	p38
11:00am–3:00pm	Church Glass Artwork	Glenorchy	p35
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour Part A	Hobart	p38
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
1:00pm–3:30pm	Oak Lodge High Tea	Richmond	p47
1:00pm–4:00pm	Finding Your Family's History	Bellerive	p30
1:00pm–4:00pm	Repair Café Hobart	New Town	p46
2:00pm–3:00pm	Rebellious, Resourceful and Resilient – Narryna Convict Women Tour	Battery Point	p30
2:00pm–3:00pm	Tasmanian Museum and Art Gallery Tour Part B	Hobart	p38

Sunday 22nd October

9:00am–5:00pm	River Recollections at the Maritime Museum	Hobart	p36
10:00am–3:00pm	You Can Grow Your Own	Kingston	p41
11:00am–12:00pm	Free Come and Try Get Into Golf	Cambridge	p31
11:00am–12:00pm	Twist Exhibition at the Tasmanian Museum and Art Gallery	Hobart	p38
1:00pm–2:00pm	Tasmanian Museum and Art Gallery Tour Part A	Hobart	p38
1:00pm–2:30pm	Huon River Cruise on Nancy	Franklin	p34
2:00pm–3:00pm	Tasmanian Museum and Art Gallery Tour Part B	Hobart	p38
2:00pm–4:00pm	Free Bridge Taster Session	New Town	p45



Care Finder

A free and friendly community service to help you navigate the Aged Care System.

The aged care system is confusing,
and it can be difficult to find your way.
Let us support you on this journey.

COTA Tasmania's team of Care Finders provides personal, FREE, and independent support to guide you through the aged care system. Our Care Finders can help you access aged care services that are right for you.

Our Care Finder team is trained in safe and inclusive practices. We support older Tasmanians who may have complex needs, don't have anyone to support them, or are likely to miss out on services without our help to connect with the aged care system.

COTA Tasmania's Care Finder Service is supported by funding from Primary Health Tasmania (Tasmania PHN) through the Australian Government's Primary Health Networks Program. It continues and builds on the successful Aged Care System Navigator service that COTA Tasmania provided between 2019 and 2022.

COTA Tasmania's Care Finder team

Our Care Finders work out of COTA's Hobart, Launceston and Burnie offices and provide a statewide service.

"Our Care Finders are experts in navigating the aged care system, finding appropriate local services and supporting people to connect with support and care that enriches their lives.

I am truly proud of the team's commitment to improving the lives of older Tasmanians all over the State".

— Shelley Freeman, Team Leader,
COTA Tasmania's Care Finder service

Our Care Finders are located in offices in **Hobart**, **Launceston** and **Burnie** and can assist clients statewide. Call 1800 518 048 or email us at carefinder@cotatas.org.au to find out more or make an appointment. Our Care Finders can meet with you at your home or our office, by phone or by video conference.

1800 518 048

carefinder@cotatas.org.au

www.cotatas.org.au/carefinder



Switched-on Seniors

This Seniors Week, TasNetworks and Sustainable Living Tasmania invite you to attend Switched-on Seniors; a free information program that will help you make your home more energy efficient, comfortable and sustainable, all year round.

Join a free Switched-on Seniors event to discover simple methods and habit changes that can help you save energy and money.

RSVP for your session today!

- Monday 16 October 2023

Huonville Library, 10:00am - 11:30am

Kingston Library, 1:00pm - 2:30pm

- Tuesday 17 October 2023

Glenorchy Library, 10:00am - 11:30am

Bridgewater Library, 1:00pm - 2:30pm

Rosny Library, 3:30pm - 5:00pm

- Wednesday 18 October 2023

Launceston Library, 10:00am - 11:30am

- Thursday 19 October 2023

Devonport Paranaple Centre,
10:00am - 11:30am

Burnie Library, 1:30pm - 3:00pm

Light refreshments will be provided.



Scan the QR
code to register
online, or call
TasNetworks on
1300 137 008.


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Prepare, plan and protect this winter

The cooler months bring colds, the flu, COVID-19 and other illnesses. That's why being prepared is the best way to protect yourself and your family.



Prepare

It's not too late to get your annual flu vaccine or 2023 COVID-19 booster – they'll boost your immunity if you do get sick.

An **annual flu vaccine** is free for some people including everyone over 65 years.

COVID-19 vaccines are free for everyone. You should get your 2023 COVID-19 booster if it's been six months since your last infection and you've not had a 2023 booster yet.

Find out more at
www.health.tas.gov.au/winter-wellness



Plan

If you're at a higher risk of becoming very sick from COVID-19 or flu, make a plan with your healthcare provider for how you will access testing and antiviral medication if you get sick.



Protect

Protect yourself and others by staying at home if you're unwell, remembering to wash or sanitise your hands and covering your coughs and sneezes.



**Winter
wellness**



WORK45+

Older job seekers: prepared and confident

Tips, tools and training for recruiting:
www.work45plus.org.au



Daily Planner: North

Monday 16th October

(Click on the event title to jump to the listing)

9:00am–2:00pm	Hearing Health Checks	Kings Meadows	p53
9:00am–2:00pm	Hearing Health Checks	Launceston	p54
9:00am–5:00pm	Past the Post	Deloraine	p53
10:00am–11:30am	Back on Your Bike	Launceston	p57
10:00am–11:30am	Social Croquet	St Helens	p61
11:00am–12:00pm	Active Ageing Seniors Exercise Classes	Newstead	p59
1:30pm–3:30pm	Behind the Scenes at the Beaconsfield Mine and Heritage Centre	Beaconsfield	p52
2:00pm–4:00pm	Watercolouring with Coffee Workshop with Lyn Stares	Launceston	p55
2:30pm–3:30pm	Sewing Lessons for Absolute Beginners!	Mowbray	p58

Tuesday 17th October

9:00am–2:00pm	Hearing Health Checks	Kings Meadows	p53
9:00am–2:00pm	Hearing Health Checks	Launceston	p54
9:00am–5:00pm	Past the Post	Deloraine	p53
9:30am–10:30am	Launceston School for Seniors Open Day	Launceston	p54
10:00am–1:00pm	Carpet Bowls and Lunch with genU	Newnham	p58
10:00am–3:00pm	Croquet – a Hit for Health!	Riverside	p60
10:30am–11:30am	Seniors Week: Mindful Movement	Launceston	p55
10:45am–11:45am	Launceston School for Seniors Open Day	Launceston	p54
11:00am–12:00pm	Free Come and Try Get Into Golf	Invermay	p53
12:30pm–1:30pm	Launceston School for Seniors Open Day	Launceston	p54
1:00pm–3:00pm	Come and Try Day	Cressy	p52
1:30pm–2:15pm	Free Planetarium Shows for Seniors Week 2023: We are Stars	Launceston	p55

RAINBOW CONNECTIONS

Are you part of the lesbian, gay, bisexual, transgender or intersex (LGBTI) rainbow family, or supporting someone who is? Working It Out can help. Contact us for more information about volunteer visits, social groups, LGBTI-friendly help at home or ways your aged care provider can become a verified LGBTI specialist.

For more information, contact Worthy, Rainbow Connections Project Officer
p. 6231 1200 **e. acvvs@workingitout.org.au** **w. workingitout.org.au**

Check the program for different LGBTI community events across the state.



Daily Planner: North

Wednesday 18th October

9:00am–2:00pm	Hearing Health Checks	Kings Meadows	p53
9:00am–2:00pm	Hearing Health Checks	Launceston	p54
9:00am–5:00pm	Past the Post	Deloraine	p53
9:30am–11:30am	Coffee and Canvas with Kath	Legana	p57
10:00am–11:30am	Seniors Morning Tea	Ravenswood	p59
10:00am–12:00pm	GRIT Tasmanian Film Festival	Westbury	p62
10:00am–3:00pm	Tracing Your Family History	Launceston	p56
10:30am–11:30am	Just Imagine Drama Group Presentation	Newnham	p58
10:30am–12:30pm	My Story Suitcase: A Miniature World Workshop	Launceston	p54
11:00am–12:00pm	Pride Coffee	Launceston	p55
11:00am–12:30pm	Switched On Seniors	Launceston	p57
11:00am–2:00pm	Crêpe Day is a Great Day	Campbell Town	p52
1:00pm–2:00pm	Just Imagine Drama Group Presentation	Ravenswood	p59
1:00pm–2:00pm	Active Ageing Seniors Exercise Class	Riverside	p61
1:00pm–3:00pm	Introduction to Croquet	Launceston	p54
1:30pm–2:15pm	Free Planetarium Shows for Seniors Week 2023: Birth of Planet Earth	Launceston	p56
1:30pm–3:00pm	Realise Your Rights Afternoon Tea	Newnham	p58
1:30pm–3:30pm	Celebrate Collaborative Artwork	Kings Meadows	p53
2:00pm–3:00pm	Calling All Crochet(ers)	Mowbray	p58
2:30pm–4:00pm	Getting Your Advanced Life and Estate Planning Ducks in a Row!	Launceston	p55

Thursday 19th October

9:00am–2:00pm	Hearing Health Checks	Kings Meadows	p53
9:00am–2:00pm	Hearing Health Checks	Launceston	p54
9:00am–5:00pm	Past the Post	Deloraine	p53
10:00am–11:30am	Social Croquet	St Helens	p61
10:00am–3:00pm	Croquet – a Hit for Health!	Riverside	p60
10:00am–2:00pm	Conversations About Things That Matter	Riverside	p60
10:30am–12:30pm	My Story Suitcase: A Miniature World Workshop	Launceston	p54
10:30am–2:30pm	Bowls and Lunch	St Helens	p61
11:00am–12:00pm	How to get from A to B with CTST	Launceston	p57
1:30pm–2:15pm	Free Planetarium Shows for Seniors Week 2023: Capcom Go!	Launceston	p56
1:30pm–2:30pm	Discover Volunteering with CTST	Launceston	p56
1:30pm–3:30pm	George Town Seniors Concert 2023	George Town	p53
1:30pm–3:30pm	Fab Follies Presents “Let’s Laugh!”	Rowella	p61
2:00pm–3:00pm	Free Come and Try Get Into Golf	Kings Meadows	p54

Daily Planner: North

Friday 20th October

9:00am–2:00pm	Hearing Health Checks	Launceston	p54
9:00am–2:00pm	Hearing Health Checks	Riverside	p60
9:00am–5:00pm	Past the Post	Deloraine	p53
10:00am–11:00am	Active Ageing Seniors Exercise Classes	Riverside	p61
10:00am–12:00pm	MRC North Family Matters Seniors Week Celebration	Mowbray	p58
10:00am–1:00pm	Entering a Retirement Village	Launceston	p55
12:00pm–2:30pm	Seniors in Scottsdale – Eating With Friends	Scottsdale	p61
1:30pm–2:15pm	Free Planetarium Shows for Seniors Week 2023: We are Aliens	Launceston	p57
1:30pm–3:30pm	Boomerang Bags Workshop	Newnham	p58

Saturday 21st October

8:45am–10:00am	Westbury Town Common Parkrun	Westbury	p62
9:00am–5:00pm	Past the Post	Deloraine	p53
10:00am–1:00pm	Croquet – a Hit for Health!	Riverside	p60
10:30am–12:30pm	Suminigashi Ink Marbling Workshop	Launceston	p56
11:00am–12:00pm	Ceilidh Folk Beginner Scottish Dance Workshop	Newstead	p59
1:00pm–3:00pm	Ukulele “Strum with Bite” Workshop and Concert	Newstead	p59
2:00pm–3:30pm	Music in the Churches	Beaconsfield	p52
2:00pm–4:00pm	GRIT Tasmanian Film Festival	Bicheno	p52
8:00pm–10:30pm	The Drive In at Windsor	Riverside	p60

Sunday 22nd October

9:00am–5:00pm	Past the Post	Deloraine	p53
10:00am–12:30pm	Fly Casting	Grindelwald	p53
10:30am–12:30pm	Reminiscence Boxes, Childhood Games and Pastimes	Launceston	p57
1:30pm–3:30pm	Fab Follies Presents “Let’s Laugh!”	Rowella	p61
2:00pm–4:00pm	GRIT Tasmanian Film Festival	Campbell Town	p52



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Daily Planner: North West

Monday 16th October

(Click on the event title to jump to the listing)

9:00am–10:00am	Wi-Fi Networks and Safety Online	Devonport	p66
9:30am–1:00pm	Seniors Week at the Community Shed	Ulverstone	p72
10:00am–12:30pm	Craft	East Devonport	p69
10:30am–11:45am	Day Keeper Tour	Cradle Mountain	p65
11:00am–12:00pm	Email Basics	Devonport	p68
1:00pm–2:00pm	Computer Basics	Devonport	p66
1:00pm–4:30pm	Card 500	East Devonport	p69
2:00pm–4:00pm	Wynyard Historical Society Open Day	Wynyard	p72

Tuesday 17th October

9:00am–10:00am	Using the Cloud	Devonport	p66
9:30am–10:30am	Tai Chi Movement with Meaning	East Devonport	p70
9:30am–12:30pm	Mahjong	East Devonport	p69
9:30am–1:00pm	Seniors Week at the Community Shed	Ulverstone	p72
10:00am–11:30am	Back on Your Bike	Devonport	p66
10:00am–12:00pm	Celebrating Seniors Week at the Connect Café	Ulverstone	p72
10:30am–12:00pm	Pride Coffee Smithton	Smithton	p71
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
10:45am–11:45am	Tai Chi New Class	East Devonport	p70
11:00am–12:00pm	App Help	Devonport	p66
12:00pm–3:00pm	Craft Group	Currie	p65
12:30pm–1:30pm	Introduction to Tai Chi	Wynyard	p72
1:00pm–2:00pm	Office Programs	Devonport	p66
2:00pm–3:00pm	Harnessing the Value of Mature Age Workers	Devonport	p68
2:00pm–3:00pm	Free Come and Try Get Into Golf	Spreyton	p71
2:00pm–3:30pm	Getting Your Advanced Life and Estate Planning Ducks in a Row!	Burnie	p64

Wednesday 18th October

9:00am–10:00am	Converting Video Tapes to DVD	Devonport	p67
9:30am–10:30am	Tai Chi Loving Life	East Devonport	p69
9:30am–1:00pm	Seniors Week at the Community Shed	Ulverstone	p72
10:00am–11:30am	Getting Your Advanced Life and Estate Planning Ducks in a Row!	Devonport	p68
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
10:30am–12:30pm	Open Garden and Open Shed	Currie	p65
11:00am–12:00pm	Photoshop Taster	Devonport	p67
1:00pm–2:00pm	Converting Old Audio Media	Devonport	p67
2:00pm–4:00pm	Bells Parade parkrun	Latrobe	p70
2:00pm–4:00pm	Devonshire Tea at Rubi's	Port Sorell	p71
2:00pm–4:00pm	GRIT Tasmanian Film Festival	Latrobe	p70
3:00pm–3:30pm	Heart Foundation Walk	Currie	p66
7:00pm–9:00pm	Free Film Night	Devonport	p68

Daily Planner: North West

Thursday 19th October

9:00am–10:00am	Zoom	Devonport	p67
10:00am–11:00am	Seniors Week at the Community Shed	Ulverstone	p72
10:00am–11:30am	Switched On Seniors	Devonport	p68
10:00am–2:00pm	Onecare Umina Park Stall	Burnie	p64
10:00am–2:00pm	Conversations About Things That Matter	Burnie	p64
10:00am–2:00pm	Conversations About Things That Matter	Devonport	p69
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
10:30am–2:30pm	Open Day at Baptcare Orana	East Devonport	p69
10:30am–12:00pm	Pride Coffee Ulverstone	Ulverstone	p71
11:00am–12:00pm	Buying and Selling Online	Devonport	p67
11:00am–1:00pm	GRIT Tasmanian Film Festival	Port Sorell	p70
12:30pm–1:30pm	Realise Your Rights Afternoon Tea	Burnie	p64
1:00pm–2:00pm	Introduction to Linux	Devonport	p67
1:00pm–2:30pm	Walking Wynyard	Wynyard	p73
1:00pm–2:30pm	Intergenerational Gardening	Wynyard	p73
1:30pm–3:00pm	Switched On Seniors	Burnie	p65
2:00pm–3:00pm	Tai Chi	Currie	p66
2:00pm–4:00pm	Wynyard Historical Society Open Day	Wynyard	p72

Friday 20th October

9:00am–10:00am	iPhone and iPad Basics	Devonport	p67
9:30am–10:30am	How to get from A to B with CTST	Burnie	p64
9:30am–1:00pm	Seniors Week at the Community Shed	Ulverstone	p72
10:00am–12:00pm	GRIT Tasmanian Film Festival	Wynyard	p72
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
11:00am–12:00pm	Discover Volunteering with CTST	Burnie	p65
11:00am–12:00pm	Facebook Messenger	Devonport	p67
1:00pm–2:00pm	Android Phones and Tablets	Devonport	p67
1:00pm–3:00pm	Onecare Umina Park Open Day	Burnie	p65
1:30pm–4:30pm	Scrabble	East Devonport	p69

Saturday 21st October

8:50am–10:30am	Bells Parade parkrun	Latrobe	p70
10:00am–11:00am	General Computer Maintenance	Devonport	p68
10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
12:00pm–1:00pm	WhatsApp	Devonport	p67

Sunday 22nd October

10:30am–11:15am	Day Keeper Tour	Cradle Mountain	p65
12:30pm–1:30pm	Free Come and Try Get Into Golf	Ulverstone	p72
1:00pm–3:00pm	Forest Therapy – Seniors and Friends Guided Garden Walk	Romaine	p71

“AGEING IS IN YOUR HANDS”

HILARY O'CONNELL
Occupational Therapist

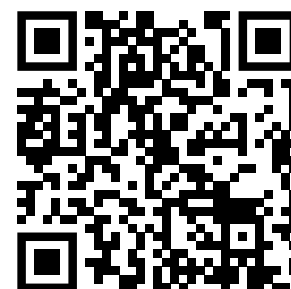
There are many myths and stereotypes when it comes to ageing, but the truth is, it's in your hands.

Science shows only around 25% of ageing is genetics, and up to 75% is lifestyle choices.

With over 35 years specialising in how we age, Hilary O'Connell has seen first hand how you can control the effects of ageing. LiveUp is your healthy ageing guide providing expert advice, personalised support and community connections.

It really is in your hands. Learn more about what you can do when you LiveUp.

call 1800 951 971 or visit liveup.org.au





**We've been out
to see lots of
different places,
beautiful places and
the staff are
very caring"**
Rose Riley

Live the life you choose, in the place you love.

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 Community Based Support. The right amount of support from the right people can go a long way. One of our most popular services is our social hubs, with locations around Tasmania.

What are social hubs?

A place for you to connect with friends, maximise independence and enjoy the social part of life. Our clients enjoy regular planned activities both inside the hubs and out and about in the community with meals also included.

What next?

Visit cbsaust.org.au/social-programs to see upcoming outings and activities, as well as photos and stories from our community members. Interested? All you need to do is call our Client Services team on 1300 227 827 to find out more and book in your free trial day.

**Book your
free trial
today**



**community
based support**
maximising client independence

home care packages | domestic assistance
personal care | social hubs | garden maintenance
ageing backwards movement program
social support | home maintenance and modifications



Events in the

SOUTH

BATTERY POINT

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music for those aged 5–80+. The exercises are easy to learn to 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. First class is free to try out. If you'd like to continue, classes are \$12 PAYG. Your instructor is Ingrid.

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

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

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

(close: 22/10)

Rebellious, Resourceful and Resilient – Narryna Convict Women Tour

NARRYNA HERITAGE MUSEUM

One hour house tour focusing on female convict servants. Tours are limited to 8 people per tour. Tour is over different levels of the house. There is limited mobility access.

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

- **Friday 20th October 2:00pm–3:00pm**

- **Saturday 21st October 2:00pm–3:00pm**

Narryna Heritage Museum, 103 Hampden Rd, Battery Point

Cost: \$10

Bookings: (03) 6234 2791 | narryna@tmag.tas.gov.au

(close: 14/10)

BELLERIVE

Bellerive parkrun



BELLERIVE PARKRUN

A free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer or spectate – it's up to you! Bellerive parkrun is free but please register before you first come along.

- **Saturday 21st October 8:50am–10:30am**

Bellerive Beach Park, Derwent Street (next to Blundstone Arena), Bellerive

Bookings: www.parkrun.com.au/register (bring a scannable copy of your barcode with you on the day)

Croquet Introduction



EASTERN SHORE CROQUET CLUB

Croquet is enjoyed by players of all ages and physical abilities. Just wear comfortable clothing and flat soled shoes. Enjoy a fun introduction to this traditional sport.

- **Thursday 19th October 1:00pm–3:00pm**

Eastern Shore Croquet Club, 57-61 South St, Bellerive

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music for those aged 5–80+. The exercises are easy to learn to 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. First class is free to try out. If you'd like to continue, classes are \$12 PAYG. Your instructor is Ingrid.

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

- **Thursday 19th October 9:30am–10:30am**

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

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

(close: 22/10)

Finding Your Family's History



TASMANIAN FAMILY HISTORY SOCIETY, HOBART BRANCH

Come and visit us at the Old Post Office, Bellerive. Experienced family historians will assist you to explore your family stories. We can help you find the final resting place of that elusive ancestor, and much more.

- **Tuesday 17th October 12:30pm–3:30pm**

- **Wednesday 18th October 9:30am–12:30pm**

- **Saturday 21st October 1:00pm–4:00pm**

Old Post Office, 19 Cambridge Road, Bellerive

How to use DNA to Enhance Your Family History



TASMANIAN FAMILY HISTORY SOCIETY, HOBART BRANCH

We will begin with a presentation explaining the basics of understanding DNA and how it can be used to enhance your family history research. Experienced members of the DNA Interest Group will then provide individual help with your DNA results. If possible bring your laptop or tablet, but at least bring the login details to access your DNA results.

- **Thursday 19th October 1:30pm–3:30pm**

St Marks Church Hall, cnr Scott and Clarence Streets, Bellerive

BLACKMANS BAY

Ageing Backwards Exercise Program



COMMUNITY BASED SUPPORT

Join Liz as she leads a fun class that is designed to build strength, coordination, and flexibility for daily movement patterns. The program is suitable for people 50+ with all levels of mobility and provides options to suit you no matter your level of fitness. Join any class you like during Seniors Week free of charge.

- **Tuesday 17th October 10:30am–11:30am**
- **Thursday 19th October 10:30am–11:30am**

Venue to be disclosed on booking, Blackmans Bay

Bookings: 1300 227 827 | info@cbsaust.org.au (close: 12/10)

BRIDGEWATER

Up Close and Personal with Keith Potger

ARELMEDIA MANAGEMENT

Up Close and Personal – Keith Potger's solo acoustic performances appeal to audiences for whom his music is a breath of fresh air: the fans who appreciate the man and his guitar (and boy, can he play that 12 string!). As a founding member of the internationally famous group The Seekers, he is known to countless fans and this is obvious in the welcome given to him by audiences round the world. His program contains some timeless favourites from The Seekers, a touch of Nashville, some beautiful original ballads from his three solo CDs and a few hits from the '60s to the '80s that appeal to the generation who grew up playing The Seekers albums at home or in the car. Throughout his show, Keith shares some amusing anecdotes from almost 60 years on the international music scene. During his performance Keith will do a special tribute to his colleague and dear friend of 60 years, the late and great Judith Durham. Keith unfailingly delivers up-beat, heart-warming events that leave audiences reliving their fondest memories while sharing the joy of new beginnings that are the hallmarks of Keith Potger's solo concerts. Event sponsored by Brighton Council.

- **Tuesday 17th October 2:00pm–3:10pm**

Brighton Civic Centre, 25 Greenpoint Road, Bridgewater

Cost: \$20 all tickets

Bookings: 0419 558 421 | manager@arelmedia.com.au

www.arelmedia.com.au (close: 17/10)

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Tuesday 17th October 1:00pm–2:30pm**

Bridgewater Library – Room 1B

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

CAMBRIDGE

Free Come and Try Get Into Golf



TASMANIA GOLF CLUB

Everyone aged over 50 is welcome to join PGA Professional Adam Holden for a free Get into Golf – Seniors Session at Tasmania Golf Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Monday 16th October 12:00pm – 1:00pm**
- **Sunday 22nd October 11:00am–12:00pm**

Tasmania Golf Club, 1420 Tasman Hwy, Cambridge

Bookings: www.golf.org.au/getintogolf/home (close: 14/10)

Enquiries: 0491 118 460

CLAREMONT

Free Come and Try Get Into Golf



CLAREMONT GOLF CLUB

Everyone aged over 50 is welcome to join PGA Professional Roger Hughes for a free Get into Golf – Seniors Session at Claremont Golf Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Tuesday 17th October 1:00pm–2:00pm**

Claremont Golf Club, 1 Bournville Crescent, Claremont

Bookings: www.golf.org.au/getintogolf/home (close: 14/10)

Enquiries: (03) 6249 1000

CLAREMONT (CONTINUED)

Ageing Backwards Exercise Program



COMMUNITY BASED SUPPORT

Join Liz as she leads a fun class that is designed to build strength, coordination, and flexibility for daily movement patterns. The program is suitable for people 50+ with all levels of mobility and provides options to suit you no matter your level of fitness. Join any class you like during Seniors Week free of charge.

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

Venue to be disclosed on booking, Claremont

Bookings: 1300 227 827 | info@cbsaust.org.au (close: 12/10)

CORNELIAN BAY

Excellent Elders on E-bikes



BICYCLE NETWORK TASMANIA

We're riding to Moonah for coffee via the scenic route through Lutana and Derwent Park. Come for a ride to celebrate Seniors Week! Enjoy a relaxed ride with fellow riders of e-bikes, on quiet roads and offroad bikepaths through the northern suburbs.

There is a small hill to climb in Lutana, which suits e-bikes of course, but riders with strong legs are also very welcome! If you haven't got your own e-bike, you could hire one from HobartBikeHire, licy.com.au, or RollCycles. We'll chat over coffee on the way back, at Baked in Moonah. Then return to our starting point along the safe and smooth InterCity Cycleway. You'll be able to check out a new route, develop your e-bike knowledge and gain confidence in managing your e-steed on Hobart's bikepaths and roads.

- **Thursday 19th October 10:00am–12:30pm**

Upper carpark, Queens Walk, Cornelian Bay

Bookings: <https://ridewithgps.com/events/226069-excellent-elders-on-e-bikes> (close: 18/10)

Enquiries: 0411 671 652

Elder Abuse Helpline 1800 44 1169

9am–5pm Monday to Friday (not public holidays)

eahelpline@yoursaytas.org or text 0457 806 963

www.elderabuse.tas.gov.au

CYGNET

Cygnnet Mah Jong



CYGNET MAH JONG AND CYGNET SOCIAL/GAMES

Mah Jong is the best analog game ever, and gives your computer (brain) a good work-out. We show people on the open day how to play it, and go from there.

- **Tuesday 17th October 12:00pm–3:30pm**

1/5 Lourdes Rise, Cygnnet

Cygnnet Social Games



CYGNET MAH JONG AND CYGNET SOCIAL GAMES

We play all type of games, and have lunch all together. Scrabble, number and word Rummikub, Mah Jong, Qwirkle, Chess, Cribbage, Othello, etc. People can also teach us new games.

- **Thursday 19th October 11:00am–3:00pm**

1/5 Lourdes Rise, Cygnnet

DODGES FERRY

Sip and Paint

OKINES COMMUNITY HOUSE INC

Bring a friend, or make some new ones, while our guide takes you through step by step to create your own canvas masterpiece to take home. We will stop and enjoy some soup and sandwiches for lunch before completing our finishing touches. All painting equipment is provided, as well as tea and coffee, and lunch. Get in quick as spaces are limited!

- **Thursday 19th October 10:00am–1:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Cost: \$20 Seniors

Bookings: 6265 7016 | info@okinescommunityhouse.com.au
(close: 13/10)

Online Safety



OKINES COMMUNITY HOUSE INC

Join us in a group session run by a representative from NBN Australia to learn more about online safety and how to identify online scams. In the digital day and age and the threat of scams, this information session is a must!

- **Wednesday 18th October 1:30pm–2:30pm**

Okines Community House, 540 Old Forcett Rd, Dodges Ferry
Bookings: 6265 7016 | info@okinescommunityhouse.com.au
(close: 13/10)

Garden High Tea

OKINES COMMUNITY HOUSE INC

Come along and enjoy musical entertainment from the Dodges Ferry Primary School in our lovely community garden. Afterwards, we will enjoy a High Tea including cakes, slices, and sandwiches. This is a wonderful opportunity not to be missed!

- **Friday 20th October 10:00am–12:00pm**

Okines Community Garden, 540 Old Forcett Rd, Dodges Ferry

Bookings: 6265 7016

info@okinescommunityhouse.com.au (close: 13/10)



Knit and Natter

OKINES COMMUNITY HOUSE INC

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles are available.

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

Okines Community House, 540 Old Forcett Rd, Dodges Ferry



Card Group

OKINES COMMUNITY HOUSE INC

Join our fun and vibrant group of people that meet each Tuesday to play cards. New members are always welcome, so please come along for an afternoon of good company and laughter.

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

Okines Community House, 540 Old Forcett Rd, Dodges Ferry



Tai Chi

OKINES COMMUNITY HOUSE INC

Tai Chi is an effective exercise for health and wellbeing. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. Not special equipment is required, but please wear comfortable clothing.

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

Okines Community House, 540 Old Forcett Rd

Bookings: (03) 6265 7016 | info@okinescommunityhouse.com.au

(close: 17/10)



DUNALLEY

Seniors High Tea

DUNALLEY TASMAN NEIGHBOURHOOD HOUSE INC

Following on last year's hugely successful Seniors Week event, join us again @DTNH to celebrate with other seniors at High Tea. Enjoy food and fun. Seating is limited, so bookings are essential!

- **Friday 20th October 10:30am–12:30pm**

Dunalley Tasman Neighbourhood House, 172 Arthur Hwy

Bookings: (03) 6253 9000 | admin@dtanh.org.au

(close: 14/9)



EAGLEHAWK NECK

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

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

Eaglehawk Neck Community Hall, 5076 Arthur Highway, Eaglehawk Neck

Cost: gold coin donation

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232

(close: 22/10)



CHILDREN DON'T JUDGE PEOPLE
BY HOW OLD THEY ARE

this is me playing marbles with granny.

#RethinkAgeing

FERN TREE

A Walk in the Great Outdoors



WELLBEING CLUB 13 INC

Join members of the Wellbeing Club at Fern Tree Park (opposite Fern Tree Tavern) for morning tea (BYO) and then walk the Pipeline Track to Neika where we will stop for lunch (BYO). An easy walk on a formed track, approx 10km return. Warm clothing and sturdy footwear for a mountain walk plus water and raincoat.

- **Wednesday 18th October 10:15am–3:00pm**

Fern Tree Park (opposite Fern Tree Tavern)

Enquiries: Marg W 0447 249 064

FRANKLIN

Huon River Cruise on Nancy

LIVING BOAT TRUST

Cruise the Huon river aboard the historic motor launch 'Nancy'. Explore the Egg Islands and the picturesque rural land around Franklin. The Nancy has good all-weather shelter and a few steps to get on board (but no wheelchair access). Tours may be postponed if conditions are extreme. Passenger numbers limited to 12.

- **Monday 16th–Sunday 22nd October 1:00pm–2:30pm**

Living Boat Trust, 3337 Huon Highway, Franklin

Cost: \$25

Bookings: 0497 786 572 | sec@lbt.org.au (close: 21/10)

GEEVESTON

Geco High Tea for National Carer's Week



GEEVESTON COMMUNITY CENTRE

National Carers Week will run from Sunday 15 to Saturday 21 October 2023. It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend. We're delighted to invite our community members to a celebration of our Carers, a High Tea, at the Geeveston Community Centre. We will have service providers around for everyone to talk to, plenty of cakes and finger sandwiches, and perhaps a bit of music.

- **Tuesday 17th October 2:00pm–3:30pm**

Geeveston Community Centre, 9B School Rd, Geeveston

Bookings: trish@geevestoncommunitycentre.com |

<https://events.humanitix.com/geco-high-tea-for-national-carer-s-week-2023> | (03) 6297 1616 (close: 13/10)

GLENORCHY

Quiz Night

ONECARE BAROSSA PARK LODGE

Come and test your knowledge at our quiz night, you can come alone or bring some friends. Tables of six. There will be spot prizes on the night and nibbles will be available.

- **Friday 20th October 6:30pm–8:30pm**

OneCare Barossa Park Lodge, 17a Clydesdale Ave, Glenorchy

Cost: \$10

Bookings: (03) 6208 0800 | barossapark@onecare.org.au

(close: 13/10)

Pathway to Care in the Home



ONECARE LIMITED

Are you or a loved one or someone you know just starting out on your aged care journey? Then this is the first step. Come and find out how to remain independent and stay in your own home for longer. Find out the different options, how to organise them and how much it might cost.

- **Tuesday 17th October 10:30am–11:30am**

Glenorchy Library, 4 Terry Street, Glenorchy

Bookings: 0439 473 776 | louise.graham@onecare.org.au

(close: 13/10)

Discover Volunteering with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Do you enjoy driving? Are you looking for a way to give back to your community? Come along to CTST's volunteer information session to learn more. Enjoy a free afternoon tea and a goodie bag.

- **Monday 16th October 1:30pm–2:30pm**

CTST, 320 Main Road, Glenorchy

Bookings: (03) 6208 8530 | communications@ctst.org.au

(close: 13/10)

Barossa Park Lodge Open Day



ONECARE BAROSSA PARK LODGE

Come along and see what OneCare has to offer. There will be information booths, you can book a tour of the facility and enjoy a scone and a cup of tea/coffee.

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

OneCare Barossa Park Lodge, 17a Clydesdale Ave, Glenorchy

Bookings: (03) 6208 0800 | barossapark@onecare.org.au

(close: 10/10)

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60's music for those aged 5-80+. The exercises are easy to learn to 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. First class is free to try out. If you'd like to continue, classes are \$12 PAYG. Your instructor is Ingrid.

- **Wednesday 18th October 9:30am–10:30am**

Tolosa Street Hall, 148 Tolosa Street, Glenorchy

Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 22/10)

Ageing Backwards Exercise Program



COMMUNITY BASED SUPPORT

Join Liz as she leads a fun class that is designed to build strength, coordination, and flexibility for daily movement patterns. The program is suitable for people 50+ with all levels of mobility and provides options to suit you no matter your level of fitness. Join any class you like during Seniors Week free of charge.

- **Friday 20th October 10:30am–11:30am**

Venue to be disclosed on booking, Glenorchy

Bookings: 1300 227 827 | info@cbsaust.org.au (close: 12/10)

Beginner Line Dancing

BOOTS AND ALL LINE DANCING

This weekly class is designed to get everyone moving to music from a variety of eras and genres. Line dancing is a social activity but you dance in your own space so there's no fear of stepping on anyone's toes. The whole point is to have fun. (The 9:30am and 10:35am classes are not repeats but are taught at the same level.) These courses are run as a Bucaan Community House Program.

- **Thursday 19th October 9:30am–10:25am**

- **Thursday 19th October 10:35am –11:30am**

Tolosa Hall, 148 Tolosa St, Glenorchy Cost: \$3

How to get from A to B with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Are you or a loved one beginning your aged care journey and need transport? CTST provides door-to-door transport to eligible consumers to live independently in their home and stay connected with their community. Come along to an information session to learn more about our personal and group social outings transport programs. Enjoy a free morning tea and a goodie bag.

- **Monday 16th October 10:30am–11:30am**

CTST, 320 Main Road, Glenorchy

Bookings: (03) 6208 8530 | communications@ctst.org.au (close: 13/10)

Church Glass Artwork



ST JOHN THE BAPTIST CATHOLIC PARISH, GLENORCHY

Tucked away in Glenorchy, at 62 Bowden Street, is the Catholic Church of St John the Baptist which is the home of five vibrant dalle de verre (or slab-glass) windows. The windows, commissioned over several decades, depict Christian themes and are unique in Tasmania. Art lovers and the general public are invited to visit the Church on Saturday, 21 October, any time between 11:00am and 3:00pm to view the windows, chat with the artist, Michael Nunn, and enjoy light refreshments. The free event will be officially opened at 11:00am. Ample parking is available. All welcome.

- **Saturday 21st October 11:00am–3:00pm**

St John the Baptist Catholic Church, 62 Bowden Street

Morning Tea and Entertainment

GOLDEN WATTLE CLUB INC

We are a cafe for people living with dementia, carers and anyone over 45. Come and join us for an exciting morning. Bring your friends, make new friends, play games or just enjoy morning tea and a chat with us. Our wonderful volunteers will make you feel very welcome. We can assist you with anything you would like to know about dementia or being a carer. This is a safe, comfortable and easy to access environment. There is live entertainment with familiar songs from days gone by you will definitely enjoy.

- **Monday 16th October 10:00am–1:00pm**

Golden Wattle Club, 314 Main Road, Glenorchy

Bookings: 0422 736 984 | www.goldenwattlecafe.com (close: 15/10)

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

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

Glenorchy Library – Room 1

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

HOBART

Choose Your Own Adventure – Not the Usual Tasmanian Museum and Art Gallery Tour

TASMANIAN MUSEUM AND ART GALLERY

What areas or artefacts would YOU most like to visit or re-connect with? Would you like to share your enthusiasm for particular items/ exhibits, or are there new displays that up to now, you've only heard about? Your guide will invite you to collaborate in planning the course of this tour to include as many of your special places and pieces as possible. Bookings are essential.

- **Wednesday 18th October 1:30pm–2:30pm**

Tasmanian Museum and Art Gallery, Dunn Place, Hobart
Bookings: (03) 6165 7001

www.tmag.tas.gov.au/whats_on/events (close: 16/10)

DJ De – Classic Records over Lunch

CITY OF HOBART MATHERS PLACE

DJ De will play her favourite records over Lunch at Mathers House. If you would like a table for lunch, bookings are preferred. We only take bookings for a 12 noon sitting and bookings are only held for 10 minutes. There is limited seating for those not eating.

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

Mathers House, 108 Bathurst Street, Hobart

Cost: Lunch can be purchased at menu prices and the music is free

Bookings: (03) 6234 1441 (close: 17/10)

Shallow Water Aqua Aerobics

DOONE KENNEDY HOBART AQUATIC CENTRE

Get out those togs and join us for an introductory class to shallow water aerobics. Water aerobics is a great exercise option for seniors. Water-based exercises are known to improve flexibility, strength, and balance in a safe and low impact environment. Suitable for all fitness levels and abilities. Space is limited, so bookings are essential.

- **Monday 16th October 10:30am–11:15am**

- **Friday 20th October 8:15am–9:00am**

Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue

Cost: DKHAC Members free, Seniors \$5

Bookings: (03) 6222 6962 | dkhac@hobartcity.com.au

(close: 15/10)



Deep Water Tabata Aqua Aerobics

DOONE KENNEDY HOBART AQUATIC CENTRE

Tabata is a form of interval training designed to help increase cardiovascular endurance, performance and general fitness of your aerobic and anaerobic energy systems. Typically the intervals are broken down into 8 blocks of 20 seconds work to 10 seconds rest, creating a block of exercise that is 4 minutes in total. All fitness levels are welcome as participants can work at an intensity appropriate to where they are on their fitness journey. Space is limited, so bookings are essential.

- **Tuesday 17th October 9:15am–10:00am**

- **Thursday 19th October 9:15am–10:00am**

Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue

Cost: DKHAC Members Free, Seniors \$5

Bookings: (03) 6222 6962 | dkhac@hobartcity.com.au

(close: 15/10)

River Recollections at the Maritime Museum

MARITIME MUSEUM OF TASMANIA

Share your stories of river transportation with the Maritime Museum of Tasmania for our upcoming exhibition. Help us make our local maritime history come alive by contributing your 'ferry tales': we're looking for photographs, memorabilia, or river-based recollections written on a postcard (you can collect a free postcard from our front desk). Seniors admitted free-of-charge to the museum during Seniors Week.

- **Monday 16th October 9:00am–5:00pm**

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

- **Wednesday 18th October 9:00am–5:00pm**

- **Thursday 19th October 9:00am–5:00pm**

- **Friday 20th October 9:00am–5:00pm**

- **Saturday 21st October 9:00am–5:00pm**

- **Sunday 22nd October 9:00am–5:00pm**

Maritime Museum of Tasmania, 16 Argyle St, Hobart



Seniors Week Free Hearing Checks

HEARING AUSTRALIA – HOBART

Hearing Australia and Capital Chemist Hobart have teamed up to offer you free hearing checks and hearing health information. Bookings are not essential but are recommended.

- **Thursday 19th October 10:00am–2:00pm**

Capital Chemist Hobart, 232-242 Liverpool St, Hobart

Bookings: (03) 6159 6207 (close: 19/10)



What Matters Most Advance Care Planning Community Education Session ★

PALLIATIVE CARE TASMANIA

Learn about 'What Matters Most' in Advance Care Planning with Palliative Care Tasmania. If you were too unwell and not able to communicate your preferences for healthcare or personal care to others, who would speak on your behalf? And more importantly, what medical decisions would you want them to make? Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

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

Criterion House, 108 Bathurst St, Hobart (located across the footpath from Mathers House approximately 20 metres. Behind the Playhouse Theatre)

Bookings: <https://pallcasetas.org.au/event-calendar/> (close: 13/10)

- **Thursday 19th October 10:00am–11:00am**

Criterion House, 108 Bathurst St, Hobart

Online session (statewide) register online

Bookings: <https://pallcasetas.org.au/event-calendar> (close: 18/10)

Silvertones Social

CITY OF HOBART

The Silvertones are a Hobart Mens Barbershop Chorus with Deep South harmonies and memories of times past and not so distant. This social event also offers a drink and some nibbles as part of the fee.

- **Tuesday 17th October 2:00pm–3:15pm**

Mathers House, 108 Bathurst Street, Hobart

Cost: \$10 (includes a drink and light nibbles)

Bookings: (03) 6234 1441 | mathersplace@hobartcity.com.au (close: 17/10)

Billy Whitton – Wine, Savoury and Song

CITY OF HOBART

Billy Whitton is the consummate lounge performer. He will ease you back into last century with his smooth vocal stylings and vast repertoire of Jazz standards, 60s pop and laid back rock classics. This event includes drinks and nibbles.

- **Wednesday 18th October 2:30pm–4:00pm**

Upper Mathers, 108 Bathurst Street, Hobart

Cost: \$15 (includes a drink, some nibbles and music).

Bookings: (03) 6234 1441 (close: 18/10)

Realise Your Rights Morning Tea ★

ADVOCACY TASMANIA

Meet an aged care advocate and learn how to get what you need and realise your rights in aged care. This session will be useful for anyone thinking about or already received aged care services. We'll talk you through some tips for how you can ensure your voice is heard. Enjoy a cuppa, chat and learn how to help yourself get the support you may need. *Advocacy Tasmania provides free, independent and confidential advocacy services to older people, people living with disability or mental health issues, and people who use alcohol or drugs. We've been working with Tasmanians to resolve their issues for over 30 years. No issue is too big or small when it comes to your life, so please reach out to us:* www.advocacytasmania.org.au

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

Mathers House, 108 Bathurst Street, Hobart

Bookings: 1800 005 131 | contact@yoursaytas.org

www.advocacytasmania.org.au (close: 13/10)

Scott Burns – Wine, Savoury and Song

CITY OF HOBART

Come along for an afternoon of crooner songs and tasty treats and let Scott entertain you at the City of Hobart's Centre for Positive Ageing: Mathers House.

- **Friday 20th October 2:30pm–4:00pm**

Mathers House, 108 Bathurst Street, Hobart

Cost: \$15

Bookings: (03) 6234 1441 (close: 20/10)

Low Impact Aerobics

DOONE KENNEDY HOBART AQUATIC CENTRE

Low Impact Aerobics is a class designed for those who want to re-live the awesome beats of the 70s, 80s and 90s. Easy to follow choreography, these aerobic style exercises will get you sweating but most importantly smiling! All fitness levels welcome. Space is limited, so bookings are essential.

- **Monday 16th October 8:15am–9:00am**

Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue

Cost: DKHAC Members Free, Seniors \$10

Bookings: (03) 6222 6962 | dkhac@hobartcity.com.au (close: 15/10)

HOBART (CONTINUED)

Mat Pilates

DOONE KENNEDY HOBART AQUATIC CENTRE

Mat Pilates is a full body workout focusing on your breath, core, upper and lower body. It is a workout suitable for everybody regardless of age, fitness or flexibility levels. Space is limited, so bookings are essential.

- **Wednesday 18th October 8:15am–9:00am**

Doone Kennedy Hobart Aquatic Centre, 1 Davies Avenue

Cost: DKHAC Members Free, Seniors \$10

Bookings: (03) 6222 6962 | dkhac@hobartcity.com.au

(close: 15/10)

Loop Jam – Live Music Making Opportunity

CITY OF HOBART

Music Maestro Ben will guide you to create rhythmic, image-rich, imaginative soundscapes with the use of digital recording devices and multi-culturally tuned percussive instruments. Will be hosted in Lower Mathers if weather is poor.

- **Monday 16th October 10:00am–2:00pm**

Mathers Forecourt, 108 Bathurst Street, Hobart

Trace Your Ancestry Online

CITY OF HOBART

Book in for a one-on-one session where you can learn how to use online software to trace your family tree. Limited spaces for Seniors week but bookings can be made regularly through Mathers House.

- **Tuesday 17th October 2:00pm–4:00pm**

Mathers House, 108 Bathurst Street, Hobart

Bookings: (03) 6234 1441 (close: 18/7/2023)

Twist Exhibition at the Tasmanian Museum and Art Gallery

TASMANIAN MUSEUM AND ART GALLERY

Join a TMAG art guide to explore the array of contemporary and quirky art works that reflect Dickensian themes in TMAG's, soon to close exhibition, Twist. Please note this is a scheduled public tour available to all.

- **Friday 20th October 11:00am–12:00pm**
- **Saturday 21st October 11:00am–12:00pm**
- **Sunday 22nd October 11:00am–12:00pm**

Tasmanian Museum and Art Gallery, 19 Davey Street, Hobart

Tasmanian Museum and Art Gallery Tour Part A

TASMANIAN MUSEUM AND ART GALLERY

Explore the Welcome Garden, historic Commissariat complex and the Bond Store exhibitions with one of TMAG's guides.

Please note: This tour is available throughout the year.

- **Friday 20th October 1:00pm–2:00pm**
- **Saturday 21st October 1:00pm–2:00pm**
- **Sunday 22nd October 1:00pm–2:00pm**

Tasmanian Museum and Art Gallery, 19 Davey Street, Hobart

Tasmanian Museum and Art Gallery Tour Part B

TASMANIAN MUSEUM AND ART GALLERY

Discover the treasures and exhibitions in the Henry Hunter galleries with one of TMAG's guides. Please note: This tour is available throughout the year.

- **Friday 20th October 2:00pm–3:00pm**
- **Saturday 21st October 2:00pm–3:00pm**
- **Sunday 22nd October 2:00pm–3:00pm**

Tasmanian Museum and Art Gallery, 19 Davey Street, Hobart

Tai Chi

CITY OF HOBART

Instructor John Dickey will help you develop your health and well-being while improving balance and mobility.

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

Cost: \$2

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

Criterion House, Nell Pascoe room, 110 Bathurst Street, Hobart

Cost: \$2 (includes a coffee)

Bookings: (03) 6234 1441 | mathersplace@hobartcity.com.au

(close: 18/10)

Convict Artisans at the Tasmanian Museum and Art Gallery

TASMANIAN MUSEUM AND ART GALLERY

Convicts often brought skills that benefitted the new colony. Find out about and see some of the fascinating items that convict artisans created.

- **Thursday 19th October 11:00am–12:00pm**

Tasmanian Museum and Art Gallery, 19 Davey Street, Hobart

Bookings: (03) 6165 7001 | www.tmag.tas.gov.au/whats_on/events (close: 16/10)

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

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

Mathers House, 108-110 Bathurst St, Hobart

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232
(close: 22/10)

Hobart. Ukulele. Group. HUG



CITY OF HOBART

This ukulele group would like to welcome you in for a big warm HUG. Great for all levels of play. We even have spare ukuleles for newcomers. We do welcome drop-ins but we like to organise the music for you in advance.

- **Monday 16th October 7:00pm–8:30pm**

Mathers House, 108 Bathurst Street, Hobart

Bookings: (03) 6234 1441 (close: 16/10)

The Uke Experience

CITY OF HOBART

This is a welcoming fun session where you can learn the basics of coordinating both playing and singing. All levels welcome. Bring your own uke or borrow one of ours. This class includes morning tea.

- **Thursday 19th October 9:30am–11:00am**

Lower Mathers House, 108 Bathurst Street, Hobart

Cost: \$5 (includes morning tea)

Bookings: (03) 6234 1441 (close: 19/10)

Stronger for Longer

CITY OF HOBART

A dynamic group exercise class is suitable for all levels of fitness. Incorporating cardio and resistance exercises to strengthen the whole body and improve fitness, balance and flexibility.

- **Monday 16th October 1:00pm–1:45pm**

Criterion House, Nell Pascoe Room, 110 Bathurst Street

Cost: \$10

Bookings: (03) 6234 1441 | mathersplace@hobartcity.com.au
(close: 16/10)

Yoga with Shannon

CITY OF HOBART

This great introductory yoga class is for newcomers or for those who would like to restart their practice.

- **Wednesday 18th October 12:30pm–1:15pm**

Criterion House, Nell Pascoe Room, 110 Bathurst Street

Cost: \$5

Bookings: (03) 6234 1441 (close: 18/10)

Enquiries: 0451 2787 65

Serenity in the City



CITY OF HOBART

Take time out and give yourself the gift of 30 minutes of simple guided meditation.

- **Thursday 19th October 12:30pm–1:00pm**

Lower Mathers House, 108 Bathurst Street, Hobart

School for Seniors

CITY OF HOBART

This popular speakers program is opening its doors during Seniors Week to give you a taste of what they offer throughout the year.

- **Friday 20th October 10:00am–12:00pm**

Criterion House, Nell Pascoe Room, 110 Bathurst Street

Cost: \$5 (for morning tea)

Bookings: (03) 6234 1441 (close: 20/10)

Floor to Core

CITY OF HOBART

Whole body pilates inspired workout focusing on mobility and improving core and pelvic floor function.

- **Thursday 19th October 11:15am–12:15pm**

Lower Level Mathers, 108 Bathurst Street, Hobart

Cost: \$10

Bookings: (03) 6234 1441 | mathersplace@hobartcity.com.au
(close: 19/10)

HOWRAH

Guest Speaker Rosie Barry



HOWRAH SCHOOL FOR SENIORS

Irish Dance: From Novice to Champion – follow the story of Rosie Barry's children's involvement as they progress from beginners to senior dancers. See them both on stage and off, with a close look behind the scenes to find out what makes the stuff of champions. The talk will be preceded with morning tea or coffee.

- **Friday 20th October 10:00am–12:00pm**

Howrah Community Centre, 11 Howrah Road, Howrah

Bookings: 0438 779 969 (close: 17/10)

Seniors Week Free Hearing Checks



HEARING AUSTRALIA – BELLERIVE

Hearing Australia and Shoreline Pharmacy have teamed up to offer you free hearing checks and hearing health information.

Bookings are not essential but are recommended.

- **Wednesday 18th October 10:00am–2:00pm**

Shoreline Pharmacy, Shoreline Shopping Centre, 6 Shoreline Drive, Howrah

Bookings: (03) 6247 9616 (close: 16/10)

Seniors Week Morning Tea



AUSTRALIAN RETIRED PERSONS ASSOCIATION TASMANIA

(ARPA) is hosting a Celebration Morning Tea for our members.

We will enjoy a scrumptious morning tea fully catered, friendship and a few laughs. It is an opportunity to acknowledge the participation of all our members especially the commitment of our long term members who continue to be involved although many are facing health concerns. ARPA is a non profit organisation offering a range of activities for retired people – monthly lunches, a walking group, bus trips and a general meeting bimonthly. If this appeals to you– give us a try. Booking numbers may be limited.

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

Howrah Community Centre, 1 Howrah Rd, Howrah

Bookings: geoffcrombie@outlook.com | 0417 283 315

(close: 6/10)

HUONVILLE

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

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

Huonville Library – Peach Room

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

Eating for Health



AGE WELL – HUON VALLEY COUNCIL

Join us for an informative one-hour session delivered by an accredited dietitian on which foods to eat, specifically for those aged 65 years +.

- **Monday 16th October 3:00pm–4:00pm**

Huon Valley Hub, 23 Main St, Huonville

Bookings: agewell@huonvalley.tas.gov.au | (03) 6264 0300

(close: 11/10)

Cuppa Conversations



AGE WELL – HUON VALLEY COUNCIL

Come along and meet some like-minded locals whilst enjoying some freshly baked treats for morning tea.

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

Huon Valley Hub, 23 Main St, Huonville

Bookings: agewell@huonvalley.tas.gov.au | (03) 6264 0300

(close: 11/10)

Tech Hour



AGE WELL – HUON VALLEY COUNCIL

Would you like to be more confident using a computer, smartphone or tablet? Book in for a free one-hour appointment at the Huon Valley Hub and receive one-on-one coaching to build your basic digital skills! Every Wednesday (during school terms) 10:00am–1:00pm by appointment only.

- **Wednesday 18th October 10:00am–1:00pm**

Huon Valley Hub, 23 Main St, Huonville

Bookings: agewell@huonvalley.tas.gov.au | (03) 6264 0300

(close: 11/10)

Yoga in a Chair

AGE WELL – HUON VALLEY COUNCIL

Chair Yoga is a great way for adults of all levels of ability to safely enjoy yoga and its wonderful health benefits. Every Thursday during school terms.

- **Thursday 18th October 11:30am–12:30pm**

Huon Valley Hub, 23 Main St, Huonville

Cost: \$5

Bookings: agewell@huonvalley.tas.gov.au | (03) 6264 0300 (close: 11/10)

Creative Connections



AGE WELL – HUON VALLEY COUNCIL

Be creative, have fun and meet new people! These free weekly art sessions will give you the opportunity to play with different techniques and materials while making social connections. Hosted by community-based artist Sheree Martin.

- **Thursday 19th October 1:00pm–2:30pm**

Huon Valley Hub, 23 Main St, Huonville

Bookings: agewell@huonvalley.tas.gov.au | (03) 6264 0300 (close: 11/10)

KINGSTON

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60s music for those aged 5–80+. Exercises are easy to learn to 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. First class is free to try out. If you'd like to continue, classes are \$12 PAYG. Your instructor is Ingrid.

- **Tuesday 17th October 11:15am–12:15pm**

Kingston Beach Hall, Beach Road, Kingston Beach

Bookings: 0428 297 435 | move.it.tas@gmail.com (close: 22/10)

You Can Grow Your Own



KINGSTON COMMUNITY GARDEN INC.

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 22nd October 10:00am–3:00pm**

Kingston Community Garden, 12-14 Gormley Drive, Kingston

Peace Education Program



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 video based, with talks by Peace Ambassador, Prem Rawat. It is interspersed with cartoons, interviews and time for your own reflection and comment. The focus is on strengths you already have such as dignity, hope, self awareness and choice. The course is very popular in over 74 countries. It has been translated into 40 languages.

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

Kingston Neighbourhood House, 24 Hawthorn Drive, Kingston

Bookings: (03) 6229 4066 (close: 18/10)

Free Come and Try Get Into Golf



KINGSTON BEACH CLUB

Everyone aged over 50 is welcome to join PGA Professional Christian Rainey for a free Get into Golf – Seniors Session at Kingston Beach Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Wednesday 18th October 2:00pm–3:00pm**

Kingston Beach Club, 1 Channel Highway, Kingston

Bookings: www.golf.org.au/getintogolf/home (close: 14/10)

Enquiries: (03) 6229 8300

All Things Dutch



ONECARE BISHOP DAVIES COURT

Since Kingston is Holland's sister city, we thought we would celebrate. We will be making Oliebollens, serving Dutch cakes and cookies, display of all things Dutch and we will be talking about the history of Holland and how Kingston had a large number of migrations from Holland in the 1950s.

- **Tuesday 17th October 2:00pm–3:30pm**

OneCare Bishop Davies Court, 27 Redwood Road, Kingston

Bookings: (03) 6283 1100 | bishopdaviescourt@onecare.org.au (close: 10/10)

Open Day Bishop Davies Court



ONECARE BISHOP DAVIES COURT

Come along and see what happens at Bishop Davies Court. There will be information booths, you can book a tour and enjoy a scone with a cup of tea/coffee.

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

OneCare Bishop Davies Court, 27 Redwood Road, Kingston

Bookings: (03) 6283 1100 | bishopdaviescourt@onecare.org.au (close: 10/10)

KINGSTON (CONTINUED)

Empowering Seniors

KINGBOROUGH FITNESS CENTRE

A chair based exercise class, to develop and improve balance and strength, in an inclusive and supportive environment.

- **Tuesday 17th October 10:45am–11:30am**
- **Thursday 19th October 10:45am–11:15am**

Kingborough Sports Centre, Level 10 Kingston View Drive

Cost: \$8

Bookings: fitnesscentre@kingborough.tas.gov.au

(03) 6211 8266 | <http://www.picktime.com/>

KingboroughFitnessClassBookings (close: 13/10)

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Monday 16th October 1:00pm–2:30pm**

Kingston Library – B Block

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

Introduction to Bridge



KINGBOROUGH BRIDGE CLUB

Do you enjoy card games? Join our friendly members for an introduction to Bridge. A short session for everyone especially beginners.

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

Kingston Library Learning Centre, A Block, 8 Hutchins St

Stroke Safe Talk



KINGSTON LIBRARY

Drawing on personal experience, Lesley Hall will present information about stroke and its prevention, to make this talk very powerful. It will include how to recognise the signs of stroke, what stroke is, what to do if someone is having a stroke and how to prevent stroke.

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

Kingston Library, 11 Hutchins Street, Kingston

Bookings: 03 6165 6208 | kingston.library@libraries.tas.gov.au

(close: 13/10)

Staying Active Move

KINGBOROUGH FITNESS CENTRE

A group fitness activity to music, these classes are very social and utilise various equipment to get you up and moving well

- **Monday 16th October 9:15am–9:45am**
- **Wednesday 18th October 9:15am–9:45am**
- **Friday 20th October 9:15am–9:45am**

Kingborough Sports Centre, Level 10 Kingston View Drive

Cost: \$8

Bookings: (03) 6211 8266 | fitnesscentre@kingborough.tas.gov.au

| <http://www.picktime.com/KingboroughFitnessClassBookings>

(close: 13/10)

Croquet – Come and Try It!



KINGSTON CROQUET CLUB

Croquet is a game for all ages and abilities. It provides the opportunity for you to exercise both your body and your mind and leaves you with a feeling of wellbeing. So, why not give it a go? We will start with some basic instruction and coaching, followed by a game or two with our members. The afternoon will conclude with a cup of tea/coffee, or even a wine or two, and something to eat. All equipment will be provided but please wear flat-soled shoes.

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

Kingston Croquet Club, 159 Summerleas Rd, Kingston

Bookings: 0402 091 840 | kingstoncroquetclub@gmail.com

(close: 12/10)

LENAH VALLEY

Move It Easy Exercises



MOVE IT EASY EXERCISES

Gentle exercise classes to 60s music for those aged 5–80+.

The exercises are easy to learn to 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. First class is free to try out. If you'd like to continue, classes are \$12 PAYG. Your instructor is Ingrid.

- **Tuesday 17th October 9:30am–10:30am**
- **Thursday 19th October 9:30am–10:30am**

Lenah Valley Community Hall, Creek Road, Lenah Valley

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

(close: 22/10)

LINDISFARNE

Coffee and Chat

FRIENDZ

Coffee Morning held by LGBTIQ+ group of people. Anyone interested is welcome to enjoy a coffee and chat in safe surroundings and with like-minded people. Event is held by 'FRIENDZ', an LGBTI+ social group based in Hobart. We hold weekly walks and coffee mornings, a fortnightly quiz, and meals at pubs, members homes and BBQs at local reserves from time to time. Send us your email address and we'll provide further details without obligation.

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

Spencers Café, 145A East Derwent Hwy, Lindisfarne

Cost: Attendees pay for their own drink and/or snack

Bookings: 0418 135 090 | friendz@gmail.com (close: 12/10)

Up Close and Personal with Keith Potger

ARELMEDIA MANAGEMENT

Up Close and Personal – Keith Potger's solo acoustic performances appeal to audiences for whom his music is a breath of fresh air: the fans who appreciate the man and his guitar (and boy, can he play that 12 string!). As a founding member of the internationally famous group The Seekers, he is known to countless fans and this is obvious in the welcome given to him by audiences round the world. His program contains some timeless favourites from The Seekers, a touch of Nashville, some beautiful original ballads from his three solo CDs and a few hits from the 60s to the 80s that appeal to the generation who grew up playing The Seekers albums at home or in the car. Throughout his show, Keith shares some amusing anecdotes from almost 60 years on the international music scene. During his performance Keith will do a special tribute to his colleague and dear friend of 60 years, the late and great Judith Durham. Keith unfailingly delivers up-beat, heart-warming events that leave audiences reliving their fondest memories while sharing the joy of new beginnings that are the hallmarks of Keith Potger's solo concerts.

- **Thursday 19th October 2:00pm–3:10pm**

Lindisfarne CWA Hall, 29 Lincoln Street, Lindisfarne

Cost: \$20 per person

Bookings: 0419 558 421 | manager@arelmedia.com.au

www.arelmedia.com.au (close: 19/10)

Morning Tea to Celebrate Seniors Week

CWA LINDISFARNE BRANCH

Hosted by Hands On Craft CWA Lindisfarne Branch, with live music to accompany the event. Bring a plate.

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

CWA Lindisfarne Branch Hall, Lincoln Street, Lindisfarne

Cost: Gold coin donation

Enquiries: cwalindisfarnebranch@gmail.com

LUTANA

Free Come and Try Get Into Golf

NEW TOWN BAY GOLF CLUB

Everyone aged over 50 is welcome to join PGA Professional Adam Holden for a free Get into Golf – Seniors Session at Tasmania Golf Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Tuesday 17th October 3:30pm–4:30pm**

New Town Bay Golf Club, 258 Risdon Rd, Lutana

Bookings: www.golf.org.au/getintogolf/home (close: 16/10)

Enquiries: 0491 118 460

MARGATE

Up Close and Personal with Keith Potger

ARELMEDIA MANAGEMENT

A founding member of the internationally famous group The Seekers, Keith Potger's program contains some timeless favourites from The Seekers, a touch of Nashville, some beautiful original ballads from his three solo CDs and a few hits from the 60s to the 80s that appeal to the generation who grew up playing The Seekers albums at home or in the car. Throughout his show, Keith shares some amusing anecdotes from almost 60 years on the international music scene. Keith unfailingly delivers up-beat, heart-warming events that leave audiences reliving their fondest memories while sharing the joy of new beginnings that are the hallmarks of Keith Potger's solo concerts.

- **Friday 20th October 2:30pm–3:40pm**

Brookfield Shed, 1640 Channel Highway, Margate

Cost: \$20 all tickets

Bookings: 0419 558 421 | manager@arelmedia.com.au

www.arelmedia.com.au (close: 20/10)

MIDWAY POINT

Chair Yoga



MIDWAY POINT NEIGHBOURHOOD HOUSE

Come and try Chair Yoga for free. Chair yoga is a type of yoga that can be done either seated in a chair or standing using a chair for support. It offers the same benefits as traditional yoga, like boosting strength, flexibility, mental-well being, balance and agility. This program is great for older adults, those who are limited in their mobility or dealing with injury, people with certain health condition and to those that work at a desk all day.

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

Midway Point Neighbourhood House, 34 Hoffman St,
Midway Point

Bookings: (03) 6265 1155 | admin@pwnh.net

Staying Safe Online



MIDWAY POINT NEIGHBOURHOOD HOUSE

Come along to our free workshop to learn about tips and tricks on staying safe online and play a round of scams bingo.

- **Wednesday 18th October 2:00pm–3:00pm**

Midway Point Neighbourhood House, 34 Hoffman St

Bookings: (03) 6265 1155 | admin@pwnh.net (close: 16/10)

Free BBQ Lunch



MIDWAY POINT NEIGHBOURHOOD HOUSE

Join us for a free BBQ lunch. All welcome.

- **Friday 20th October 12:00pm–1:00pm**

Midway Point Neighbourhood House, 34 Hoffman St

Bookings: (03) 6265 1155 | admin@pwnh.net (close: 18/10)

MONTROSE

Seniors Week Free Hearing Checks



HEARING AUSTRALIA – GLENORCHY

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

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

Rosetta Pharmacy, 502 Main Rd, Montrose

Bookings: (03) 6272 8006 (close: 16/10)

MOONAH

Mosaic Workshop – Shell Mandalas

WINTERCREEK MOSAICS

Learn how to mosaic using found shells and other materials. Celebrate Seniors Week with a mindful arty activity. Sue Leitch is an experienced mosaic artist with over 20 years experience in mosaics. In this workshop you will learn how to mosaic with shells and other materials to create a mandala. Bring along some of your shell collection or use some from Sue's. Sea glass also works well if you have some. All other materials will be supplied. Bookings essential. Light lunch provided.

- **Friday 20th October 10:30am–2:00pm**

Moonah Arts Centre, 23-27 Albert Rd, Moonah

Cost: \$55

Bookings: 0448 281 897 | leitch.sue@gmail.com

www.wintercreekmosaics.com.au (close: 18/10)

Celebrating Seniors Week with genU



GENU

Celebrating Seniors Week and our rich diverse communities with genU at the Multicultural Hub. Hear information about genU – our story, our services for seniors and opportunities to get involved. Complimentary catering provided.

- **Wednesday 18th October 10:00am–1:00pm**

Multicultural Council of Tas Multicultural Hub, 65 Hopkins St,
Moonah

Bookings: 0447 448 790 | nadia.reynolds@genu.org.au

www.eventbrite.com.au/e/679217326307 (close: 13/10)

NEW NORFOLK

My Fair Lady Sing-along



DERWENT VALLEY COMMUNITY HOUSE

Come along to watch the ageless classic, *My Fair Lady*. This is a sing-along session and lyrics will be provided. A lovely afternoon tea of scones, jam and cream will be enjoyed after the film. This is an afternoon sure to be filled with fun, laughter and lots of singing.

- **Monday 16th October 2:00pm–4:30pm**

Derwent Valley Community House, 56 Blair St, New Norfolk

Bookings: 0455 783 000 | friendz@gmail.com (close: 15/10)

Derwent Valley Mens Shed Open Day

DERWENT VALLEY MENS SHED INC

Everyone welcome to come and find out more about what we do at the Mens Shed – an amazing hidden resource. Free sausage sizzle included. Come and meet the team! Open to men and women.

- **Wednesday 18th October 9:00am–2:00pm**
Derwent Valley Mens Shed, 103 Blair St, New Norfolk

Ageing Backwards Exercise Program

COMMUNITY BASED SUPPORT

Join Liz as she leads a fun class that is designed to build strength, coordination, and flexibility for daily movement patterns. The program is suitable for people 50+ with all levels of mobility and provides options to suit you no matter your level of fitness. Join any class you like during Seniors Week free of charge.

- **Thursday 19th October 1:00pm–2:00pm**
Venue to be disclosed on booking, New Norfolk
Bookings: 1300 227 827 | info@cbsaust.org.au (close: 12/10)

NEW TOWN

Quiz Night

FRIENDZ

Gay quiz with a difference! Come alone, with someone, or even a group of friends to enjoy a fun night. You don't have to be 'brainy' to participate, just be prepared for a laugh or even two! Everyone is welcome to attend. Counter meals are available for purchase from 5:00 pm.

- **Wednesday 18th October 7:00pm–9:00pm**
Maypole Hotel, 191 New Town Road, New Town
Bookings: 0455 783 000 | friendz@gmail.com (close: 15/10)

Research Your Family's Military History

RSL TASMANIA

Visit ANZAC House and explore the rich military history the island has to offer. Research a family member with our team at RSL Tasmania. Maximum of 6 participants per session.

- **Wednesday 18th October 10:00am–12:00pm**
- **Wednesday 18th October 1:00pm–3:00pm**
ANZAC House, 206 New Town Rd, New Town
Cost: gold coin donation
Bookings essential: (03) 6242 8900 | admin@rsltas.org.au
www.rsltas.org.au (close: 16/10)

Come and Try Golf Croquet

NEW TOWN CROQUET CLUB

Fun and fitness. Come and try Golf Croquet, a fast-growing and easy form of croquet. All equipment provided, wear flat shoes, bring a hat and water bottle and be prepared to have fun with a great group of friendly people who will show you how to play Golf Croquet. Entry is from the car park off Creek Road, right behind the netball courts.

- **Tuesday 17th October 10:00am–12:30pm**
- **Wednesday 18th October 10:00am–12:30pm**
New Town Croquet Club, 3 St. John's Avenue, New Town
Bookings: 0409 799 462 | newtown.croquet@gmail.com
(close: 9/10)

Runnymede Tea and Tour

NATIONAL TRUST AUSTRALIA (TASMANIA)

Runnymede is a stunningly preserved historic home set amongst a beautiful garden and winding drive. The property transports you away from the hubbub of busy life. Take a tour through the house and hear stories of the lawyer, the bishop and the whaler who had the privilege of living in the house and then enjoy tea and buttermilk scones in the drawing room.

- **Wednesday 18th October 10:00am–12:00pm**
- **Thursday 19th October 10:00am–12:00pm**
Runnymede, 61 Bay Road, New Town
Cost: \$30 Adults, \$25 Concession
Bookings: <https://nationaltrusttas.rezdy.com>
Enquiries: (03) 6231 0911

Free Bridge Taster Session

TASMANIAN BRIDGE ASSOCIATION

Keep your brain active and stimulated. Join us to learn Bridge basics and play some hands to see if this is the sport for you. Come alone or with a partner. Bookings preferred but not essential. Walkins on the day welcome too.

- **Wednesday 18th October 2:00pm–4:00pm**
- **Saturday 21st October 10:30am–12:30pm**
- **Sunday 22nd October 2:00pm–4:00pm**
Tasmanian Bridge Association, 5 Marine Esplanade, New Town
Bookings: 0400 492 327 | tba@tasbridge.com.au
www.tasbridge.com.au (close: 21/10)
Enquiries: 0439 430 825

NEW TOWN (CONTINUED)

Caring for Your Inner Self



BRAHMA KUMARIS AUSTRALIA

This is an interactive session which aims to put participants in touch with their own inner peace and resilience in challenging times. It includes a simple form of meditation.

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

Online session statewide, via Zoom

Bookings: <https://www.trybooking.com/CKFOK>

(the link for the Zoom meeting will be available when participants book through the Trybooking link) (close: 15/10)

Enquiries: hobart@au.brahmakumaris.org | 0438 069 728

(text please)

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

51 Risdon Road, New Town

Bookings: hobart@au.brahmakumaris.org | [facebook.com/BKHobart](https://www.facebook.com/BKHobart) | (03) 6278 3788 (close: 16/10)

Polish Dancing for Seniors

POLISH ASSOCIATION IN HOBART INC.

(POLISH WELFARE OFFICE)

Seniors are invited to join the Polish Welfare Office and the Polish Dance Group 'Oberek' in a session of traditional Polish dancing with live music. Refreshments will be provided after the session.

- **Tuesday 17th October 11:00am–1:00pm**

Polish House, 22-24 New Town Road, New Town

Cost: \$5

Bookings: (03) 6228 6258

polishwelfare_hobart@bigpond.com (close: 16/10)

Repair Café Hobart



REPAIR CAFE HOBART

Repair Café Hobart is a regular community event where visitors bring in broken items and learn to fix them.

- **Saturday 21st October 1:00pm–4:00pm**

Kickstart Arts, 12 St Johns Avenue, New Town

Fun Sing Along Night



SING AUSTRALIA HOBART

Come and enjoy singing with the Sing Australia Hobart Group. Enjoy our repertoire of Australian songs, songs from musicals and many other well known tunes. We are a non-audition group and welcome all voice types. No previous singing experience required! Supper provided.

- **Monday 16th October 7:15pm–9:00pm**

New Town Primary School Hall, 36 Forster St, New Town

Drinks and Dinner at The Maypole



SOUP COLLECTIVE

Join our friendly group of lesbians for a special Seniors Week edition of this monthly event. Come for just a drink, or stay on for dinner. Relaxed, friendly get together that is welcoming to old and new friends. RSVPs appreciated so we can book tables. Food and drink at your own expense.

- **Wednesday 18th October 5:30pm–8:30pm**

Maypole Hotel, 191 New Town Road, New Town

Bookings: 0413 137 626 (close: 16/10)

Rotary Club of North Hobart Open Night



ROTARY CLUB OF NORTH HOBART

Our guest speaker is Sue Leitch, Co-Chair Elder Abuse Action Australia. Come along, hear Sue explain the taboo subject of Elder Abuse.

- **Tuesday 17th October 6:00pm–7:30pm**

Maypole Hotel, 191 New Town Road, New Town

Bookings: Roslyn Teirney 0438 240 135 (close: 15/10)

NORTH HOBART

Getting Your Advanced Life and Estate Planning Ducks in a Row!



PUBLIC TRUSTEE

Come join us for morning tea, to learn how you can protect your financial, health care, and legal wishes. We will discuss important documents like a Will, Enduring Power of Attorney, Advance Care Directive and Enduring Guardianship. The Public Trustee, Office of the Public Guardian, and Palliative Care Tasmania will come together to talk about what they do and answer questions about these important documents. Space is limited, so please register early. We can't wait to see you there!

- **Thursday 19th October 10:00am–11:30am**

Rydges Hobart, 393 Argyle St, North Hobart

Bookings: 1800 068 784 | Marketing@publictrustee.tas.gov.au
www.publictrustee.tas.gov.au (close: 12/10)

Easy Multi-language Singing Experience ★

SISONGKE COMMUNITY CHOIR

Singing is good for your health on every level – learning words in another language is mentally stimulating. You are invited to attend a fun and relaxed rehearsal of Sisongke Choir led by Oliver Gathercole on Thursday night of Seniors Week, where we will learn a song in another language. Come along and enjoy an evening of great harmonies!

- **Thursday 19th October 7:00pm–9:00pm**

Friends Meeting House, 5 Boa Vista Rd, North Hobart

Bookings: 0410 026 473 | info@sisongke.org

www.sisongke.org (close: 18/10)

NUBEENA

Seniors High Tea ★

DUNALLEY TASMAN NEIGHBOURHOOD HOUSE INC

Following on last year's hugely successful Seniors Week event, join us again @DTNH to celebrate with other seniors at High Tea. Enjoy food and fun. Seating is limited, so bookings are essential!

- **Wednesday 18th October 10:30am–12:30pm**

Tasman Neighbourhood House, 1635 Main Road, Nubeena

Bookings: (03) 6253 9000 | admindun@dunalleymasman.org

(close: 14/9)

RICHMOND

Richmond Guided Walk and Morning Tea

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 home made morning tea hosted at Oak Lodge and an opportunity to explore the house and garden. Meeting at the Richmond Gaol carpark and walking to Oak Lodge.

- **Wednesday 18th October 10:00am–1:00pm**

Meet at Richmond Gaol carpark and finish at Oak Lodge, 18 Bridge St, Richmond

Cost: Adults \$20, Seniors \$15

Bookings: 0403 205 087 | isobel.williams@gmail.com

www.trybooking.com/CJXWW (close: 13/10)

Oak Lodge High Tea

COAL RIVER VALLEY HISTORICAL SOCIETY INC

High Tea in historic Oak Lodge. Tour the house and garden then enjoy a home baked high tea in the historic dining room or sitting room. 2 tables of 6 in different rooms.

- **Saturday 21st October 1:00pm–3:30pm**

Oak Lodge, 18 Bridge St, Richmond

Cost: \$15

Bookings: 0403 205 087 | isobel.williams@gmail.com

www.trybooking.com/CJYSX (close: 13/10)

RISDON VALE

Live the Life You Please – VIP Seniors Movie Event ★

CLARENCE CITY COUNCIL AND PALLIATIVE CARE TASMANIA

Imagine if we treated end of life the way we treated start of life.

Join us for a special screening of Live the life you please. This is a special film that will change the way you think about the last chapter of life. Palliative Care Tasmania and Clarence City Council are delighted to invite you for this free event (including delicious food and popcorn).

- **Wednesday 18th October 10:30am–1:00pm**

Risdon Vale Neighbourhood Centre – 28 Sugarloaf Road

Bookings: <https://events.humanitix.com/vip-seniors-week-event> (close: 11/10)

Enquiries: abyrne@ccc.tas.gov.au or call council on (03) 6217 9500



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 and fill-in the online form.

You can also call us on (03) 6231 3265.



ROSNY

U3A Clarence

U3A CLARENCE

Please come and visit U3A Clarence free of cost during Seniors Week. There will be a timetable displayed outside room 5 so you can choose which classes you would like to attend. Also join some of our members at morning tea in room 6 at 10:25am immediately after session one. We are an organisation run entirely by volunteers and we offer a variety of classes including lectures on History and Geography plus many other classes such as Line Dancing, Tai Chi, Exploring Poetry, Painting, Play Reading, Games Time, Trivia, just to name a few. There are no pre-requisites for joining and we charge a very reasonable annual membership fee of \$50. In addition to classes we organise several social activities outside our class times.

- **Monday 16th October 9:30am–1:00pm**
- **Wednesday 18th October 9:30am–1:00pm**

Rosny Library, 46 Bligh Street, Rosny

Switched On Seniors

TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Tuesday 17th October 3:30pm–5:00pm**

Rosny Library – Room 4

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

ROSNY PARK

Ballet for Seniors (Absolute Beginners)

FELICITY RYAN BALLETT

Suitable for adults 55 and over who have little or no prior ballet experience. This class offers adults the artistic pleasure of learning ballet, while staying within the physical parameters appropriate for a senior dancer.

- **Tuesday 17th October 10:00am–11:00am**
- **Wednesday 18th October 10:00am–11:00am**
- **Thursday 19th October 10:00am–11:00am**

Lower Level, Suites 1 & 2, 17 Bligh St, Rosny Park

Bookings: 0438 303 863 | felicityryanballet@gmail.com

www.felicityryanballet.com (close: 15/10)

Clarence Through the Ages

CLARENCE CITY COUNCIL

A celebration of those over 90 years old in Clarence. Take a trip back over the last 90 years as we enjoy a visual history of Clarence through beautiful images, as well as stories and insights as told by those who have experienced it all whilst enjoying a delicious morning tea. People of all ages are invited, in particular we welcome those over 90 years old to join us. Places are limited, so get in quick! Bookings are essential.

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

Rosny Library, 46 Bligh Street, Rosny Park

Bookings: (03) 6217 9500 | abyrne@ccc.tas.gov.au

(close: 12/10)

Conversations About Things That Matter

CARE FORWARD

Care Forward will be offering a state-wide approach to celebrating Seniors Week with everyone this year. Our offices will all be open for the public to come in and share an information day with us, or join in from home via Zoom. The topics we will be covering throughout our approximately 4-hour session will be: 10am: Welcome – IT Safety, what to look for and where to get support. 10:30am – Listen to one of our dietitians talk about lifestyle choices and options to help you at home. 11:00am: Our Occupational Therapist will talk about safety at home. 11:30am: We will go through some basics of Guardianship/Power of Attorney/Wills considerations. 12:00pm – How to get started with accessing support at home, for wellness, reablement and helping you feel safe and supported. 12:30pm: break. 1:00pm – Advanced Care Directives. 1:30pm: Our exercise physiologist will have a chat about how they can come and help you at home be stronger and fitter. 2:00pm – Questions and finish. Also available via Zoom.

- **Thursday 19th October 10:00am–2:00pm**

Bookings: call 1300 364 876 to book your spot and we will let you know where to find us and/or get a link to the online event (close: 13/10)

Enquiries: claire.williams@careforward.com.au

SANDY BAY

Come and Try Croquet



SANDY BAY CROQUET CLUB

Croquet is a popular outdoor game, played on a lawn or court, with long-handled mallets with which the players hit balls through a series of hoops. It is a fun and social game, a great way to remain active in the outdoors.

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

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

Introduction to Pétanque



HOBART PETANQUE CLUB

Join us for a taste of this sport which originated in France and has been played by our members since the Club's inauguration, September 8 1996. You will be impressed by the seeming simplicity of the game which belies the complexity of skills that top players eventually develop. You won't require any strenuous physical activity and will enjoy the friendliness and social interaction when participating in our games, competitions and other diverse outings provided by our Club. See you at the Piste! Boules and associated equipment will be provided for this event.

- **Thursday 19th October 11:00am–12:30pm**

Pétanque Piste, Cnr Long Point Rd and Beach Rd, Sandy Bay

Bookings: 0419 930 488 | maitredee26@yahoo.com

(close: 16/10)

Come and Try Boules!



BAYSIDE BOULES PÉTANQUE CLUB

Come and have a go at pétanque. Suitable for all ages. We have spare boules and can provide friendly instruction and a fun game. Please wear sturdy enclosed shoes.

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

- **Friday 20th October 12:45pm–2:30pm**

Long Point Rd, Lower Sandy Bay

Hobart Mah Jong Club



HOBART MAH JONG CLUB

Come to our Open Night at the Sandy Bay Senior Citizens Club. Observe our members playing this intriguing game, join in or have a lesson. Supper included.

- **Monday 16th October 6:45pm–9:30pm**

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

Back on Your Bike



BICYCLE NETWORK TASMANIA

If it's been several years since you last rode a bike and you'd like to get back on but feel a bit nervous, then Back on Your Bike is designed just for you. Bicycle Network is offering free Back on Your Bike sessions across the state for Seniors Week. In small groups we will run through a bike skills refresher and some basic bike maintenance, before going for a short ride in either an on-road or off-road setting. There will be bikes available for those unable to bring their own, and participants can sign up for a free 3-month membership with Bicycle Network. Back on Your Bike is funded by the Tasmanian Government's Healthy Tasmania Fund.

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

Long Point Road, Sandy Bay

Bookings: www.bicyclenetwork.com.au/backonyourbike

(close: 18/10)

Enquiries: sallieb@bicyclenetwork.com.au

SORELL

Up Close and Personal with Keith Potger

ARELMEDIA MANAGEMENT

Up Close and Personal – Keith Potger's solo acoustic performances appeal to audiences for whom his music is a breath of fresh air: the fans who appreciate the man and his guitar (and boy, can he play that 12 string!). As a founding member of the internationally famous group The Seekers, he is known to countless fans and this is obvious in the welcome given to him by audiences round the world. His program contains some timeless favourites from The Seekers, a touch of Nashville, some beautiful original ballads from his three solo CDs and a few hits from the 60s to the 80s that appeal to the generation who grew up playing The Seekers albums at home or in the car. Throughout his show, Keith shares some amusing anecdotes from almost 60 years on the international music scene. During his performance Keith will do a special tribute to his colleague and dear friend of 60 years, the late and great Judith Durham. Keith unfailingly delivers up-beat, heart-warming events that leave audiences reliving their fondest memories while sharing the joy of new beginnings that are the hallmarks of Keith Potger's solo concerts.

- **Wednesday 18th October 2:00pm–3:10pm**

Sorell Memorial Hall, 47 Cole Street, Sorell

Cost: \$20 all tickets

Bookings: 0419 558 421 | manager@arelmedia.com.au

www.arelmedia.com.au (close: 18/10)

SORELL (CONTINUED)

Seniors Week Free Hearing Checks

HEARING AUSTRALIA – SORELL

Hearing Australia in Sorell is offering free hearing checks and hearing health information. Bookings are not essential but are recommended.

- **Monday 16th October 10:00am–2:00pm**

Hearing Australia Sorell, 13 Gordon St, Sorell
Bookings: 13 44 32 (close: 15/10)

Walking Netball

SOUTH EAST NETBALL ASSOCIATION

Come and try netball but at walking pace.
No running and no jumping, but lots of fun to be had!

- **Wednesday 18th October 10:30am–12:00pm**

South East Sports Stadium, Montague St, Sorell



Estate and Advance Care Planning Guide

A guide to documenting your wishes in legal form

BILL GODFREY & COTA TASMANIA

THIRD EDITION AVAILABLE NOW:



If you're at the stage where you no longer feel able to live independently at home with carer support or home care services, it may be time to consider residential care.

OneCare is your local Tasmania, not-for-profit home care provider, with five residential homes supporting more than 2,000 people across the state.

We are committed to providing our residents and their families with care that exceeds their expectations and ensures they feel safe and supported.

Contact us today to discuss your needs.
ph: (03) 6220 1200 or visit onecare.org.au

Bishop Davies Court, Kingston
Umina Park, Burnie
The Manor, Kings Meadows
Barossa Park Lodge, Glenorchy
Rubicon Grove, Port Sorell



OneCare



A photograph of a smiling woman with short grey hair, wearing a yellow swim cap with a black strap and a black and white patterned swimsuit. She is holding a large silver trophy in her right hand and giving a thumbs-up with her left hand. The background is a blurred outdoor swimming pool with a brick wall. The entire image is overlaid with a semi-transparent red geometric design consisting of several overlapping shapes, including a large triangle on the left and a large rectangle on the right.

Events in the

NORTH

BEACONSFIELD

Behind the Scenes at the Beaconsfield Mine and Heritage Centre



**WEST TAMAR POSITIVE AGEING COMMITTEE
(WEST TAMAR COUNCIL)**

Come and explore the Beaconsfield Mine with behind-the-scenes tour! Learn everything you ever wanted to know about the mine and see what happens away from the exhibition! Afternoon tea will be provided at the conclusion of the tour. Bookings are essential as places are limited!

• **Monday 16th October 1:30pm–3:30pm**

Beaconsfield Mine and Heritage Centre, Weld Street

Bookings: (03) 6323 9200 (close: 13/10)

Music in the Churches

WEST TAMAR ARTS GROUP

Following on from previous Music in the Churches events, this event will feature the Australian Army Band with soprano Ann Russell, Peter Grayson-Weeks and Ros Holgate on piano.

• **Saturday 21st October 2:00pm–3:30pm**

Anglican Church, West Tamar highway, 175 Weld St, Beaconsfield

Bookings: 0438 634 330 | wtag1194@gmail.com

www.westtamarartsgroup.com.au (close: 20/10)

BICHENO

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

• **Saturday 21st October 2:00pm–4:00pm**

Bicheno Memorial Hall, 78 Burgess St, Bicheno

Bookings: info@wideangle.org.au | eventbrite.com.au/o/wide-angle-tasmania-2354543232 (close: 21/10)

CAMPBELL TOWN

Crêpe Day is a Great Day

CAMPBELL TOWN HEALTH & COMMUNITY SERVICE

Crêpe buffet brunch – come and celebrate Seniors Week by joining us for a variety of delicious sweet and savoury crêpes. Lucky door prizes and surprises!

• **Wednesday 18th October 11:00am–2:00pm**

Campbell Town Hospital, 70 High Street, Campbell Town

Cost: \$12

Bookings: (03) 6774 8030 | jan.harvey@ths.tas.gov.au

(close: 16/10)

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

• **Sunday 22nd October 2:00pm–4:00pm**

Campbell Town Recreation Complex, 75 High St

Bookings: info@wideangle.org.au | eventbrite.com.au/o/wide-angle-tasmania-2354543232 (close: 22/10)

CRESSY

Come and Try Day



CRESSY BOWLS AND COMMUNITY CENTRE

Come along and celebrate the opening of our new synthetic green. Enjoy afternoon tea and try a game of bowls.

• **Tuesday 17th October 1:00pm–3:00pm**

Cressy Bowls and Community Centre, 21 Macquarie St, Cressy

DELORAININE

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 16th October 9:00am–5:00pm**
- **Tuesday 17th October 9:00am–5:00pm**
- **Wednesday 18th October 9:00am–5:00pm**
- **Thursday 19th October 9:00am–5:00pm**
- **Friday 20th October 9:00am–5:00pm**
- **Saturday 21st October 9:00am–5:00pm**
- **Sunday 22nd October 9:00am–5:00pm**

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

Cost: Seniors \$8, Full ticket \$10

Enquiries: (03) 6362 5280 | info@greatwesterntiers.net.au

GEORGE TOWN

George Town Seniors Concert 2023

GEORGE TOWN COUNCIL

As part of Seniors Week, George Town Council presents a free concert every year at the Memorial Hall followed by refreshments. Come and enjoy an afternoon of musical entertainment followed by a light afternoon tea.

- **Thursday 19th October 1:30pm–3:30pm**

George Town Memorial Hall, 29-67 Macquarie St, George Town

Bookings: (03) 6382 8800 | council@georgetown.tas.gov.au

<https://gtseniorsconcert2023.eventbrite.com.au> (close: 9/10)

GRINDELWALD

Fly Casting

THE FLY FISHERS' CLUB OF TASMANIA INC.

Have you ever thought about fly fishing? Here you can learn how to do the basic cast with the ultimate aim of catching a fish. All volunteers are to wear the appropriate clothing to suit the day. All equipment (Rods and reels) will be supplied on the day. All volunteers are required to sign in on the day.

- **Sunday 22nd October 10:00am–12:30pm**

26 Alpine Crescent, Grindelwald

Bookings: 0429 888 687 | secretary@flyfisherscluboftasmania.org.au (close: 5/9)

INVERMAY

Free Come and Try Get Into Golf

WILLFIT GOLF – LAUNCESTON

Everyone aged over 50 is welcome to join PGA Professional Will White for a free Get into Golf – Seniors Session at WillFit Golf. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

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

WillFit Golf, 81 Gleadow St, Invermay

Bookings: www.golf.org.au/getintogolf/home (close: 16/10)

Enquiries: 0467 720 414

KINGS MEADOWS

Celebrate Collaborative Artwork

ONECARE

Join us in making a collaborative artwork. Bring an old CD or DVD that you no longer use and we will turn it into a work of art. Afternoon tea will be provided.

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

The Manor, 2 Guy Street, Kings Meadows

Bookings: (03) 6345 2110 | themanor@onecare.org.au (close: 4/10)

Hearing Health Checks

HEARING AUSTRALIA

Free* 15-minute hearing screenings to identify people that may have a hearing loss. A hearing check is a quick and easy way to help identify if your hearing might not be as sharp as it used to be. Not everyone who is experiencing hearing problems may need a hearing aid. Sometimes people might just need support listening to the TV at normal volumes, hearing at noisy social events, or hearing friends and family on the phone. Walk-in between 9:00am–2:00pm, no appointment required. *Only 15-minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, which conditions apply.

- **Monday 16th October 9:00am–2:00pm**
- **Tuesday 17th October 9:00am–2:00pm**
- **Wednesday 18th October 9:00am–2:00pm**
- **Thursday 19th October 9:00am–2:00pm**

Hearing Australia, 149b Hobart Rd, Kings Meadows

KINGS MEADOWS (CONTINUED)

Free Come and Try Get Into Golf



LAUNCESTON GOLF CLUB

Everyone aged over 50 is welcome to join PGA Professional Scott Mansfield for a free Get into Golf – Seniors Session at Launceston Golf Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Thursday 19th October 2:00pm–3:00pm**

Launceston Golf Club, Opossum Rd, Kings Meadows

Bookings: www.golf.org.au/getintogolf/home (close: 14/10)

Enquiries: (03) 6249 1000

LAUNCESTON

Hearing Health Checks



HEARING AUSTRALIA

Free* 15-minute hearing screenings to identify people that may have a hearing loss. A hearing check is a quick and easy way to help identify if your hearing might not be as sharp as it used to be. Not everyone who is experiencing hearing problems may need a hearing aid. Sometimes people might just need support listening to the TV at normal volumes, hearing at noisy social events, or hearing friends and family on the phone. Walk-in between 9am–2pm, no appointment required. *Only 15-minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, which conditions apply.

- **Monday 16th October 9:00am–2:00pm**
- **Tuesday 17th October 9:00am–2:00pm**
- **Wednesday 18th October 9:00am–2:00pm**
- **Thursday 19th October 9:00am–2:00pm**
- **Friday 20th October 9:00am–2:00pm**

Hearing Australia, 63–65 Cameron St, Launceston

Introduction to Croquet



ROYAL PARK CROQUET CLUB

Combine gentle exercise with the art of hitting balls through hoops with a mallet. Please wear soft soled shoes. Equipment will be provided.

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

Royal Park Croquet Club, Park Street, Launceston

Launceston School for Seniors Open Day



LAUNCESTON SCHOOL FOR SENIORS

A member of the school will meet and greet each group. Guests will enter and observe classes and activities at the school and can stay for light refreshments and questions at the conclusion of the visit. A maximum of ten visitors per session.

- **Tuesday 17th October 9:30am–10:30am**
- **Tuesday 17th October 10:45am–11:45am**
- **Tuesday 17th October 12:30pm–1:30pm**

8 High St, Launceston

Bookings: (03) 6334 4007 (office hours 9:00am–12:30pm)

admin@lss.org.au | www.lss.org.au (close: 12:30pm 13/10)

My Story Suitcase: A Miniature World Workshop

QUEEN VICTORIA MUSEUM AND ART GALLERY

Join this two-day workshop to create an individual art piece: a miniature world contained in a suitcase that represents part of your life. Life is a journey and along the way we collect objects, experiences and memories. Come along to these crafty afternoons to create your own travelling suitcase. Craft together a miniature world into your suitcase that represents who you are, where you have been and what you have seen, real or imagined. It will be a symbolic story of your life and a memento of your life's journey so far. You can bring along small objects that hold some meaning to you such as photographs, figurines and anything else you would like to use in your art piece (remember it will need to fit into your small suitcase about the size of a shoebox). There will also be mixed media materials for you to incorporate into your piece, including paints, collage materials and recycled materials. You are welcome to bring any other materials you would like to use. The workshops will be run over two consecutive days (to allow for drying times for papier-mâché) and will be held from 10:30am–12:30pm each day in the Creativity Centre at QVMAG Royal Park Art Gallery This is a 2-day event running 18th and 19th October.

- **Wednesday 18th October 10:30am–12:30pm**
- **Thursday 19th October 10:30am–12:30pm**

Queen Victoria Art Gallery, Royal Park, 2 Wellington St

Cost: Seniors \$5 plus Eventbrite fees, children 12+ free

Bookings: <http://bit.ly/3D32nv5> (close: 16/10)

Enquiries: (03) 6323 3777

Pride Coffee



WORKING IT OUT TASMANIA

Working It Out Launceston would like to celebrate seniors and elders in the LGBTI community, thank them for their tenacity with a coffee and a message of gratitude. If you are a LGBTI senior or elder transgender, lesbian, gay, bisexual and/or intersex and want to come to this celebration let us know! Community members and allies of all ages are welcome.

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

Earthy Eats, 19 Kingsway, Launceston

Bookings: 0438 346 122 | north@workingitout.org.au

(close: 17/10)

Entering a Retirement Village



TASMANIAN ASSOCIATION FOR RESIDENTS OF RETIREMENT VILLAGES

TARRV is the newly formed Peak Body for residents of retirement villages within Tasmania. We offer a “must attend” information session for those considering entering a retirement village as a part of their retirement. This session will help educate those seeking this form of accommodation and lifestyle.

- **Friday 20th October 10:00am–1:00pm**

Holy Trinity Anglican Church, 34 Cameron St, Launceston

Watercolouring with Coffee Workshop with Lyn Stares

QUEEN VICTORIA MUSEUM AND ART GALLERY

Celebrate Seniors Week 2023 by joining artist Lyn Stares as you learn how to create artworks with coffee and create a watercolour effect without brushes. With minimal tools required, this workshop will share an art method that you can reproduce anytime, anywhere. Coffee and tea will be available, and all materials will be supplied on the day.

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

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

Cost: Seniors \$8 plus Eventbrite fees

Bookings: <http://bit.ly/46lyWMc> (close: 13/10)

Enquiries: (03) 6323 3777

Getting Your Advanced Life and Estate Planning Ducks in a Row!



PUBLIC TRUSTEE

Come join us for afternoon tea, to learn how you can protect your financial, health care, and legal wishes. We will discuss important documents like a Will, Enduring Power of Attorney, and Enduring Guardianship. The Public Trustee and the Office of the Public Guardian will come together to talk about what they do and answer questions about these important documents. Space is limited, so please register early. We can't wait to see you there!

- **Wednesday 18th October 2:30pm–4:00pm**

Launceston Conference Center, 50 Glen Dhu Street

Bookings: 1800 068 784 | marketing@publictrustee.tas.gov.au

www.publictrustee.tas.gov.au (close: 12/10)

Seniors Week: Mindful Movement

QUEEN VICTORIA MUSEUM AND ART GALLERY

Join us in a workshop exploring mindful movement as a potential personal ritual to cope with changes in a positive way. Be inspired by the *Mariw Minaral (Spiritual Patterns)* exhibition to create our own daily mindful movement. Explore the value of rituals to understand our transitions in life, and learn about the meaning of transformation from the exhibition's ancestral masks. This event will include simple and accessible (on chairs) group-lead exercises, breathing exercises and body scanning.

- **Tuesday 17th October 10:30am–11:30am**

Queen Victoria Art Gallery, Royal Park, 2 Wellington St

Cost: Seniors \$5 plus Eventbrite fees

Bookings: <http://bit.ly/3O4ufVE> (close: 16/10)

Enquiries: (03) 6323 3777

Free Planetarium Shows for Seniors Week 2023: We are Stars



QUEEN VICTORIA MUSEUM AND ART GALLERY

We are Stars, was produced by NSC Creative in the United Kingdom, who also produced our very popular show *We Are Aliens*. The show takes a light-hearted look at the way stars burn, producing the range of elements with which we are so familiar. Indeed, most of the material in our bodies, and in everything we use each day, was formed deep inside the stars! *We are Stars* includes many other interesting facts about the stars. Please note: you must arrive 15 minutes before the show's start time.

- **Tuesday 17th October 1:30pm–2:15pm**

Queen Victoria Museum, Planetarium, Inveresk, 2 Invermay Rd

Bookings: <http://bit.ly/44ig0lQ> (close: 16/10)

Enquiries: (03) 6323 3777

LAUNCESTON (CONTINUED)

Free Planetarium Shows for Seniors Week 2023: Birth of Planet Earth



QUEEN VICTORIA MUSEUM AND ART GALLERY

Birth of planet Earth is a show that tells the twisted tale of Earth's origins. Our planet formed four and a half billion years ago, and scientists now think that our galaxy is filled with planetary systems, including planets roughly the size of our own. An important question is how the Moon formed. According to a major hypothesis, it came into being as a result of a catastrophic collision, which is depicted realistically on our planetarium dome. The show examines the questions of how Earth became a living planet in the wake of our Solar System's violent birth, and what its history tells us about our chances of finding other worlds that are truly Earth-like. Please note: you must arrive 15 minutes before the shows start time.

- **Wednesday 18th October 1:30pm–2:15pm**

Queen Victoria Museum, Planetarium, Inveresk, 2 Invermay Rd
Bookings: <http://bit.ly/3D5VzN9> (close: 17/10)
Enquiries: (03) 6323 3777

Discover Volunteering with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Do you enjoy driving? Are you looking for a way to give back to your community? If so, come along to CTST's volunteer information session to learn more. Enjoy a free afternoon tea and a goodie bag.

- **Thursday 19th October 1:30pm–2:30pm**

Macquarie House, Civic Square, Launceston
Bookings: (03) 6208 8530 | communications@ctst.org.au
(close: 13/10)

Tracing Your Family History



TASMANIAN FAMILY HISTORY SOCIETY INC LAUNCESTON BRANCH

Visit our Launceston Library for help and advice about searching your family history. This will be especially helpful for people beginning their family history research or for those who are unsure of what to do with those 'mystery' papers and photos in various shoeboxes. One-to-one sessions of one hour providing advice and guidance will be available.

- **Wednesday 18th October 10:00am–3:00pm**

City Park Stables Library, 45 Tamar St, Launceston
Bookings: 0490 826 863 | ltntasfh@bigpond.com
(close: 10/10)

Free Planetarium Shows for Seniors Week 2023: Capcom Go!



QUEEN VICTORIA MUSEUM AND ART GALLERY

As part of our program to celebrate the 50th anniversary of the first footsteps on the Moon, the Planetarium presents the show *Capcom Go! Apollo 11*, in 1969, was the mission during which the first men walked on the Moon: Neil Armstrong and Edwin 'Buzz' Aldrin. The moonwalk took place on 21 July 1969 (Australian time). The show describes how the United States space agency NASA began its human spaceflight program with the launch of the first American into space in the early 1960s. NASA gradually built up its expertise until it was ready to attempt the July 1969 lunar landing. The show's title, *Capcom Go!*, relates to the person in the mission control centre who was given the title Capcom short for 'Capsule Communicator'. It was Capcom's role to be the only person speaking with the astronauts. Please note: you must arrive 15 minutes before the show's start time.

- **Thursday 19th October 1:30pm–2:15pm**

Queen Victoria Museum, Planetarium, Inveresk, 2 Invermay Rd
Bookings: <http://bit.ly/3O30XXF> (close: 17/10)
Enquiries: (03) 6323 3777

Suminigashi Ink Marbling Workshop



QUEEN VICTORIA MUSEUM AND ART GALLERY

To celebrate Seniors Week and Children's Week, QVMAG invites grandparents and their grandchildren to drop into the Creativity Centre at the Art Gallery at Royal Park to try their hand at the ancient Japanese technique of Suminigashi ink marbling. Grab the grandchildren and come along to enjoy this creative and therapeutic technique and spend some quality time creating colourful marbled patterns that you can print and take home. Please note: there is a limit of maximum of 20 participants at a time for this drop-in workshop. We will have a waiting list if capacity is full when you arrive, and you will be called over the gallery PA when space is available. Drop in from 10:30am–12:30pm Saturday 21 October at the Creativity Centre, Royal Park Art Gallery. Seniors with their grandchildren free.

- **Saturday 21st October 10:30am–12:30pm**

Queen Victoria Art Gallery, Royal Park, 2 Wellington St
Bookings: <http://bit.ly/3O4VsaT> (close: 21/10)
Enquiries: (03) 6323 3777

Free Planetarium Shows for Seniors Week 2023: We are Aliens



QUEEN VICTORIA MUSEUM AND ART GALLERY

Earth is now a small world. The human race is connected better and faster than ever before, but what about elsewhere? Could we one day be part of a galactic community sharing our knowledge and ideas, or is Earth the only planet with life? From the National Space Centre in the UK, this show will take you on an epic ride in the hunt for the evidence of alien life. It's a show that balances science, education and family entertainment. Please note: you must arrive 15 minutes before the show's start time.

- **Friday 20th October 1:30pm–2:15pm**

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

Bookings: <http://bit.ly/3pDBpqz> (close: 17/10)

Enquiries: (03) 6323 3777

Back on Your Bike



BICYCLE NETWORK TASMANIA

If it's been several years since you last rode a bike and you'd like to get back on but feel a bit nervous, then Back on Your Bike is designed just for you. Bicycle Network is offering free Back on Your Bike sessions across the state for Seniors Week. In small groups we will run through a bike skills refresher and some basic bike maintenance, before going for a short ride in either an on-road or off-road setting. There will be bikes available for those unable to bring their own, and participants can sign up for a free 3-month membership with Bicycle Network. Back on Your Bike is funded by the Tasmanian Government's Healthy Tasmania Fund.

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

Inveresk Carpark, 2 Invermay Road, Invermay

Bookings: www.bicyclenetwork.com.au/backonyourbike (close: 16/10)

Enquiries: sallieb@bicyclenetwork.com.au

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Wednesday 18th October 11:00am–12:30pm**

Launceston Library – Room 1/2

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

Reminiscence Boxes, Childhood Games and Pastimes



QUEEN VICTORIA MUSEUM AND ART GALLERY

Bring along your grandchildren and show them how people played without flat screens. Which toys or games were your favourites? Let's bring back memories of long forgotten games and relish the opportunity to see and touch toys from "back in the day". Our reminiscence boxes will delight all ages. Bring in your favourite toy or game and join the fun. Seniors with their grandchildren: free.

- **Sunday 22nd October 10:30am–12:30pm**

Queen Victoria Museum, Inveresk, 2 Invermay Rd

Bookings: <http://bit.ly/3D1gykh> (close: 19/10)

Enquiries: (03) 6323 3777

How to get from A to B with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Are you or a loved one beginning your aged care journey and need transport? CTST provides door-to-door transport to eligible people to live independently in their home and stay connected with their community. Come along to an information session to learn more about our personal and group social outings transport programs. Enjoy a free morning tea and a goodie bag.

- **Thursday 19th October 11:00am–12:00pm**

Macquarie House, Civic Square, Launceston

Bookings: (03) 6208 8530 | communications@ctst.org.au (close: 13/10)

LEGANA

Coffee and Canvas with Kath



WEST TAMAR POSITIVE AGEING COMMITTEE (WEST TAMAR COUNCIL)

Come along and explore your creative side and learn to create and paint your own masterpiece, or at least have fun trying. Morning tea will be provided. This is a free activity, however, spaces are limited and bookings are essential. All supplies are included.

- **Wednesday 18th October 9:30am–11:30am**

Legana Hall, Fulton Street, Legana

Bookings: (03) 6323 9200 | (close: 13/10)

MOWBRAY

MRC North Family Matters Seniors Week Celebration



MIGRANT RESOURCE CENTRE NORTHERN TASMANIA INC

Family Matters engages aging members of culturally and linguistically diverse communities through activities and information sessions while building capacity and meaningful connections to services. During Seniors Week, Family Matters invites community to join in for music, dancing, food sharing, fun and games.

- **Friday 20th October 10:00am–12:00pm**

MRC North Harmony Building, 21 Haig St, Mowbray

Sewing Lessons for Absolute Beginners!



NORTHERN SUBURBS COMMUNITY CENTRE – DOVER ST

Sewing Lessons for absolute beginners! Come along and join in an hands on learning session by a skilled sewing machinist. Make that special garment you always wanted to or a new cushion perhaps! Get those creative juices going. Learn tips on how to take care of your sewing machine so that it performs well for many more years.

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

Northern Suburbs Community Centre, 42 Dover St

Bookings: admin@nscctas.org.au | (03) 6326 6776 (close: 13/10)

Calling All Crochet(ers)



NORTHERN SUBURBS COMMUNITY CENTRE – DOVER ST

Come along and celebrate Seniors week by bringing along your current crochet project and sharing the passion with a fellow crocheter. Beginners also welcome. Light afternoon tea provided.

- **Wednesday 18th October 2:00pm–3:00pm**

Northern Suburbs Community Centre, 42 Dover St

Enquiries: admin@nscctas.org.au | (03) 6326 6776

NEWNHAM

Just Imagine Drama Group Presentation



NORTHERN SUBURBS COMMUNITY CENTRE

Amanda Sutherland of Just Imagine will present a 30 minute song and audience presentation followed by morning tea.

- **Wednesday 18th October 10:30am–11:30am**

Northern Suburbs Community Centre, 49 George Town Rd

Bookings: admin@nscctas.org.au | (03) 6326 5506

(close: 17/10)

Carpet Bowls and Lunch with genU

GENU

Carpet Bowls and Lunch with genU, celebrating Seniors Week at North Launceston Bowls Club. Hear information about genU – our story, our services for seniors and opportunities to get involved. Complimentary lunch and \$5 fee for carpet bowls.

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

North Launceston Bowls Club, 1A George Town Rd, Newnham

Cost: \$5

Bookings: 0448 649 964 | amanda.aitken@genu.org.au

www.eventbrite.com.au/e/679212511907 (close: 13/10)

Realise Your Rights Afternoon Tea



ADVOCACY TASMANIA

Meet an aged care advocate and learn how to get what you need and realise your rights in aged care. This session will be useful for anyone thinking about or already receiving aged care services. We'll talk you through some tips for how you can ensure your voice is heard. Enjoy a cuppa, chat and learn how to help yourself get the support you may need. *Advocacy Tasmania provides free, independent and confidential advocacy services to older people, people living with disability or mental health issues, and people who use alcohol or drugs. We've been working with Tasmanians to resolve their issues for over 30 years. No issue is too big or small when it comes to your life, so please reach out to us:* www.advocacytasmania.org.au

- **Wednesday 18th October 1:30pm–3:00pm**

Northern Suburbs Community Centre, 49 George Town Rd

Bookings: 1800 005 131 | contact@yoursaytas.org

www.advocacytasmania.org.au (close: 13/10)

Boomerang Bags Workshop



NORTHERN SUBURBS COMMUNITY CENTRE

Join in the Friday usual baggers workshop in the afternoon session to learn how to design and sew your own take-home bag in a wheelchair-friendly venue. Bookings required to attend up to a 2 hour session to do the following options: 1) join in our weekly workshop for Boomerang Bags on a Friday afternoon and prepare fabric designs for machine sewing; or 2) attend an afternoon session and learn to sew your own grocery bag, using fabric you bring along with you (or a prepared kit from the "Baggers"). Skills to include: using scissor, pins, an ironing board, and sewing machine basic stitching knowledge.

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

Northern Suburbs Community Centre, 49 George Town Rd

Bookings: admin@nscctas.org.au | (03) 6326 5506

(close: 17/10)

NEWSTEAD

Ukulele "Strum with Bite" Workshop and Concert

THE (UKULELE) SCOTSMAN

A wonderful workshop for all levels to help add that extra oomph to your ukulele playing. Learn how to put that passion into your playing and finish off the workshop with a few play-along and sing-along songs. Tickets available at tinyurl.com/ukebite. Discount available if also signing up for the ceilidh dancing workshop taking place on the same day tinyurl.com/ceilidhworkshop

- **Saturday 21st October 1:00pm–3:00pm**

RAOB G.A.B Hall, Newstead Raob, 11 Birch Ave, Newstead
Cost: \$20

Bookings: 0476 565 062 | bookings@thescotsmanmusic.com
<https://www.tinyurl.com/ukebite> (close: 21/9/2023)

Ceilidh Folk Beginner Scottish Dance Workshop

THE (UKULELE) SCOTSMAN

The Scotsman had been teaching dancing around the world for the last 20 years and is flying in from the mainland to teach all the terrific Taswegians some Scottish Ceilidh dances. Think Australian Bush Dance Scottish Style! Meet new people, have a great laugh and try something new as Graeme takes you through 4 ceilidh dances suitable for all ages and abilities. No experience or partners needed, Graeme will ensure you have someone to dance with!

Discount available if also signing up for the ukulele workshop and concert taking place on the same day tinyurl.com/ukebite

- **Saturday 21st October 11:00am–12:00pm**

RAOB G.A.B Hall, Newstead Raob, 11 Birch Ave, Newstead
Cost: \$15

Bookings: 0476 565 062 | bookings@thescotsmanmusic.com
<https://www.tinyurl.com/ceilidhworkshop> (close: 21/9)



this is grandma. she is
wearing a bikini at the
beach and she loves to
sit in the sun.

Active Ageing Seniors Exercise Classes

ACTIVE AGEING

Come and meet some local folks who like to improve their health. Join the growing number of seniors who want to get fitter. Let us work together to gain better balance. Has your doctor suggested you need exercise to increase your muscle strength? Come join us in a low impact exercise programme. We use light weights, stretch bands, move to music and exercise can be done seated or standing. These friendly groups are in different localities in the suburbs around Launceston. Equipment is provided. Bring a water bottle, dress comfortably, wear joggers or lace up shoes. Classes are taken by a qualified seniors fitness instructor.

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

Newstead Baptist Church Hall, Wentworth Street, Newstead
Cost: \$10 Adult

Bookings: 0417 375 079 | woolley59@hotmail.com
(close: 9/10)

RAVENSWOOD

Seniors Morning Tea



STARTING POINT NEIGHBOURHOOD HOUSE

Come celebrate Seniors Week with us! Enjoy some fun, light entertainment over a tasty morning tea.

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

Starting Point Neighbourhood House, 6 Prossers Forest Rd
Bookings: (03) 6339 2861 | reception@ravenswoodnh.org

Just Imagine Drama Group Presentation



STARTING POINT NEIGHBOURHOOD HOUSE

Amanda Sutherland of Just Imagine will present a 30 minute song and audience presentation followed by community lunch.

- **Wednesday 18th October 1:00pm–2:00pm**

Starting Point Neighbourhood House 6 Prossers, Forest Rd
Bookings: admin@nscctas.org.au | (03) 6326 5506
(close: 17/10)

CHILDREN DON'T JUDGE
PEOPLE BY HOW
OLD THEY ARE

#RethinkAgeing

RIVERSIDE

Croquet – a Hit for Health!

RIVERSIDE CROQUET

Tasmanians are rediscovering the wonderful social and physical benefits of croquet. This fun outdoors sport provides exercise for all ages and a great chance to make new friends. Our croquet players at Riverside are a lively, friendly bunch of people who will welcome anyone who would like to learn. Visit us at the croquet lawns at Riverside Golf Club. All equipment provided.

- **Tuesday 17th October 10:00am–3:00pm**
- **Thursday 19th October 10:00am–3:00pm**
- **Saturday 21st October 10:00am–1:00pm**

Riverside Golf Club, 244 West Tamar Road, Riverside

Enquiries: 0417 541 549 | swing549@gmail.com

The Drive In at Windsor

WEST TAMAR POSITIVE AGEING COMMITTEE (WEST TAMAR COUNCIL)

Pull up into the parking bay, relax and enjoy the nostalgic evening that is The Drive In at Windsor! Showing for one night only; *Finding Your Feet!* Bookings are essential. The car park will open at 7:30pm, with the movie to follow at approximately 8:15pm–8:30pm, depending on the light/sunset.

- **Saturday 21st October 8:00pm–10:30pm**

Windsor Community Precinct, 1 Windsor Drive, Riverside

Cost: \$10 (per car)

Bookings: (03) 6323 9200 | www.trybooking.com/CJNLS
(close: 20/10)

Who
I am
not how
old I am



Conversations About Things That Matter

CARE FORWARD

Care Forward will be offering a state-wide approach to celebrating Seniors Week with everyone this year. Our offices will all be open for the public to come in and share an information day with us, or join in from home via Zoom. The topics we will be covering throughout our approximately 4-hour session will be: 10am: Welcome – IT Safety, what to look for and where to get support. 10:30am – Listen to one of our dietitians talk about lifestyle choices and options to help you at home. 11:00am: Our Occupational Therapist will talk about safety at home. 11:30am: We will go through some basics of Guardianship/Power of Attorney/Wills considerations. 12:00pm – How to get started with accessing support at home, for wellness, reablement and helping you feel safe and supported. 12:30pm: break. 1:00pm – Advanced Care Directives. 1:30pm: Our exercise physiologist will have a chat about how they can come and help you at home be stronger and fitter. 2:00pm – Questions and finish. Also available via Zoom.

- **Thursday 19th October 10:00am–2:00pm**

Bookings: call 1300 364 876 to book your spot and we will let you know where to find us and/or get a link to the online event (close: 13/10)

Enquiries: claire.williams@careforward.com.au

Hearing Health Checks

HEARING AUSTRALIA

Free* 15-minute hearing screenings to identify people that may have a hearing loss. A hearing check is a quick and easy way to help identify if your hearing might not be as sharp as it used to be. Not everyone who is experiencing hearing problems may need a hearing aid. Sometimes people might just need support listening to the TV at normal volumes, hearing at noisy social events, or hearing friends and family on the phone. Walk-in between 9am–2pm, No appointment required. *Only 15-minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, which conditions apply

- **Friday 20th October 9:00am–2:00pm**

Hearing Australia, 1a Windsor Park Dr, Riverside

Active Ageing Seniors Exercise Classes

ACTIVE AGEING

Come and meet some local folks who like to improve their health. Join the growing number of seniors who want to get fitter. Let us work together to gain better balance. Has your doctor suggested you need exercise to increase your muscle strength? Come join us in a low impact exercise programme for seniors. We use light weights, stretch bands, move to music and exercise can be done seated or standing. These friendly groups are in different localities in the suburbs around Launceston. Equipment is provided. Bring a water bottle, dress comfortably, wear joggers or lace up shoes. Classes are taken by qualified seniors fitness instructor.

- **Wednesday 18th October 1:00pm–2:00pm**

Windsor Community Precinct, Main Meeting Hall, Windsor Drive, Riverside

Cost: Adults, \$10

- **Friday 20th October 10:00am–11:00am**

Modified Seniors Bootcamp (outdoor), Main carpark soccer ground at Windsor Community Precinct, Windsor Drive, Riverside

Cost: \$10

Bookings: 0417 375 079 | woolley59@hotmail.com

(close: 9/10)

ROWELLA

Fab Follies Presents "Let's Laugh!"

ROWELLA COMMUNITY HALL COMMITTEE

We invite you to share in an afternoon of fun and nonsense. Sing along with us and laugh with us. Elvis Presley will be spreading the love and there's a whisper that the royal couple may well grace us with their presence! Don't miss out, book early.

Includes lucky door prize and afternoon tea.

- **Thursday 19th October 1:30pm–3:30pm**

Rowella Hall, 422 Rowella Road, Rowella

Cost: Seniors \$10 (we try to reserve Thursdays for aged care residents and carers)

- **Sunday 22nd October 1:30pm–3:30pm**

Rowella Hall, 422 Rowella Road, Rowella

Cost: Adults \$15, Children \$5

Bookings: <http://www.trybooking.com/CLBUY> (close: 16/10)

Enquiries: 0400 303 841

SCOTTSDALE

Seniors in Scottsdale – Eating With Friends

DORSET COMMUNITY HOUSE / DORSET COUNCIL

Come and join us for lunch at Scottsdale's Nugget Sellers Pavilion with friends you already know or meet some new friends. Casserole lunch, dessert, tea and coffee. Great conversation and laughs.

- **Friday 20th October 12:00pm–2:30pm**

Nugget Sellers Pavillion, 51 George Street, Scottsdale
(a limited bus is available to people in remote areas)

Cost: \$20 per person

Bookings essential: 0474 100 219

programme@dorsethouse.org.au (close: 13/10)

ST HELENS

Bowls and Lunch



ST HELENS BOWLS CLUB

Visit the Bowls Club and enjoy a game of bowls and lunch with a cuppa and chit chat.

- **Thursday 19th October 10:30am–2:30pm**

St Helens Bowls Club, Circassion St, St Helens

ST LEONARDS

Social Croquet



SCHOOL FOR SENIORS

Come and try croquet. Easy to learn social sport for all ages. All equipment supplied. Northern Tasmania Croquet Centre has 8 lawns available with coaches to assist you. Your first visit is free. There will be a cuppa at end of the session.

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

- **Thursday 19th October 10:00am–11:30am**

Northern Tasmania Croquet Centre, 242 St Leonards Rd

Bookings: 0439 310 070 | lee-tee@bigpond.com (close: 9/10)

Westbury Town Common Parkrun



PARKRUN

Parkrun is a free, community event where you can run, walk, volunteer or just encourage participants. It is held every Saturday at 9am at the Westbury Town Common over a 3 lap course (5km) in a picturesque setting beside Quamby Brook. You can do as little or as much of the course as you like and at your own pace. It is a friendly, supportive and inclusive environment and a great way to feel part of the community. Everyone is welcome regardless of ability. You are encouraged to register through the parkrun website. More information can be found at www.parkrun.com.au/westburytowncommon

• Saturday 21st October 8:45am–10:00am

Westbury Town Common, Mary Street, Westbury

Bookings: www.parkrun.com.au

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it’s time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

• Wednesday 18th October 10:00am–12:00pm

Westbury Community Health Centre, 89 Meander Valley Rd

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232

(close: 22/10)



... Remember when the postman blew a whistle

... Your letters had stamps on them

... Every second kid collected stamps

We can’t bring back the first two, but we can bring back the joy of collecting.

The stamp clubs of Tasmania offer:

- The opportunity to meet like-minded people
- Find new stamps
- Learn about the hobby
- Make friends

Remember, some experts say taking on a new hobby as one ages keeps your mind young, and stamp collecting is very much a brain sport.

Devonport Stamp & Collectables Club

Paul (Sam) Brown
paul.brown252@gmail.com
0481 596 551
www.devstampclub.org

Meets: 3rd Mon. each month
St. John’s Anglican Church

Launceston Philatelic Society

Brett Lawson
brett.w.lawson01@gmail.com
<https://launcestonstampclub.org.au>

Meets 1st Tues. &
3rd Sat. Max Fry Hall

Tasmanian Philatelic Society (Hobart)

John Pankridge
jpankridge@gmail.com
0458 084 155
<https://tps.org.au>

Meets 1st Mon.
Legacy Meeting Room

Glenorchy Stamp Club

John Aalders
john.aalders@bigpond.com
0458 060 670

Meets 1st Tues.
Glenorchy Library

Burnie & NW Districts Stamps, Coin & Collectibles Club

Bob Brunetti
bobwog52@gmail.com
0457 336 387

Meets 1st Fri.
(call)

Come Back to Stamp Collecting

Events in the

NORTH WEST



BURNIE

Onecare Umina Park Stall



ONECARE UMINA PARK

Umina Park residents will be holding a stall to celebrate seniors week and to showcase the wonderful handy work they do.

- **Thursday 19th October 10:00am–2:00pm**

Burnie Plaza, 24 Mount Street, Burnie

Realise Your Rights Afternoon Tea



ADVOCACY TASMANIA

Meet an aged care advocate and learn how to get what you need and realise your rights in aged care. This session will be useful for anyone thinking about or already receiving aged care services. We'll talk you through some tips for how you can ensure your voice is heard. Enjoy a cuppa, chat and learn how to help yourself get the support you may need. *Advocacy Tasmania provides free, independent and confidential advocacy services to older people, people living with disability or mental health issues, and people who use alcohol or drugs. We've been working with Tasmanians to resolve their issues for over 30 years. No issue is too big or small when it comes to your life, so please reach out to us: www.advocacytasmania.org.au*

- **Thursday 19th October 12:30pm–1:30pm**

Burnie Community House, 24 Wiseman St, Shorewell Park

Bookings: 1800 005 131 | contact@yoursaytas.org

www.advocacytasmania.org.au (close: 13/10)

Getting Your Advanced Life and Estate Planning Ducks in a Row!

PUBLIC TRUSTEE

Come join us for afternoon tea, to learn how you can protect your financial, health care, and legal wishes. We will discuss important documents like a Will, Enduring Power of Attorney, and Enduring Guardianship. The Public Trustee and the Office of the Public Guardian will come together to talk about what they do and answer questions about these important documents. Space is limited, so please register early. We can't wait to see you there!

- **Tuesday 17th October 2:00pm–3:30pm**

Burnie Library, 30 Alexander St, Burnie

Bookings: 1800 068 784 | Marketing@publictrustee.tas.gov.au

www.publictrustee.tas.gov.au (close: 12/10)

How to get from A to B with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Are you or a loved one beginning your aged care journey and need transport CTST provides door-to-door transport to eligible consumers to live independently in their home and stay connected with their community. Come along to an information session to learn more about our personal and group social outings transport programs. Enjoy a free morning tea and a goodie bag.

- **Friday 20th October 9:30am–10:30am**

Beach Hotel, 1 Wilson Street, Burnie

Bookings: (03) 6208 8530 | communications@ctst.org.au

(close: 13/10)

Conversations About Things That Matter



CARE FORWARD

Care Forward will be offering a state-wide approach to celebrating Seniors Week with everyone this year. Our offices will all be open for the public to come in and share an information day with us, or join in from home via Zoom. The topics we will be covering throughout our approximately 4-hour session will be: 10am: Welcome – IT Safety, what to look for and where to get support. 10:30am – Listen to one of our dietitians talk about lifestyle choices and options to help you at home. 11:00am: Our Occupational Therapist will talk about safety at home. 11:30am: We will go through some basics of Guardianship/Power of Attorney/Wills considerations. 12:00pm – How to get started with accessing support at home, for wellness, reablement and helping you feel safe and supported. 12:30pm: break. 1:00pm – Advanced Care Directives. 1:30pm: Our exercise physiologist will have a chat about how they can come and help you at home be stronger and fitter. 2:00pm – Questions and finish. Also available via Zoom.

- **Thursday 19th October 10:00am–2:00pm**

Bookings: call 1300 364 876 to book your spot and we will let you know where to find us and/or get a link to the online event (close: 13/10)

Enquiries: claire.williams@careforward.com.au

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Thursday 19th October 1:30pm–3:00pm**

Burnie Library – Platypus Room

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

Onecare Umina Park Open Day



ONECARE UMINA PARK

Guided tour of the facility and afternoon tea.

- **Friday 20th October 1:00pm–3:00pm**

OneCare Umina Park, 22-42 Mooreville Road, Burnie

Bookings: (03) 6433 5123 | uminapark@onecare.org.au

(close: 17/10)

Discover Volunteering with CTST



COMMUNITY TRANSPORT SERVICES TASMANIA (CTST)

Do you enjoy driving? Are you looking for a way to give back to your community? If so, come along to CTST's volunteer information session to learn more. Enjoy a free morning tea and a goodie bag.

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

Beach Hotel, 1 Wilson Street, Burnie

Bookings: (03) 6208 8530 | communications@ctst.org.au

(close: 13/10)

Elder Abuse Helpline

1800 44 1169

9am–5pm Monday to Friday (not public holidays)

eahelpline@yoursaytas.org or text 0457 806 963

www.elderabuse.tas.gov.au

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 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.

- **Monday 16th October 10:30am–11:45am**
- **Tuesday 17th October 10:30am–11:15am**
- **Wednesday 18th October 10:30am–11:15am**
- **Thursday 19th October 10:30am–11:15am**
- **Friday 20th October 10:30am–11:15am**
- **Saturday 21st October 10:30am–11:15am**
- **Sunday 22nd October 10:30am–11:15am**

Devils@Cradle, 3950 Cradle Mt Road, Cradle Mountain

Cost: Adults \$25, Seniors \$20, Children \$15

Bookings: (03) 6492 1491 | info@devilsatcradle.com

Enquiries: www.devilsatcradle.com

CURRIE

Craft Group



PHOENIX COMMUNITY HOUSE

Bring along a project, have a cuppa and a chat, learn some new crafting skills!

- **Tuesday 17th October 12:00pm–3:00pm**

Phoenix Community House, 25 Meech St, Currie, King Island

Enquiries: admin@pchi.org.au

Open Garden and Open Shed



PHOENIX COMMUNITY HOUSE

Come and visit our Community Garden and Men's Shed. Lend a hand in the garden beds and check out the cool projects happening at the shed.

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

Phoenix Community House, 25 Meech St, Currie, King Island

Enquiries: admin@pchi.org.au

CURRIE (CONTINUED)

Heart Foundation Walk



PHOENIX COMMUNITY HOUSE

Get your steps up and join our regular weekly walk. All levels of ability welcome.

- **Wednesday 19th October 3:00pm–3:30pm**

Phoenix Community House, 25 Meech St, Currie, King Island
Enquiries: admin@pchi.org.au

Tai Chi



PHOENIX COMMUNITY HOUSE

Tai Chi is a gentle form of exercise that can help maintain strength, flexibility and balance. Join our class this Seniors Week and you may love it and become a regular at our weekly class!

- **Thursday 19th October 2:00pm–3:00pm**

Phoenix Community House, 25 Meech St, Currie, King Island
Enquiries: admin@pchi.org.au

DEVONPORT

Back on Your Bike



BICYCLE NETWORK TASMANIA

If it's been several years since you last rode a bike and you'd like to get back on but feel a bit nervous, then Back on Your Bike is designed just for you. Bicycle Network is offering free Back on Your Bike sessions across the state for Seniors Week. In small groups we will run through a bike skills refresher and some basic bike maintenance, before going for a short ride in either an on-road or off-road setting. There will be bikes available for those unable to bring their own, and participants can sign up for a free 3-month membership with Bicycle Network. Back on Your Bike is funded by the Tasmanian Government's Healthy Tasmania Fund.

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

Market Square, Fenton Way, Devonport
Bookings: www.bicyclenetwork.com.au/backonyourbike
(close: 17/10)
Enquiries: sallieb@bicyclenetwork.com.au

Wi-Fi Networks and Safety Online



DEVONPORT ONLINE ACCESS CENTRE

Learn what Wi-Fi is, how to connect to public Wi-Fi and how to stay safe online.

- **Monday 16th October 9:00am–10:00am**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 13/10)

Computer Basics



DEVONPORT ONLINE ACCESS CENTRE

Learn the basics of how to use a computer, find and run applications, locate and create files and folders, search the internet and print webpages.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 13/10)

Using the Cloud



DEVONPORT ONLINE ACCESS CENTRE

Would you like to understand what the cloud is and how to use it backup, store or share files and photos?

- **Tuesday 17th October 9:00am–10:00am**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 16/10)

Office Programs



DEVONPORT ONLINE ACCESS CENTRE

Learn about word processing and/or spreadsheets using Microsoft Office or one of the free alternatives.

- **Tuesday 17th October 1:00pm–2:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 16/10)

App Help



DEVONPORT ONLINE ACCESS CENTRE

Do you need help to find, install or delete Apps? We can also help you to simplify and tidy your screen to make it easier to find the apps you want to use.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street
Bookings: 0444 525 434 | devonport.oac@gmail.com
(close: 16/10)

Converting Video Tapes to DVD



DEVONPORT ONLINE ACCESS CENTRE

Learn how to convert your old VHS video tapes into digital format to save on DVD or USB.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 17/10)

Photoshop Taster



DEVONPORT ONLINE ACCESS CENTRE

Learn how to crop an image, remove unwanted items (or people) and adjust the brightness or colour.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 17/10)

Converting Old Audio Media



DEVONPORT ONLINE ACCESS CENTRE

Learn how to convert your old vinyl records or audio cassette tapes into digital format to save on CD or USB.

- **Wednesday 18th October 1:00pm–2:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 17/10)

Zoom



DEVONPORT ONLINE ACCESS CENTRE

Have you been asked to join a Zoom call and unsure what to do and how to use it? We can help you in getting set up and assist you in using all its features.

- **Thursday 19th October 9:00am–10:00am**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 18/10)

Buying and Selling Online



DEVONPORT ONLINE ACCESS CENTRE

Learn more about buying and selling online using sites such as Gumtree and e-Bay.

- **Thursday 19th October 11:00am–12:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 18/10)

Introduction to Linux



DEVONPORT ONLINE ACCESS CENTRE

Find out what Linux is, how it differs from Windows and learn how to install it on your computer.

- **Thursday 19th October 1:00pm–2:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 18/10)

Facebook Messenger



DEVONPORT ONLINE ACCESS CENTRE

Learn how to use Facebook Messenger for video calls, text chatting and sending and receiving photos, with individuals or groups.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 19/10)

Android Phones and Tablets



DEVONPORT ONLINE ACCESS CENTRE

Come in and learn more about your Android phone or tablet. Bring your device and your questions.

- **Friday 20th October 1:00pm–2:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 19/10)

iPhone and iPad Basics



DEVONPORT ONLINE ACCESS CENTRE

Come in and learn more about your Apple iPhone or iPad. Bring your device and your questions.

- **Friday 20th October 9:00am–10:00am**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 19/10)

WhatsApp



DEVONPORT ONLINE ACCESS CENTRE

Need to find a way to cut costs with texting, calling, and video messaging, especially with those who are overseas? WhatsApp might be just what you need.

- **Saturday 21st October 12:00pm–1:00pm**

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 20/10)

DEVONPORT (CONTINUED)

General Computer Maintenance



DEVONPORT ONLINE ACCESS CENTRE

Learn how to do some basic computer maintenance to keep your computer running smoothly.

- **Saturday 21st October 10:00am–11:00am**

paranaple convention centre, 137 Rooke Street, Devonport

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 20/10)

Getting Your Advanced Life and Estate Planning Ducks in a Row!



PUBLIC TRUSTEE

Come join us for morning tea, to learn how you can protect your financial, health care, and legal wishes. We will discuss important documents like a Will, Enduring Power of Attorney, and Enduring Guardianship. The Public Trustee and the Office of the Public Guardian will come together to talk about what they do and answer questions about these important documents. Space is limited, so please register early. We can't wait to see you there!

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

paranaple arts centre, Market Square, 145 Rooke Street

Bookings: 1800 068 784 | Marketing@publictrustee.tas.gov.au

www.publictrustee.tas.gov.au (close: 12/10)

Switched On Seniors



TASNETWORKS

TasNetworks have partnered with Sustainable Living Tasmania to deliver free energy efficiency information sessions, designed to help participants improve household energy efficiency, provide information on tariffs, an electricity bill analysis and assistance to navigate the Energy Made Easy service, helping you find the best energy deal for your situation. Light refreshments will be provided.

- **Thursday 19th October 10:00am–11:30am**

paranaple centre – Melrose Room 1

Bookings: www.tasnetworks.com.au/seniorsweek

1300 127 777 | partnerships@tasnetworks.com.au (close: 13/10)

Email Basics



DEVONPORT ONLINE ACCESS CENTRE

Learn how to use email, send attachments, delete or store emails and more.

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

Devonport Online, Level 1, paranaple centre, 137 Rooke Street

Bookings: 0444 525 434 | devonport.oac@gmail.com

(close: 13/10)

Free Film Night



NORTH WEST FILM SOCIETY

A free movie night especially for Seniors. The North West Film Society welcomes Seniors to join us in October for a movie specially selected for Seniors Week. Go to our website for movie details and to book in.

- **Wednesday 18th October 7:00pm–9:00pm**

paranaple convention centre, level 3, 137 Rooke St, Devonport

Bookings: www.nwfs.org.au (close: 18/10)

Enquiries: 0431 484 727

Harnessing the Value of Mature Age Workers



COTA TASMANIA AND NORTH WEST WORKING (WNWW)

This presentation explores current challenges and barriers faced by older workers, touching on age discrimination and ageism and celebrating the many strengths, experience and skills older workers bring to the workforce and to their communities. COTA Tasmania and West North West Working Regional Jobs Hub will share a recent joint project to support mature age job seekers and employers on the north west coast, the Navigating a Journey 45+ Expo. This collaboration arose from the recognised need in the region to provide greater support to this age demographic to connect personally with local industry and organisations. If you're looking for work or need support to start, come along to meet Alyssia who will gladly have a chat and share what support the West North West Working Regional Jobs Hub can offer you. *This event is part of Worksafe Month, hosted by Worksafe Tasmania. More information: <https://worksafe.tas.gov.au/topics/services-and-events>

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

paranaple convention centre, level 3, 137 Rooke St, Devonport

Enquiries: (03) 6231 3265 | brigidw@cotatas.org.au

Conversations About Things That Matter



CARE FORWARD

Care Forward will be offering a state-wide approach to celebrating Seniors Week with everyone this year. Our offices will all be open for the public to come in and share an information day with us, or join in from home via Zoom. The topics we will be covering throughout our approximately 4-hour session will be: 10am: Welcome – IT Safety, what to look for and where to get support. 10:30am – Listen to one of our dietitians talk about lifestyle choices and options to help you at home. 11:00am: Our Occupational Therapist will talk about safety at home. 11:30am: We will go through some basics of Guardianship/Power of Attorney/Wills considerations. 12:00pm – How to get started with accessing support at home, for wellness, reablement and helping you feel safe and supported. 12:30pm: break. 1:00pm – Advanced Care Directives. 1:30pm: Our exercise physiologist will have a chat about how they can come and help you at home be stronger and fitter. 2:00pm – Questions and finish. Also available via Zoom.

- **Thursday 19th October 10:00am–2:00pm**

Bookings: call 1300 364 876 to book your spot and we will let you know where to find us and/or get a link to the online event (close: 13/10)

Enquiries: claire.williams@careforward.com.au

EAST DEVONPORT

Card 500

EAST DEVONPORT NEIGHBOURHOOD HOUSE

If you are looking for a fun way to fill your Monday afternoons, come along and join us for a friendly card game of 500.

New players and beginners always welcome.

- **Monday 16th October 1:00pm–4:30pm**

East Devonport Neighbourhood House, 106 David St
Cost: \$3

Mahjong

EAST DEVONPORT NEIGHBOURHOOD HOUSE

Mahjong is an enticing game of skill, strategy and chance. New players and beginners always welcome.

- **Tuesday 17th October 9:30am–12:30pm**

East Devonport Neighbourhood House, 106 David St
Cost: \$3

Scrabble

EAST DEVONPORT NEIGHBOURHOOD HOUSE

Come along to our friendly social scrabble group and see if you can land Quizzify across two Triple Word Scores. New players and beginners always welcome.

- **Friday 20th October 1:30pm–4:30pm**

East Devonport Neighbourhood House, 106 David St
Cost: \$3

Tai Chi Loving Life

EAST DEVONPORT NEIGHBOURHOOD HOUSE

Tai Chi can best be learned by experiencing the camaraderie of a group in action. Enjoy the atmosphere of a non-competitive, non-judgemental exercise class. You may notice positive physical and psychological changes in yourself. There is always space in this class for one more.

- **Wednesday 18th October 9:30am–10:30am**

East Devonport Football Club, John St, East Devonport
Cost: \$7

Craft

EAST DEVONPORT NEIGHBOURHOOD HOUSE

People doing all different types of craft are welcome; we have knitters, scrapbookers, card makers, sewers, drawers. You name it, someone has or will craft it! Bring your own project/s and supplies and enjoy a morning of creating, chatting, laughing and inspiring others.

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

East Devonport Neighbourhood House, 106 David St, East Devonport
Cost: \$3

Open Day at Baptcare Orana



BAPTCARE ORANA

Come and join us for a free lunch that will be absolutely delicious. There will also be games on the day and opportunities to win great prizes. Bookings essential as seats fill quickly.

- **Thursday 19th October 10:30am–2:30pm**

Baptcare Orana, 31 Murray St, East Devonport
Bookings: (03) 6421 8000 (close: 12/10)

EAST DEVONPORT (CONTINUED)

Tai Chi New Class

EAST DEVONPORT NEIGHBOURHOOD HOUSE

A gentle and thorough introduction to the Tai Chi Form going into some depth on balance, breathing and alignment. A class for those who would like to commit to a process which can be life changing.

- **Tuesday 17th October 10:45am–11:45am**

East Devonport Football Club, John St, East Devonport

Cost: \$7

Tai Chi Movement with Meaning

EAST DEVONPORT NEIGHBOURHOOD HOUSE

Tai Chi is slow and gentle and doesn't leave you breathless but it addresses the key components of fitness – muscle strength, flexibility, balance and, to a lesser degree, aerobic conditioning. Focus is on breathing as we move through Qigong and into the Tai Chi Form. Beginners welcome.

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

East Devonport Football Club, John St, East Devonport

Cost: \$7

LATROBE

Bells Parade parkrun



BELLS PARADE PARKRUN

Walk, jog or run 5kms along one of the most picturesque parkruns in Tasmania at Bells Parade, Latrobe. There is no pressure at parkrun – you set your own pace. It is more about turning up and being involved. Whether you are a walker, shuffler or seriously competitive (and everyone in between) – we welcome you. We also have some rewarding and well supported volunteer roles if you'd like to be part of our fantastic crew that ensures parkrun goes ahead each week. Whatever your interest, we look forward to seeing you at Bells Parade. Best of all it is all free!

- **Saturday 21st October 8:50am–10:30am**

Bells Parade, Latrobe

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

- **Wednesday 18th October 2:00pm–4:00pm**

Hamilton Room 18 Hamilton St, Latrobe

Cost: gold coin donation

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232

(close: 18/10)

PORT SORELL

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

Be inspired by an hour of beautiful short films made by an award-winning Tasmanian filmmaker featuring Tasmanians showing grit and resilience in their everyday lives. Then participate in a lively discussion over light refreshments. Featuring the films: *Alone Together*, written and directed by Dylan Hesp – a comedy about feeling lonely. *Grey Power*, written and directed by Lara van Raay – four retirees decide it's time to get active and shake up the establishment. *The Tea Leaf Reader*, written and directed by Elli Iliades – a touching drama about a mother facing life without being able to read. *Handmade Happiness*, written and directed by Vivien Mason – an animation straight from the Sydney Film Festival about people using craft to make their lives better. Brought to you by Wide Angle Tasmania, Tasmanian Community Fund, A Fairer World, and the University of the Third Age.

- **Thursday 19th October 11:00am–1:00pm**

Banksia Centre, Pitcairn St, Port Sorell

Cost: gold coin donation

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232

(close: 22/10)

Devonshire Tea at Rubi's

ONECARE RUBICON GROVE

Come and enjoy a fabulous Devonshire tea with friends at Rubi's Café and celebrate our wonderful facilities.

- **Wednesday 18th October 2:00pm–4:00pm**

OneCare Rubicon Grove, 89 Club Drive, Port Sorell

Cost: \$8

Bookings: (03) 6427 5700 | rubicongrove@onecare.org.au
(close: 16/10)

ROMAINE

Forest Therapy – Seniors and Friends Guided Garden Walk

SHINRIN YOKU NORTH WEST

Join us for a guided walk exploring the health benefits of nature and share a cup of tea at the Emu Valley Rhododendron Gardens in Burnie. A forest therapy guide helps you to slow down, be present in your body and the environment. We will stop along the way for activities to enhance the health benefits of being in a nature such as gentle stretching, deep breathing, and mindfulness. We will explore the garden with science and poetry, finishing with cup of herbal tea. Come and experience the garden with us, gain a new perspective and enjoy the relaxation it brings! Forest Therapy / Shinrin Yoku is an evidence based practice that can reduce the effects of stress, help to enhance your immune system and improve mood. The walk runs for around 2 hours and is suitable for anyone who can walk slight inclines and stairs. Meet: Outside the tea rooms 5 min before scheduled time. Bring: Sun protection, water and perhaps a raincoat to sit on. Your guide Elspeth Brock is a plant nerd, a qualified horticulturalist and is a certified Forest Therapy Guide with the International Nature and Forest Therapy Alliance (INFTA).

- **Sunday 22nd October 1:00pm–3:00pm**

Emu Valley Rhododendron Gardens, 55 Breffney Rd, Romaine

Cost: Seniors \$22, EVRG members \$22, Adults \$32

(garden entry fee is included in the ticket price)

Bookings: 0438 440 942 | <https://www.eventbrite.com.au/e/forest-therapy-seniors-and-friends-guided-garden-walk-tickets-671792087217> (close: 21/10)

SMITHTON

Pride Coffee Smithton

WORKING IT OUT

Pride Coffee Smithton is a monthly catch-up for the LGBTIAQ+ community, their friends and families and allies of the community. Held at Hugo's Brew & Chew in Smithton on the 3rd Tuesday of every month. This a great opportunity to connect with the LGBTIAQ+ community in a relaxed, casual way and is open to all ages and diversities.

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

Hugo's Brew & Chew, 61 Emmett St, Smithton

Cost: Pay for your own coffee and/or food

Enquiries: info@workingitout.org.au

SPREYTON

Free Come and Try Get Into Golf



DEVONPORT COUNTRY CLUB

Everyone aged over 50 is welcome to join PGA Professional Alex Hamilton for a free Get into Golf – Seniors Session at Devonport Country Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

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

Devonport Country Club, 66 Woodrising Ave, Spreyton

Bookings: www.golf.org.au/getintogolf/home (close: 14/10)

Enquiries: (03) 6249 1000

ULVERSTONE

Pride Coffee Ulverstone

WORKING IT OUT

Pride Coffee Smithton is a monthly catch-up for the LGBTIAQ+ community, their friends and families and allies of the community. Held at Hey Buddy in Ulverstone on the 3rd Thursday of every month. This a great opportunity to connect with the LGBTIAQ+ community in a relaxed, casual way and is open to all ages and diversities.

- **Thursday 19th October 10:30am–12:00pm**

Hey Buddy, 35 Queen St, Ulverstone

Cost: Pay for your own coffee and/or food

Enquiries: info@workingitout.org.au

ULVERSTONE (CONTINUED)

Free Come and Try Get Into Golf



ULVERSTONE GOLF CLUB

Everyone aged over 50 is welcome to join PGA Professional Darren Spencer for a free Get into Golf – Seniors Session at Ulverstone Golf Club. All equipment will be provided, however, if you have golf clubs, please bring these with you. Wear comfortable sports appropriate shoes. All participants must be registered online through the website below.

- **Sunday 22nd October 12:30pm–1:30pm**

Ulverstone Golf Club, Lobster Creek Rd, West Ulverstone
Bookings: www.golf.org.au/getintogolf/home (close: 21/10)
Enquiries: 0408 174 900

Celebrating Seniors Week at the Connect Café



CENTRAL COAST COUNCIL

The Connect Café is a pop up café that operates each Tuesday from the Gnomon Pavilion at the Ulverstone Wharf. The café opens at 10am and provides a safe meet up place with friendly faces and enjoy conversation and connection. The cafe supports carers their loved one living in our community living with dementia. The café celebrates friendship and the value of being connected to the community.

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

Gnomon Pavilion, 3 Wharf Rd, Ulverstone
Enquiries: admin@centralcoast.tas.gov.au

Seniors Week at the Community Shed



CENTRAL COAST COUNCIL

During Seniors Week, interested community members that are new to the Shed can visit to learn more about what is on offer. A Mens Shed group, a Womens Shed group and a Jack n Jill day are held at the Central Coast Community Shed each week. During Seniors Week, please drop in and meet with a Supervisor to find out more about what is on offer and have a look through.

- **Monday 16th October 9:30am–1:00pm** (Mens Shed)
- **Tuesday 17th October 9:30am–1:00pm** (Womens Shed)
- **Wednesday 18th October 9:30am–1:00pm** (Mens Shed)
- **Thursday 19th October 10:00am–11:00am** (Jack n Jill Session)
- **Friday 20th October 9:30am–1:00pm** (Mens Shed)

Ulverstone Showground Complex, north-west corner of the facility off Flora St (big blue shed)
Enquiries: mensshedulverstone@gmail.com

WYNYARD

GRIT Tasmanian Film Festival



WIDE ANGLE TASMANIA

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- **Friday 20th October 10:00am–12:00pm**

Showgrounds Hall, 59 Jackson St, Wynyard

Cost: gold coin donation

Bookings: 0431 552 277 | info@wideangle.org.au

www.eventbrite.com.au/o/wide-angle-tasmania-2354543232
(close: 22/10)

Introduction to Tai Chi



WYNYARD TAI CHI SUN AND YANG STYLES

Introduction to Tai Chi, all welcome! Running every Tuesday in October, 12:30pm–1:30pm.

- **Tuesday 17th October 12:30pm–1:30pm**

Wynyard Senior Citizen Club Rooms, 28 Jackson St, Wynyard

Cost: gold coin donation

Bookings: Maxine Ebdon 0419 870 401 | (close: 16/10)

Wynyard Historical Society Open Days



WYNYARD HISTORICAL SOCIETY INC

Come and view our collection of documents, photos and books which record the history of Wynyard. You can talk to the locals, and ask questions about local and family history, and we will do our best to help you.

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

- **Thursday 19th October 2:00pm–4:00pm**

Room 1, Wynyard Community Centre, Little Goldie Street, Wynyard

Walking Wynyard



WARATAH WYNYARD COUNCIL

Come and explore flora and fauna in our area. We will be walking from Gutteridge Gardens to Cape Bridge with an interactive native plant ID sheet. We will finish with a hot drink at The Vault. This activity is for all ages.

- **Thursday 19th October 1:00pm–2:30pm**

Meeting at the Gutteridge Gardens Sound Shell near public toilets, 5 Goldie St, Wynyard

RSVP: Kelly (03) 6443 8346 | kmilikins@warwyn.tas.gov.au
(close: 12/10)

Intergenerational Gardening



WARATAH WYNYARD COUNCIL

Come and enjoy some togetherness gardening at the Little Goldie Street Community Garden, next to the 150yr old Oak Tree. Join the Adult Day Centre, bring your grandchildren and pass on your handy tips for gardening. A fun laid back session of making paper pots and propagations for all ages.

- **Thursday 19th October 1:00pm–2:30pm**

Little Goldie St Community Garden, next to the big oak tree
RSVP: Kelly (03) 6443 8346 | kmilikins@warwyn.tas.gov.au
(close: 10/10)



You can help us to speak out for older Tasmanians!

COTA is an independent, not-for-profit body that relies on income from various government and private sources for its sustained operations.

You can help COTA Tasmania to continue our advocacy and education activities to assist Tasmanian seniors enjoy a high quality of life.

You can become a COTA volunteer or alternatively, make a tax deductible donation.

For more information visit our website www.cotatas.org.au, email admin@cotatas.org.au or call us on (03) 6231 3265.





my grandma rides a motorbike.

CHILDREN DON'T JUDGE
PEOPLE BY HOW OLD THEY ARE

Travel for **FREE** with Metro, during **Seniors Week!**

Simply present both your Seniors Card and Metro GreenCard, to travel for free between October 16 - 22!



To learn more, get a GreenCard, or for help in planning your journey:
metrotas.com.au/ | ✉ contact@metrotas.com.au | ☎ 13 22 01

Metro



Plan to leave a lasting legacy

Will and Estate Planning documents are some of the most important documents you can have, and now is the time to get your ducks in a row.

Estate Planning is an important aspect of providing protection and support for yourself and for your family in the event that something happens to you. The process involves setting up legal documents which provide clear instructions to manage your legal, health care and financial affairs if you become incapacitated from an accident or illness, or when you pass away.

Beyond the big picture, these tools safeguard even the tiniest details, ensuring your cherished possessions find their way to the right person when you're gone.

Imagine a loved one's joy when they receive a beloved piece of jewellery or special item.

Unfortunately, around 50% of Tasmanians who pass away don't have a valid Will. That means your treasured items may not end up where you want them.

Sadly, this can lead to arguments among those left behind and in some extreme cases, it can even end up in court. You may think that your possessions will automatically go to the family members and friends that you're closest to, but that is not always the case.

Making a Will and Estate Plan means that you are in control and that you can leave the lasting legacy that you want.

Plan ahead with the Public Trustee and make your choices known with a

- Will,
- Enduring Power of Attorney, and
- Enduring Guardianship.

VISIT publictrustee.tas.gov.au **CALL** 1800 068 784

Public  **Trustee**
Every moment counts



Every gift makes a difference.
Every gift helps raise and train a puppy.
Every gift helps change a life.

Please leave a gift in your Will to Guide Dogs Tasmania.

Contact us for more information
(03) 6232 1222
giftsinwills@guidedogstas.com.au
guidedogstas.com.au



What are LIVEABLE COMMUNITIES?

A Liveable Community, also known as an Age-Friendly Community, is a place where people of all ages, backgrounds, and circumstances can live safe, respected, and healthy lives in their community.

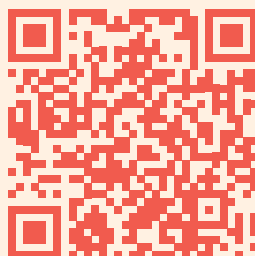
Because of this, they prevent or delay disease and illness, and help all people to live their best lives the way they want.

Liveable Communities make sure that every part of community is safe, affordable, high quality, and easy to access or find information about.

Scan this code or contact COTA Tasmania on (03) 6231 3265 or admin@cotatas.org.au to get a

LIVEABLE COMMUNITIES Toolkit

including a Walkability Audit and other resources.



What makes a Liveable Community?



Outdoor Spaces & Buildings

Buildings are easy to access
Seating
Parks
Plants and nature
Public toilets



Transportation

Accessible, connected and affordable
Safe streets
Easy to walk around
Buses
Community transport



Housing

Able to age at home
Appropriate for needs
Public housing
Near services
Different types



Social Participation

Community activities
Physical activities
Learning activities
Social activities



Respect & Social Inclusion

Younger and older people together
Fight ageism
Being kind
Reaching out to others



Civic Participation & Employment

Volunteering
Supportive workplaces
Flexible workplaces
Employment opportunities



Communication & Information

Easy to find
Easy to understand
Face-to-face
Online
Phone



Community & Health Services

Healthcare providers
Affordable
Personal
Aim to cure
Support to age at home



Find community activities in your area



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

Do you run a community activity or group and would like to find new members and promote what you do?

COTA Tasmania's Community Activities webpage has information about over 900 social, learning and physical activities located throughout Tasmania.

Go to: www.cotatas.org.au/information/activities to search for and promote your local activities or use the QR code!

We can help you find activities and print the information for you: contact COTA Tasmania on 6231 3265 or admin@cotatas.org.au



PQ Tasmanian Healthcare Supplies stocks the best brands at competitive prices, for individuals and the disability and aged care sectors.

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