



WHAT'S ON

in Positive Ageing

MATHERS HOUSE

CRITERION HOUSE

AUTUMN 2017

Ageing is everyone's business

In January 2016, the Commissioner for Senior Victorians published a report on isolation and loneliness amongst senior Victorians. The report describes the causes and impacts of isolation and loneliness amongst older people and goes on to explore and identify potential ways in which local government, peak bodies, business and community organisations, as well as seniors themselves, can take action to address social isolation and loneliness.



The recently published *How does Mathers House facilitate social connections?* report describes how City of Hobart's Positive Ageing program addresses social isolation and loneliness by working with seniors and partner

organisations to support social connections. Copies (electronic or hard) are available from Mathers House.

Mount Stuart Open Door Program

One such example of a local community working to strengthen social connections is occurring now in Mount Stuart. Running Monday mornings from the Mount Stuart Hall, everyone is welcome to come along, try something new and meet with others. Details of the program are at the end of this newsletter.

Autumn Closures

Mathers and Criterion Houses will be **CLOSED** over the Easter and ANZAC day period, from Friday 14 April 2017, re-opening on Wednesday 26 April 2017.

Mathers House will be **CLOSED** from Saturday 20 May 2017, re-opening on Wednesday 24 May 2017 for upgrades to the kitchen.

WHAT'S INSIDE

Upcoming events

- *Reclaiming the self* exhibition
- Harmony Day
- Music in the Orchard
- Growing Wilder
- Wine, Savoury and Sisters and Masters of Song
- Fun and Friendly Quiz
- And more...

New programs

- Balance and Stability Class with Awareness through Movement
- IT Club
- Cribbage and Canasta Card Games

Other News

- Mount Stuart Hall Open Door Program



UPCOMING EVENTS

For all bookings or enquiries, unless otherwise advised, please call Mathers House on telephone **6234 1441**. Times and venues are correct at time of printing but subject to change. Please contact Mathers House to confirm prior to event.

Reclaiming the self – Exhibition and Presentation



This moving exhibition engages with what ageing means to older people, and how they feel about this process. It features photographs and interview extracts from older people living independently in the Greater Launceston community.

Dr Cook will talk to us about how the exhibition and her associated research directly confronts the social myths that ageing equates to dependency and institutionalisation by showcasing the beauty, sadness, joy and uncertainty that ageing can present, thus providing crucial insight into the wants and needs of older people.

Reclaiming the self Exhibition

When: Exhibition Monday 6 March through to Friday 31 March 2017

10 am – 2 pm, Monday - Friday

Where: Mathers House Dining Room

Presentation by exhibition curator and sociologist, Dr Peta Cook

When: Tuesday 14 March 2017, 2 pm

**Where: Mathers House Dining Room
FREE (Afternoon Tea included)**

BOOKINGS REQUIRED

Evening projections in Mathers Place through March.

Get excited: Homes in the Greater Hobart area can now switch to the nbn™ network

The nbn™ network will give us all the opportunity to do more. Whether learning, skyping our loved ones or just having fun, the nbn™ network will be a part of everyday life. Join Rosanna Lacorcia, nbn™ Community Affairs Manager, Tasmania for a community drop-in session and find out about:

- the nbn™ and you
- how to switch to the nbn™ network
- things to consider when switching
- questions for your service provider
- medical alarms
- the nbn™ and power outages and the nbn.

When: Monday 20 March, 1 pm - 2 pm

**Where: Mathers House, Lower Level Room
FREE (afternoon tea included).**

NO BOOKINGS REQUIRED



Harmony Day and the Hobart Human Library



The Human library is like any other library - except that the books are real, living people. Human libraries are used around the world as a simple way for people to build understanding and face their prejudices. They do this by providing a comfortable space for 'readers' to speak informally with a 'book' who has encountered prejudice or stereotyping as a result of their culture, religion, refugee background, gender, sexual orientation, physical or mental ability. Come along and hear the stories of Hobart Human Library Books.

When: Tuesday 21 March, 11.30 am – 1.30 pm

Where: Mathers House Courtyard

FREE

NO BOOKINGS REQUIRED

Pubs: Old Wharf to Salamanca - History Walk

A one and a half hour walk looking at Hobart's amazing heritage pubs. Is that really the oldest pub in Australia? Is that really Hobart's most famous brothel? What on earth is a Chop-house? Why would a pub be famous for its extraordinarily expensive ice-cream? Great fun, easy walking with Tony Rayner. Wear good walking shoes, bring a hat and weatherproof coat.

When: Tuesday 21 March, 9.45 am – 11.30 am

Bring: Weather appropriate clothes and sturdy shoes

Walk grade: Medium

Meet: Outside entrance to Tasmanian Museum and Art Gallery, Hobart, 9.45 am

Cost: \$5 (payable to Tony on the day)

BOOKINGS ESSENTIAL

A Plan for Hobart's Local Retail Precincts



The City of Hobart has a plan to upgrade local retail precincts over the next five years. Lenah Valley, New Town, Elizabeth Street (between the CBD and North Hobart), South Hobart and Battery Point will all have their main streets revitalised to make them more pedestrian friendly. Sarah Bendeich, City of Hobart's Infrastructure

Planner, will talk about the plans and introduce the design for Lenah Valley that is currently being developed with local community involvement and due to be built later this year.

All material is available on the City of Hobart's - your say page: <https://yoursay.hobartcity.com.au/transport-strategy>

When: Tuesday 28 March, 2 pm - 3 pm

Where: Mathers House Dining Room

Cost: FREE with light afternoon tea

BOOKINGS PREFERRED



Celebrating Autumn in the Orchard



Sit back and relax to the sound of Harry and Isaac performing classic swing jazz standards and ballads arranged for acoustic guitar and double bass. This duo have performed around Tasmania and enjoy exploring the melodic interaction and improvisation possibilities of their two instruments.

The St John's community garden and orchard brings communities together and preserves a hidden piece of history in New Town. Invite your family and bring a picnic, chairs or a blanket. For those keen to learn more about the community orchard, members will be on hand to answer any question you may have. This is a friendly and welcoming community event staged in a beautiful atmosphere to celebrate autumn.

When: Sunday 2 April, 1 pm – 3 pm

**Where: The Orchard (behind the rectory and across from the church),
St John's Avenue, off New Town Road, New Town**

FREE

NO BOOKINGS REQUIRED

The Old University and the story of the Glebe - History Walk



A one and a half hour walk looking at the Glebe's amazing heritage. The story of the Glebe and the Old University is a strange one. There are three Glebes, plus the educational precinct as well as the

rose garden and park. Domain House was originally Hobart's first co-educational high school dating from the 1840s. Great fun, easy walking with Tony Rayner. Wear good walking shoes, bring a hat, water and weatherproof coat.

When: Tuesday 4 April, 9.45 am - 11.30 am

Bring: Weather appropriate clothes, water and sturdy shoes

Walk grade: Medium

Meet: Outside Phillip Smith Building, Edward Street, Glebe, 9.45am

Cost: \$5 (payable to Tony on the day)

BOOKINGS ESSENTIAL

Autumn Long Table Luncheon

The days are drawing in and the nights are growing longer. Join us to mark the passing of the seasons with a shared long table feast. A complimentary drink and live music guaranteed to raise our spirits.

When: Wednesday 12 April, 12 noon - 2 pm

Where: Mathers House Dining Room

Cost: \$20 (Payment due prior please)

BOOKINGS ESSENTIAL



City of Hobart Transport Strategy – Public Consultation

The City of Hobart is preparing a Transport Strategy that will enable the City to identify and plan for future transport demands to 2030 and beyond. The strategy will support growth in our population, our economy and improve social and environmental outcomes.

Stuart Baird, the City of Hobart's Transport Engineer would like to hear from older people about the most important issues that the Transport Strategy needs to tackle. Not all transport issues and problems are within the control of the City of Hobart. As such, the consultation will describe how and when you can contribute to various transport issues and explain the roles and responsibilities of the various bodies involved, including the Tasmanian Government and neighbouring councils.

The community's input will guide the development of the Transport Strategy to address the most pressing issues within the control of the City of Hobart.

When: Monday 10 April, 1 pm - 2.30 pm

Where: Mathers House, Lower Level Room

Cost: FREE with light afternoon tea

BOOKINGS PREFERRED

Rag Rugs with Mona Loofs-Samorzewski



Resource Work Cooperative loves to encourage waste minimisation! Through this creative workshop, you will reuse fabrics of all kinds to create original rugs to take home. Easy to learn and great to do while sitting round a table with a cup of tea.

When: Wednesday 26 April, 1 pm - 3 pm

Where: Mathers House, Lower Level

Cost: \$5 (includes afternoon tea)

BOOKINGS ESSENTIAL

Growing Wilder at Long Beach

The City of Hobart's Bush Adventures and Positive Ageing Team will once again provide a charming day out, this time at Long Beach, Sandy Bay. Enjoy morning tea, a gentle guided walk, a game of Bocce, then sit back and enjoy a little music and a social barbecue lunch. Bus departs Mathers House at 10 am and returns by 2 pm.



When: Wednesday 3 May

Bring: Weather appropriate clothes and comfortable walking shoes

Walk grade: Very easy

Meet: Mathers House Dining Room, Hobart, 9.45 am OR

Long Beach, Sandy Bay (end of Long Point Road), 10.30 am

Cost: \$15 (includes bus, morning tea and BBQ style lunch)

BOOKINGS ESSENTIAL



Wine, Savoury and *Sisters and Mistery of Song*



Sisters and Mistery of Song is a ‘non-auditioned’ vocal group that aims to provide opportunities for people of all ages to be engaged in singing songs, to improve their ability and confidence in group singing and to have the opportunity to provide entertainment for others. The focus is on inclusion of all people

and on working toward mass performances. The group’s age ranges from 30 to mid 80s. Mathers House is privileged to host this special performance and we invite you to come along and share the joy and energy of this amazing group.

When: Friday 19 May, 2 pm - 3.30 pm

Where: Mathers House Dining Room

Cost: \$2 contribution towards refreshments BOOKINGS ESSENTIAL

Mathers Place Autumn Plant Swap



Do you like striking plants? Starting seeds?

Do you have garden extras to share with other people?

Do you like to see what other people grow?

Bring something from your garden to put on the table and take something home in return. Enjoy a cuppa and a chat while you swap.

When: Thursday 25 May, 10 am - 12 noon

Where: Mathers Place Laneway (outside the Flower Room)

Cost: Gold coin donation for morning tea

Fun and Friendly Quiz with High Tea

The Hobart Older Persons’ Reference Group invite you to a fun and friendly quiz. The aim of the quiz is to have a laugh and celebrate the wisdom we have gathered over the years!



When: Wednesday 31 May, 10 am - 12 noon

Where: Mathers House, Lower Level Room

Cost: \$5 (includes a special morning tea) BOOKINGS ESSENTIAL

What’s On Newsletter via Email



In the interest of sustainability and cost saving, please contact us if you would like to receive the What’s On newsletter via Email



NEW PROGRAMS

Balance and Stability Class with Awareness through Movement

Are you as steady on the stairs as you used to be? Do you ever feel stiff? Do your feet seem to be further away than they used to be? Good balance and stability relies on the co-operation of many parts and functions, which we only miss when they are gone. With gentle guided movements done at your own pace, and with a sense of curiosity, you will refresh your awareness of your feet, ankles, knees, hips, pelvis and spine and vision. You will re-discover your in-built stability mechanisms.

Dr Joanna de Burgh, Feldenkrais Practitioner, has taught much-appreciated courses in Queensland and Tasmania. Joanna is happy to discuss your questions and concerns. Contact Joanna de Burgh on mobile 0437 468 064 or telephone 6224 8665 or by email at joannadeburgh@gmail.com

When: Mondays, from 6 March, 11 am - 12 noon

Where: Mathers House, Lower Level Room

Cost: \$5 (payable to Joanna on the day)

NO BOOKINGS REQUIRED

Information Technology Learning Club

This shared learning group explores the wonderful (and sometimes frustrating) world of information and digital technology. Things like the internet, smart phones, computers and much more. If you are interested in learning and sharing information that you and the group decide to explore - this is for you. Supported by Rosa, a Mathers House volunteer computer tutor. Call us or drop in for more information.

When: Fortnightly Fridays, starting 17 March, 10 am - 11.30 am

Where: Mathers House, Lower Level Room

Cost: FREE with light morning tea

Cribbage, Canasta and other Card Games

Following the expressions of interest, we will trial a crib and canasta group once a month. If interest picks up we can certainly look at hosting a weekly group. Please come along and give it a go, beginners and experienced players welcome. Mathers House has a few boards and cards to share. Please invite a friend and spread the word.

When: Thursdays 30 March, 27 April, 25 May, from 1 pm

Where: Mathers House Dining Room

Cost: FREE with a cuppa and biscuit provided



ONGOING PROGRAMS

Gentle Shoulder Massage

Feeling stiff, sore or stressed? Book in for a complimentary 15 minute gentle neck and shoulder massage with volunteer massuese, Phuong.

When: Wednesdays, March 1, 8, 15, 22 and 29, 2 pm - 3 pm

Where: Mathers House Computer Room

FREE

BOOKINGS ESSENTIAL

Zumba Gold with Ash



This is a great fun way to exercise, get fit and participate in a program to suit everyone. Ash encourages you to come along and try our Zumba rhythms for fitness and fun.

When: Mondays, 10.30 am - 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable to Ash on the day) **NO BOOKINGS REQUIRED**

Stitch, Knit and Chat

Join Lorraine over a cuppa to chat and work on a small craft project in the comfort of the Mathers House Cafe.

When: Mondays from 11 am

Where: Mathers House Dining Room

FREE

NO BOOKINGS REQUIRED

Player's Workshop



Join Bruce Todd for interactive workshop sessions designed to lead casual musicians through some common forms of music. We will work on and play the blues, rock, latin, swing, and pop. Examine, discuss and have fun jamming along to the songs you know, learning about chord progressions, rhythms, timing, arrangements and song structure. Bring your acoustic instrument (ukulele, guitar, etc), and be able to play simple songs from song sheets.

When: Mondays, 1.30 pm - 3 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$5 per session (payable to Bruce on the day), afternoon tea included



Computer Learning at Mathers House



Volunteer tutors continue to offer one-on-one support. Depending on your needs, there are now several ways in which you can get help with your laptop, mobile phone, tablet or desktop computer. At Mathers House, we focus on helping those of you who have no, or only a little, knowledge of the device they want to learn about. Others may consider visiting the HELP desk at the library next door. Sessions for HELP can be booked at the lending section of the Library. For those who like to learn in a group, then the Library also runs a variety of free courses.

When: Mondays, Tuesdays and Fridays - by Appointment Only

Where: Mathers House Computer Room

FREE

BOOKINGS ESSENTIAL

Ukulele Classes

Chris Cruise is both an entertaining and informative tutor. Chris will have you playing and laughing as you explore the fun world of the ukulele. You will need to purchase (cost approximately \$25), beg or borrow a ukulele to participate.



Stayers When: Tuesdays, 10 am - 12 noon

Where: Mathers House, Lower Level

Beginners When: Wednesdays, 9.30 am - 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: \$5 per session (payable to Chris on the day), morning tea included

Scrabble with Friends



A friendly game of scrabble happens in the dining room of Mathers House at 12.45 pm each Wednesday. You are welcome to also join the group for a social lunch beforehand from 12 noon. Feel free to come along and join the group, new players are always welcome.

When: Wednesdays from 12.45 pm

Where: Mathers House Dining Room

Cost: FREE for scrabble (lunch at own cost)

T'ai Chi

T'ai Chi sessions are held every Thursday morning in Criterion House. If you are interested, come along and chat with the instructor on the day.

When: Thursday mornings, 9.45 am - 10.45 am

Where: Nell Pascoe Room, Criterion House

FREE

NO BOOKINGS REQUIRED





Broadway Boogie

Broadway Boogie is a low impact musical theatre style movement class with no singing involved. Bookings are not required, just turn up to enjoy the fun.

When: Thursdays, 11 am - 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable to Ash on the day)

NO BOOKINGS REQUIRED

Singing with Jim

Come along and sing popular songs with a friendly group of music lovers. Jim Beresford is an experienced musician and entertainer. These drop in sing-alongs sessions are a lot of fun. Request a favourite and enjoy!

When: Thursdays, 10 am - 11 am

Where: Mathers House, Lower Level Room

Cost: \$3 (payable to Jim on the day)

NO BOOKINGS REQUIRED

Check and Chat with your Community Health Nurse

Drop in and 'Check and Chat' with your Community Health Nurse. You can have your blood pressure, blood sugar and cholesterol checked or just a chat about health issues. All discussions are private and strictly confidential.



When: Thursdays, 11 am - 1 pm

Where: Mathers House Computer Room

FREE

NO BOOKINGS REQUIRED

EXPRESSIONS OF INTEREST

Grandparents and their grandchildren

Mathers House is considering hosting an activity for grandparents and their grandchildren during the school holidays. Possible baking and sharing some scones or biscuits together? If you think you would be interested please let us know on **6234 1441**.

OTHER NEWS

Weights and Balance Class

Following strong interest, Dr Joanna de Burgh will be offering Balance and Stability Classes with Awareness through Movement on Monday mornings. We are also organising a light weight class and will be contacting those people who have expressed an interest as soon as we can confirm dates and times etc.



Seated and Standing Pilates with Gaylene has MOVED!

This gentle exercise for people who want to get their bodies moving from seated and/or standing positions has moved but still offers the same exercises using balls, stretchy bands and hand weights. This class is for people over 50 who want to challenge their strength and balance without having to get up and down from the floor.

When: Wednesdays, 10.30 am - 11.30 am

Where: Baptist Church in North Hobart (next to Elizabeth College)

Cost: \$5 (payable to Gaylene on the day)

Enquiries to Gaylene on 0419 574 562

Mount Stuart Hall – Open Door Program

OPEN DOOR PROGRAM



Mount Stuart Hall

Welcoming all Mount Stuart residents to drop in to the local hall, meet others and try something new on Monday mornings.
7a Raymont Terrace, Mount Stuart.

Monday 20 March - Tart Words Performance (Poetry and Tart-Making in the Kitchen)

9.30 am - 12 noon: Helen Swain, a Tasmanian poet, writer and teacher, invites you to join her in the kitchen to enjoy a cup of tea with poetry and pastry. Tart Words sets up a dynamic between poetry and baking that combines the domestic with the wider world, the familiar with the strange. (FREE)

Monday 27 March - Small Stories

9.30 am - 10.30 am: T'ai Chi with Vicki. All welcome to come and try. (\$5)

11 am - 12 noon: Kirsty Grierson and Leigh Tesch, experienced performers, producers and storytellers will present an interactive performance of story and puppetry for young children (1 to 5 years) and their parents. This 20 min performance will be followed by a story workshop for parents and children to create their own stories to be retold at home. (FREE)

Monday 3 April – An Introduction to Clown

9.30 am - 10.30 am: T'ai Chi with Vicki. All welcome to come and try. (\$5)

11 am - 12 noon: Leigh Tesch, a clown, performer and clown doctor, will help you discover the playful and spontaneous world of the clown. No experience necessary, just an openness to play, and explore your body and mind and inner child. (FREE)

Mondays Ongoing - The Open Door Program is always open to suggestions. Check the Mount Stuart Tasmania Facebook page, the hall noticeboards or contact Aviva for further details or to share ideas. Aviva can be contacted on mobile **0478 983 624**, telephone **6278 8526** or by email at hallbookings@mountstuarttas.org.au



City of Hobart Monthly Immunisation Clinic

City of Hobart is offering adult vaccinations including:

- dTpa (Diphtheria, Tetanus and Pertussis) @ \$60 per dose.
- FREE seasonal flu and pneumococcal vaccinations for those aged 65 years and over.
- FREE Zostavax (shingles) Vaccine for 70 years and catch-up program for 71-79 years.

When: Wednesdays 8 March, 12 April, 10 May, 10 am - 12 noon

Where: Elizabeth Street Conference Room (access from the Town Hall parking deck)

NO BOOKINGS REQUIRED

Join the Fun with HEALTHY Hobart



FREE activities in Hobart parks from 16 February through to 13 April. Mobility and Stability sessions running most Thursdays at St Davids Park in Hobart.

Twenty-one (21) FREE sports sessions and activities over eight weeks across Hobart's parks and sports grounds.

To learn more pick up a program from Mathers House or go to: www.visithobartcity.com.au/healthyhobart

Vibrance Festival

Organisers of the first ever Vibrance Festival on 25 - 26 March aim to transform a 200 square metre concrete wall into a work of art.

The City of Hobart is partnering with the festival to commission five local artists to work on the large wall together, and three small walls at other city locations. The festival site at 82 - 84 Bathurst Street will also include live music, food vans, live painting and a bar on the Saturday night. The festival celebrates Tasmanian street artists and all of the walls will remain painted as part of the City's Urban Art Walls program.



More information on the festival is available at www.vibrancefestival.com or pop into Mathers House.

Volunteer Opportunities at Mathers House



Are you interested in being part of a friendly team, learning a new skill or sharing your experience and contributing to a welcoming and supportive centre for older people?

Mathers House would love to hear from you.

We are currently recruiting volunteers to support our café program. Please give Aisha a call on **6234 1441** if you are interested.