

15–21 Oct 2018

Seniors Week

Discover. Imagine. ^{food} Together.

COTA

TASMANIA
for older Australians



Supported by





SENIORS CARD

Directory 2019-2020

25th Anniversary



More than 108,000 Tasmanians are enjoying the rewards of being a Seniors Card holder... so what are you waiting for?!

Throughout the year, and especially during Seniors Week 2018, Seniors Card holders can enjoy a wide range of benefits with more than 730 businesses across the state offering discounts on products and services.

The *2019–2020 Seniors Card Directory* will be released in December 2018 and will be available from Service Tasmania, Libraries and local government offices. You can also have a copy sent direct to you by phoning **1300 13 55 13**.

New businesses are always joining the Seniors Card Program so it's worth regularly checking online for updates at www.seniors.tas.gov.au and following us on Facebook.

(If you're not too familiar with the internet, Seniors Week is a great time to visit your local Library or Online Access Centre for lessons about searching online!)

How do I get a Seniors Card?

If you are a Tasmanian resident over the age of 60, and are retired or not working more than 20 hours a week in paid employment, then you could be eligible for a Tasmanian Government Seniors Card.

To apply for a card, call into any Service Tasmania service centre with three pieces of identification – one with your date of birth and one showing proof of your Tasmanian address – and complete an application form. A Service Tasmania officer will witness your form, and once approved, give you a receipt that acts as a temporary Seniors Card. This enables you to start accessing discounts immediately, including during Seniors Week! Service Tasmania can also help with change of addresses and applying for a replacement card.

For more information, please call us on

1300 13 55 13.

Message from the Minister

Seniors Week provides wonderful opportunities to celebrate older people and ageing while facilitating community participation and connection. These goals are central to aligning the Tasmanian Government's and Council on the Ageing (COTA) Tasmania's shared vision of building age-friendly communities in Tasmania.

Older Tasmanians have a wealth of knowledge and experience that helps build a more inclusive and vibrant Tasmania and supports the social and economic wellbeing of our State. Older Tasmanians are a valuable asset in our community and contribute in a wide range of vital areas.

The Seniors Week theme for this year is "food, glorious food" - celebrating Tasmania's rich green pastures that produce some of our nation's finest products. There is nothing quite like eating food where it is caught, grown and made and Tasmania's rich soil, pure air and clean water inspire just that.

This year, there is an exciting range of social, cultural and educational events across our great state for older Tasmanians. There are many opportunities for people to come and try new activities and to connect to their community while enjoying the benefits that come from increased participation. We are anticipating in excess of 500

different events to be attended and enjoyed right across Tasmania.

I would like to take this opportunity to acknowledge the hard work of COTA Tasmania and the many other organisations, groups and clubs that will bring Seniors Week 2018 together. I know it will again, be another successful and enjoyable week of community events for senior Tasmanians.

Please enjoy your week.

Warmest regards,


**Hon Jacquie
Petrusma MP**
Minister



This program is intended as an information source only. COTA Tasmania, its office bearers, staff and volunteers do not endorse and make no guarantee as to the suitability or quality of the goods and services offered by the organisations and businesses listed in this program.

While every effort has been made to ensure that the information contained in this program 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 program.

Users should independently verify the information before using or acting in reliance on it.

EVENT LISTINGS

This program contains a comprehensive listing of Seniors Week events throughout Tasmania. Every effort has been made to ensure correct listings, but it is recommended that details be confirmed prior to attending events.

OTHER EVENTS

In some parts of the State, activities have been planned in addition to those in this official program. Please check with your local council, community groups and local newspapers for information about any other events that may be held in your community.

SPECIAL ACCESS

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

TRANSPORT FOR SENIORS

On the North West coast, the operators of Merseylink are once again most generously providing free bus services to Seniors Card holders during Seniors Week.

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.

GUIDE TO SYMBOLS

FREE EVENT = 

GOLD COIN DONATION = 

Entry or participation fees may apply to all other events. If booking details are stated, bookings are essential. Events may be cancelled if no bookings are received.

Welcome to the 21st annual Seniors Week!

Not many special interest programs can boast the variety, ongoing growth, statewide appeal and longevity of Tasmania's Seniors Week – the largest seniors festival in the southern hemisphere, and the eighth organised by the COTA team.

This year's over-arching Seniors Week theme is "food, glorious food" and I'm particularly pleased to note that there are a significant number of food-themed events on offer right around the state. Food is a very important social and cultural value for all of us and COTA Tasmania has acknowledged this with our COTA "Year of Food" activities in 2018.

COTA Tasmania is an organisation with a proven interest in both healthy eating and cultural diversity, so we're delighted to partner with the Multicultural Council of Tasmania for this special event to launch yet another bumper Seniors Week program. More details about the launch event and how you can be part of it are published on the opposite page of this events guide.

We hope you enjoy this guide; we have listened to your feedback and have retained its proven, reader-friendly format and again included the popular Daily Planner, which allows you to more easily identify the events that appeal and make your Seniors Week activity planning a breeze!

We value our Seniors Week supporters, foremost the Tasmanian Government, which had the vision to start this wonderful activities program for seniors 21 years ago and continues to support COTA Tasmania in presenting the annual Seniors Week program to a growing annual audience of about 10,000 Tasmanians!

We are delighted to welcome a new major sponsor this year – Hill Street Grocers – very appropriate with our food theme. Check out their wonderful recipes at the start of each regional events section.

We also welcome back TasNetworks, *The Senior Tasmania* newspaper, Metro Tasmania, MerseyLink Coaches, and Australia Post, who this year have massively enhanced our distribution process and program availability.

Without these valued supporters COTA Tasmania simply could not facilitate this unique annual

activities program for older Tasmanians. So, you are encouraged to support these wonderful sponsors as well as the program advertisers whose participation is also appreciated and invaluable.

I want to acknowledge our small but dedicated team at COTA for their commitment to making Seniors Week as varied, accessible and enjoyable as possible. They look forward to meeting some of you in Seniors Week.

I also thank the 271 event organisers for their efforts in making this 21st anniversary Seniors Week another exciting, varied and successful week of activities for older Tasmanians.

We proudly continue to use the tagline: *Discover. Imagine. Together* because we continue to believe that this phrase perfectly represents the spirit of Seniors Week events, whether they be creative, information-based or a physical activity. Or enjoying great food!

Whatever you do in Seniors Week this year, we hope you do indeed, discover, imagine and enjoy, together.

Cheers,

Sue Leitch
Chief Executive Officer, COTA

Give us your feedback – tell us your stories

How has Seniors Week enriched your life? Why do you support Seniors Week? What ongoing friendships/networks have you gained as a result of Seniors Week? Tell us – we'd love to hear your stories and suggestions! Send us a note or email.

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

So, when attending Seniors Week events, please take the opportunity to seek and complete an official survey form. We plan to have a number of our fantastic volunteers at selected events taking photos and assisting patrons to fill out the survey,

which takes less than two minutes to complete. Event organisers will distribute and collect, and return to COTA.

Alternatively, you can access the survey form from the COTA Tasmania website:

www.cotatasmania.org.au

COTA Tasmania
"Westella" 181 Elizabeth Street,
Hobart TAS 7000
admin@cotatas.org.au
(03) 6231 3265

Food, glorious food at official Seniors Week launch



You are invited to join COTA Tasmania on Monday 1 October – the International Day of Older Persons – at a special official Seniors Week launch function celebrating the over-arching “food, glorious food” theme of Seniors Week 2018.

We are holding this year’s launch event at the Moonah HQ of the Multicultural Council of Tasmania (MCOT).

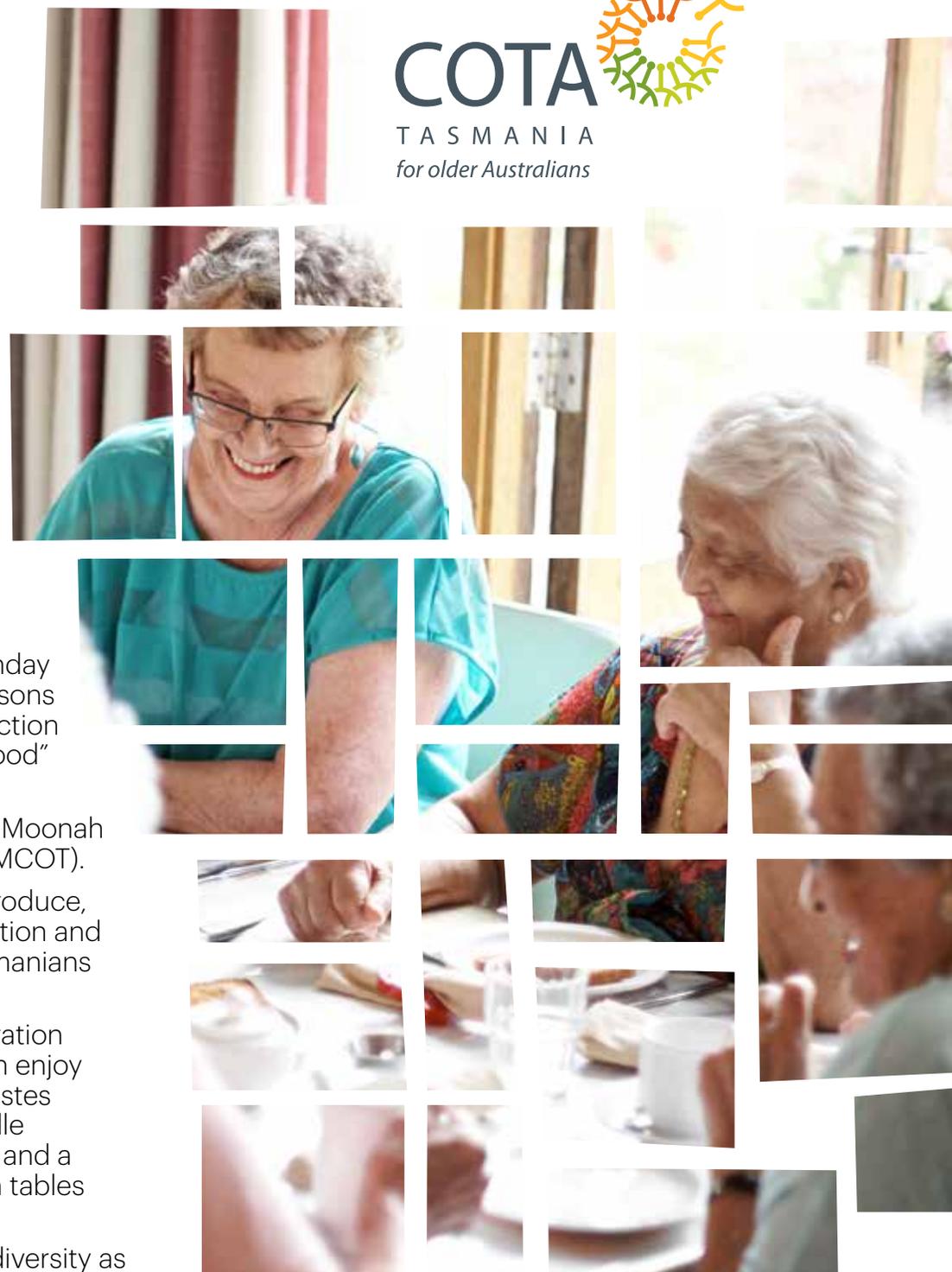
Tasmania is renowned for some of the best produce, best variety and most delicious food in the nation and much of this fine fare is provided by new Tasmanians from other cultures.

So, with the wonderful assistance and cooperation of Tasmania’s multicultural council, guests can enjoy a mini food expo featuring a variety of food tastes associated with different cultures – from Middle Eastern to Asian to Indigenous Australian fare and a few in between! There will also be information tables facilitated by popular food providers.

COTA has been active in supporting cultural diversity as well as healthy eating for older Tasmanians, so we are delighted that we can combine these two key areas as the theme for our always popular Seniors Week launch.

In addition to brief presentations from the COTA CEO and a Tasmanian Government representative, we plan to include brief, interesting and relevant presentations from some of the State’s eminent food experts, especially around optimal diets for older Tasmanians.

Places are limited so bookings are essential. The preferred booking method is via seniorsweek2018launch.eventbrite.com.au or you can email admin@cotatas.org.au, or call (03) 6231 3265 (9am–4pm, Monday to Friday).



Come join us!

11:30am–2:00pm Monday 1 October
Multicultural Council of Tasmania,
65 Hopkins St, Moonah

(level access and ample off-street parking)

Don't be left in the dark

about power outage safety and preparation

We're committed to providing reliable power to our customers, 24 hours a day, 7 days a week, but unplanned power outages can happen and we want everyone to be prepared.

When an unplanned outage happens, be it from storms to fallen trees, we work to restore power as safely and as quickly as possible.

Here's what to include in a home emergency kit to assist you during power outages. Keep the kit in an accessible location. Items may include:

- A battery-operated radio
- A battery-operated torch (don't use candles - they can increase the risk of fire)
- Fully charged mobile phone with important contact numbers stored
- Battery back-up or additional power pack for electronic devices
- Special items for vulnerable people, such as babies or the disabled
- Non-perishable food, water, utensils and a can opener
- If you use gas bottles, keep a spare one
- If you use electricity for heating, include extra blankets and clothing
- A first aid kit and any medications essential to you and your family's health

Stay safe

- Don't use a landline phone during a storm, use a mobile phone
- If your lights dim or flicker, turn off and unplug any non-essential appliances. Don't touch your switchboard, metallic earthed whitegoods or metallic plumbing parts. Advise TasNetworks as soon as it is safe
- Check on your neighbours and offer support to those with special needs, such as elderly people and people with disabilities
- If your power does go out, be safe - always stay well clear of fallen powerlines and report fallen powerlines to TasNetworks.

You can obtain power outage and restoration information by calling 132 004 or by checking our website at www.tasnetworks.com.au.

Up-to-date information can also be found on Twitter and Facebook and by listening to your local ABC radio station.

Life support customers who have medical conditions or other special needs should contact TasNetworks on 132 004 to obtain a copy of our life support fact sheet.

For more outage safety and preparation tips please visit www.tasnetworks.com.au/power-outage-safety.

If your power does go out,
report it to us on 132 004

www.tasnetworks.com.au



Stay safe...a message that never gets old



TasNetworks is proud to be partnering with Seniors Week in Tasmania for the fourth consecutive year, celebrating the important contribution seniors make within the community.

As Tasmania's energy needs change and new technologies, such as electric vehicles and battery storage systems become more common, the energy industry will also need to change. There is one thing that will always remain constant – TasNetworks' commitment to delivering your power safely.

Safety is fundamental to our business, and I encourage you to think about the steps you can take to ensure safety around electricity.

We all know check-ups are a good idea when we get older, and with this in mind, it's a good idea to conduct an electrical safety check in your home. Many people don't realise that small signs, such as tingling taps and flickering lights, can mean big dangers with the electrical wiring in your home.

I encourage you to review the advice and information contained throughout this program, and to familiarise yourself with the warning signs and what they mean for the health of your electrical wiring.

I trust that you will enjoy the opportunity to participate in Seniors Week, and congratulate the COTA team on organising and hosting another successful Seniors Week.

Lance Balcombe
Chief Executive Officer
TasNetworks

Get there with Metro this Seniors Week!



Metro is proud to play an important role in connecting people and communities, and is offering seniors free Greencards as a major sponsor of Seniors Week.

Simply show your Seniors Card to claim a FREE Greencard when you apply from 3 September to 21 October 2018.

A Greencard makes getting out there cheaper, easier and quicker by acting as a digital wallet for fare credit and offering a 20% discount on fares, and free transfers within

90 minutes and low daily caps in our urban networks – travel all day for as little as \$2.90!

No need for the correct change, just tap and go. You can even set up a convenient automatic top up for when you're running low, or add credit online or on board.

With no card fee, and over 2,000 services a day in Hobart, Launceston, and Burnie, there's never been a better time to start travelling with Metro.

Visit metrotas.com.au to get your Greencard and see lots of travel tips for new passengers, or get in touch via:

- the Metro Shop (22 Elizabeth Street Hobart)
- a Metro depot:
 - 212 Main Road Moonah
 - 168 Wellington Street Launceston
 - 28 Strahan Street Burnie
- our customer service hotline: 13 22 01.

SENIORS WEEK

CELEBRATING SENIOR'S WEEK
15 - 21 OCTOBER

FOOD COURT BINGO ON TUESDAY AND THURSDAY AT 9.30AM.

BROWSE THROUGH OUR PHOTO EXHIBITION SHOWCASING THE HISTORY OF SHOPPING IN HOBART.

*EVENTS MAY BE SUBJECT TO CHANGE, PLEASE VISIT NORTHGATE.SC.COM.AU FOR OUR CALENDAR OF EVENTS.



hip hip SENIORS HOORAY

CELEBRATING SENIOR'S WEEK
15 - 21 OCTOBER

COME ALONG AND JOIN OUR INFORMATION SESSIONS WITH ROSNY LINC ON SELECTED DAYS.

PLUS, MEET US AT 8AM EACH MORNING IN THE FOOD COURT FOR OUR WALKING GROUP.

*EVENTS MAY BE SUBJECT TO CHANGE, PLEASE VISIT EASTLANDSSC.COM.AU FOR OUR CALENDAR OF EVENTS.



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Barossa Park Lodge, Glenorchy (03) 6208 0800
HomeCare Services (03) 6345 2124
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BAROSSA PARK LODGE **BISHOP DAVIES COURT** **THE MANOR** **RUBICON GROVE** **UMINA PARK** **HOME CARE SERVICES**



Daily Planner: South

Monday 15th October

7:45am–8:30am	Seniors Deep Water PrYme Movers Class	Montagu Bay	p54
8:00am–12:30pm	Spinal Screening	Kingston	p50
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
8:00am–6:00pm	Spinal Screening	Hobart	p46
8:30am–6:00pm	Balance Screen	Hobart	p45
8:45am–9:30am	Seniors Shallow Water PrYme Movers Class	Montagu Bay	p54
9:00am–12:00pm	Coffee, Craft and Chat	Kingston	p51
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Bellerive	p34
9:00am–5:00pm	Jurassic Garden and Nature Museum	Bruny Island	p36
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Hobart	p44
9:15am–10:15am	Heart Foundation Walking Group	West Moonah	p64
9:30am–1:00pm	University Of The Third Age in Clarence	Rosny	p60
9:30am–10:30am	Move It Easy Exercises	Battery Point	p34
9:30am–10:30am	Awesome Group Exercise Classes	Claremont	p38
9:30am–11:00am	Mobility Monday with Morning Tea	Glenorchy	p40
9:30am–11:30am	Mastering Your Device	Clarendon Vale	p38
9:30am–2:00pm	Grey Medallion Info Day	Glenorchy	p50
9:30am–4:00pm	CWA's Veg On – Not Out!	Claremont	p37
9:30am–4:00pm	Visit The Wooden Boat Centre	Franklin	p39
10:00am–11:00am	Chair Pilates Tasters	West Hobart	p63
10:00am–12:00pm	Recipe Swap and High Tea @ Glenview	Glenorchy	p41
10:00am–12:00pm	Coffee, Cake and Computers	Glenorchy	p43
10:00am–12:30pm	E-bike Coffee Club Goes to MONA	Hobart	p44
10:00am–4:00pm	Glorious Wooden Foodie Things	Oatlands	p58
10:00am–5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:00am–Wed	Tall Ship Sailing Overnight Cruises Trip 1	Hobart	p46
10:30am–11:30am	Seniors PrYme Active Fitness Class	Glenorchy	p40
10:30am–11:30am	Group Exercise Class	New Norfolk	p55
10:30am–11:30am	Fit & Strong 4 Life	North Hobart	p58
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am–12:30pm	You Only Get Out What You Put In	Hobart	p44
11:00am–12:00pm	Guided Tour of the Royal Tasmanian Botanical Gardens	Hobart	p47
11:00am–12:00pm	Staying Active – Group Exercise Class	West Moonah	p64
11:15am–12:15pm	Move It Easy Exercises	Bellerive	p34
11:30am–12:30pm	Grandparents Storytime	Huonville	p49
12:30pm–2:30pm	Pétanque in the Park	Sandy Bay	p61
1:00pm–3:00pm	Intergenerational iTech Session	Dodges Ferry	p39
1:00pm–2:30pm	Know Yourself and Be Positively Surprised	Kingston	p52
1:00pm–2:45pm	Hobart City Walk Tour	Hobart	p46
1:00pm–3:00pm	Croquet	New Town	p57
1:30pm–3:00pm	Introduction to Family History	Clarendon Vale	p38



POLISH WELFARE OFFICE

Providing support
and assistance to
older persons and
their carers

22-24 New Town Rd
New Town TAS 7008

Tel: 6228 6258

Office hours:

9am-2pm

Monday-Friday

**MOVE
IT**
easy exercises

Want some
fun and easy
exercise? Join us
for a **FREE** and
gentle *Move It
Easy* class:

Monday 15th October

9:30am-10:30am at St.
Georges Church Hall, Cromwell
St, Battery Point

11:15am-12:15pm at St. Mark's
Church Hall, Corner Scott &
Clarence Sts, Bellerive

Tuesday 16th October

9:30am-10:30am at Lenah
Valley Community Hall, Creek
Rd, Lenah Valley

11:15am-12:15pm at Kingston
Beach Hall, Kingston Beach

Wednesday 17th October

9:30am-10:30am at Tolosa
Street Hall, 148 Tolosa Street,
Glenorchy

Thursday 18th October

9:30am-10:30am at St. Mark's
Church Hall, Corner Scott &
Clarence Sts, Bellerive
6:30pm-7:30pm at Lenah Valley
Community Hall, Creek Rd,
Lenah Valley

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0428 297 435
or [move.it.tas@
gmail.com](mailto:move.it.tas@gmail.com)



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get a bonus gift basket.

epilepsy
tasmania

TASMANIA'S VOICE FOR EPILEPSY

1300 852 853

Daily Planner: South

Monday 15th October (continued)

1:30pm-3:00pm	Cruise the Huon River at Franklin	Franklin	p39
2:00pm-3:00pm	Chair Pilates Tasters	West Hobart	p63
2:00pm-3:30pm	Latest Magazines – Free with Your Library Membership	Kingston	p52
2:00pm-4:00pm	Cooking Demonstration with Special Guest	Rosny	p60
2:00pm-4:30pm	Wouldn't It Be Lovely	New Norfolk	p57
3:00pm-4:30pm	Calm Water Sail on the Yukon	Franklin	p40
6:00pm-8:00pm	Tai Chi Class	Glenorchy	p40
6:30pm-8:30pm	Paella Cooking Class	West Moonah	p64
7:00pm-9:00pm	Indoor Bowls	Kingston	p52
7:00pm-10:00pm	Open Night at the Mah Jong Club	Sandy Bay	p62
7:00pm-10:30pm	Ons Genoegen Card Group	Kingston	p53
7:30pm-9:30pm	A Grand Night for Singing	New Town	p57

The District Nurses has been caring for Tasmanians at home since 1896

We are an approved Home Care Package Provider.

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We can provide a full range of services delivered in the way you want including:

- Nursing
- Help with showering and dressing
- Assistance with house hold tasks
- Shopping assistance and meal preparation
- Respite
- Gardening



Committed to Care

03 6208 0500 thedistrictnurses.org.au



Daily Planner: South

Tuesday 16th October

8:00am–11:00am	Try Aquafit!	Glenorchy	p41
8:00am–12:30pm	Spinal Screening	Kingston	p50
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
8:00am–6:00pm	Spinal Screening	Hobart	p46
8:30am–6:00pm	Balance Screen	Hobart	p45
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Bellerive	p34
9:00am–5:00pm	Jurassic Garden and Nature Museum	Bruny Island	p36
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Hobart	p44
9:30am–10:30am	Zumba Gold	Kingston	p49
9:30am–10:30am	Awesome Group Exercise Classes	Claremont	p38
9:30am–10:30am	Book Chat – Choosing Books for Your Grandchildren	Glenorchy	p42
9:30am–10:30am	Move It Easy Exercises	Lenah Valley	p53
9:30am–11:30am	Mastering Your Device	Rokeby	p59
9:30am–12:30pm	Great Food and Film Morning	North Hobart	p58
9:30am–4:00pm	Visit The Wooden Boat Centre	Franklin	p39
10:00am–11:00am	Chair Pilates Tasters	West Hobart	p63
10:00am–11:00am	Seniors Healthy Hearts Class	Glenorchy	p42
10:00am–11:00am	LIMBA Dance Fitness for Seniors	Sandy Bay	p61
10:00am–11:30am	Blundstone Arena Tours	Bellerive	p35
10:00am–11:30am	Free Recipe Apps for Phone or Tablet	Kingston	p50
10:00am–11:30am	Badminton for Seniors	Warrane	p63
10:00am–12:00pm	A Library That Fits in Your Pocket	Bridgewater	p35
10:00am–12:00pm	Finding Recipes Online	Glenorchy	p43
10:00am–12:00pm	Aged Care and Estate Planning	Hobart	p47
10:00am–12:00pm	Table Tennis for Seniors	Montagu Bay	p54
10:00am–12:00pm	Small Edible Garden Planting	Rosny	p60
10:15am–1:30pm	Blundstone Boot Walk	Risdon Vale	p59
10:15am–11:15am	Group Exercise Class	New Norfolk	p55
10:30am–1:30pm	Let's Try Lawn Bowls	Lindisfarne	p53
10:30am–11:00am	Volunteering Tasmania Information Session	Hobart	p47
10:30am–11:30am	Jill's Line Dancing	Bellerive	p34
10:30am–11:30am	Healthy Eating for Active Ageing	Kingston	p51
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am–12:00pm	Tea and Tell	Carlton	p36
10:30am–12:30pm	You Only Get Out What You Put In	Hobart	p44
10:30am–3:30pm	Food for Thought	Kingston	p50
11:00am–12:00pm	Guided Tour of the Royal Tasmanian Botanical Gardens	Hobart	p47
11:00am–12:00pm	What's On in TMAG's Art Galleries?	Hobart	p48
11:15am–12:15pm	Move It Easy Exercises	Kingston	p50
11:30am–12:30pm	Grandparents Rock'n'Rhyme @ Cygnet Library	Cygnet	p38

Daily Planner: South

Tuesday 16th October (continued)

12:00pm–1:00pm	Pipeworks	Hobart	p46
12:00pm–2:00pm	Taste the World – Multicultural Feast	Glenorchy	p40
12:00pm–2:00pm	Carers Tasmania – Monthly Support Group for Carers	Kingston	p52
12:30pm–2:30pm	Community Quiz Luncheon	West Moonah	p64
1:00pm–2:30pm	Blundstone Arena Tours	Bellerive	p35
1:00pm–2:45pm	Hobart City Walk Tour	Hobart	p46
1:00pm–3:00pm	Indoor Bowls	Kingston	p52
1:30pm–2:30pm	Boules at the Bay	Sandy Bay	p62
1:30pm–3:00pm	Cruise the Huon River at Franklin	Franklin	p39
1:30pm–3:00pm	Choir of High Hopes Public Rehearsal	North Hobart	p58
2:00pm–3:00pm	Chair Pilates Tasters	West Hobart	p63
2:00pm–3:00pm	Colonial Art and Recipes	Hobart	p45
2:00pm–4:00pm	Learn to Draw	North Hobart	p58
2:05pm–3:00pm	Staying Active – Group Exercise Class	Chigwell	p36
3:00pm–4:00pm	High Tea at Bucaan the Ritz Community House	Chigwell	p36
3:00pm–4:30pm	Calm Water Sail on the Yukon	Franklin	p40
6:30pm–7:15pm	Seniors Aqua Class	Montagu Bay	p55
7:30pm–10:00pm	Scrabble	Kingston	p53



Who is COTA Tasmania?

COTA is the lead organisation in Tasmania for older people; for the issues that they may be facing, and for celebrating their successes. We are passionate about the rights of older people and speak regularly with all levels of government, a broad sector of the business and community sectors, and of course, older people.

We're an independent not-for-profit incorporated body with a volunteer board of directors who meet regularly. The Board has several sub-committees providing specialist advice. We also have a

Policy Council looking at social policy that affects older people.

COTA Tas has a small staff; a full-time Chief Executive and several part-time project officers who have responsibility for delivering a range of activities and benefits to older people, ranging from information about age care reforms, elder abuse, active ageing, and information sessions for older people. We also provide policy feedback on a variety of subjects such as health reform, transport, retirement incomes and workforce issues for older workers.

www.cota.tas.org.au | (03) 6231 3265

facebook.com/COTATas [@COTATas](https://twitter.com/COTATas)



Free legal advice for older Tasmanians

Are you an older Tasmanian who needs legal advice? Or are you worried about an older person you know? Legal Aid offers free, private and confidential legal advice, representation or referrals.

Legal Aid's experienced and trusted lawyers can advise and assist you with: advance care planning; Guardianship Board matters – lifestyle and financial decisions; Powers of Attorney; pressure to pay money or hand over assets; family conflict; scams and fraud or other criminal matters; abuse or neglect of older people; protection orders; and any other issue that affects older people. If you need legal representation in court, our lawyers can help you apply for Legal Aid.



Make an appointment:

Clinics are held from 10am to 12 noon in our offices in the Westella Building at 181 Elizabeth St, Hobart, on the first Wednesday of every month (except January). Appointments are essential: contact COTA Tasmania on 6231 3265 or admin@cotatas.org.au. If you are unable to make it in to our Hobart office contact us to arrange a phone appointment.



You can also get advice about elder abuse from Advocacy Tasmania: call the Elder Abuse Helpline on 1800 441 169.

Daily Planner: South

Wednesday 17th October

7:45am–8:30am	Seniors Deep Water PrYme Movers Class	Montagu Bay	p54
8:00am–2:00pm	Spinal Screening	Hobart	p46
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
8:30am–6:00pm	Balance Screen	Hobart	p45
8:45am–9:30am	Seniors Shallow Water PrYme Movers Class	Montagu Bay	p54
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Bellerive	p34
9:00am–5:00pm	Jurassic Garden and Nature Museum	Bruny Island	p36
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Hobart	p44
9:30am–1:00pm	University Of The Third Age in Clarence	Rosny	p60
9:30am–10:30am	Awesome Group Exercise Classes	Claremont	p38
9:30am–10:30am	Move It Easy Exercises	Glenorchy	p42
9:30am–11:00am	Age Pension – All You Need to Know	Lindisfarne	p54
9:30am–3:00pm	Mystery Bus Tour	West Moonah	p64
9:30am–4:00pm	Visit The Wooden Boat Centre	Franklin	p39
10:00am–11:00am	Chair Pilates Tasters	West Hobart	p63
10:00am–11:00am	Tai Chi	Dodges Ferry	p39
10:00am–11:00am	Black Mist Burnt Country Interactive Video Tour	Hobart	p48
10:00am–11:00am	LIMBA Chair Stretch Class for Seniors	Sandy Bay	p61
10:00am–11:30am	Blundstone Arena Tours	Bellerive	p35
10:00am–12:00pm	Cooking Without Barriers	Glenorchy	p40
10:00am–12:00pm	Jill's Line Dancing	Glenorchy	p42
10:00am–12:00pm	Introduction to 3D Design and Printing	Glenorchy	p43
10:00am–12:00pm	Yoga	Kingston	p53
10:00am–12:00pm	Golf for Seniors with Morning Tea and Free Coaching	Rosny	p60
10:00am–12:00pm	The World of Online Recipes	Sorell	p62
10:00am–12:00pm	Healthy Food Options Talk and Tour	South Hobart	p63
10:00am–2:00pm	Preserving: Past, Present, Future	Glenorchy	p42
10:00am–2:00pm	Come and Try Radio Yachting	Risdon Vale	p59
10:00am–5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:30am–11:30am	Zumba Fitness Class	Glenorchy	p42
10:30am–11:30am	Fit & Strong 4 Life	North Hobart	p58
10:30am–12:00pm	Tea and Tell	Kingston	p51
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am–12:30pm	Pétanque in the Park	Claremont	p37
10:30am–12:30pm	You Only Get Out What You Put In	Hobart	p44
10:30am–12:30pm	Shopping for a Healthy Body, Mind and Pocket	Rosny	p59
11:00am–12:00pm	Staying Active – Group Exercise Class	Glenorchy	p41
11:00am–12:00pm	Guided Tour of the Royal Tasmanian Botanical Gardens	Hobart	p47
11:00am–12:00pm	Eating Well for Life	Huonville	p49
11:00am–2:30pm	The Mathers Place Story Project	Hobart	p47
11:00am–3:00pm	Seniors Week Luncheon	Sorell	p62
11:15am–1:30pm	Let Music Be Your Fruit of Life	Kingston	p50

Daily Planner: South

Wednesday 17th October (continued)

11:30am-1:00pm	Hip Hop for Seniors	Dodges Ferry	p39
12:00pm-1:00pm	Caring for Your Inner Self in the Age of Wisdom	Cygnnet	p38
12:00pm-1:30pm	Something Different From Somewhere Different	Warrane	p63
12:00pm-2:00pm	Seniors Week BBQ at Tolosa Park	Glenorchy	p40
1:00pm-2:00pm	Tour of TMAG's Historic Courtyard and Bond Store	Hobart	p45
1:00pm-2:00pm	Australia's First Cookbook	Hobart	p47
1:00pm-2:30pm	Blundstone Arena Tours	Bellerive	p35
1:00pm-2:45pm	Hobart City Walk Tour	Hobart	p46
1:00pm-3:00pm	Food for Thought - a Feast of Family History	Bellerive	p34
1:00pm-3:00pm	Mahjong	Kingston	p51
1:30pm-3:00pm	Cruise the Huon River at Franklin	Franklin	p39
1:30pm-3:00pm	Introduction to Family History	Rokeby	p59
1:30pm-3:30pm	Bingo Afternoon	New Norfolk	p57
2:00pm-3:00pm	Chair Pilates Tasters	West Hobart	p63
2:00pm-3:00pm	Introduction to Virtual Reality	Glenorchy	p43
2:00pm-3:00pm	Exhibition Highlights Tour at TMAG	Hobart	p45
2:00pm-3:00pm	Join a Book Chat	Kingston	p52
2:00pm-3:00pm	High Tea	New Town	p57
2:00pm-3:30pm	PrYme Active!	Glenorchy	p41
2:00pm-3:30pm	Barossa's Very Own Cookbook Launch	Glenorchy	p41
2:00pm-3:30pm	TMAG Gallery Session and 'iRemember in the Kitchen'	Hobart	p47
2:00pm-4:00pm	Royal Life Saving Grey Medallion	Lindisfarne	p53
2:00pm-4:00pm	CPR & Home First Aid Session	Lindisfarne	p54
2:00pm-4:00pm	Legalities for Seniors	Rosny	p60
3:00pm-4:30pm	Calm Water Sail on the Yukon	Franklin	p40
3:00pm-Friday	Tall Ship Sailing Overnight Cruises Trip 2	Hobart	p46
3:00pm-7:00pm	Spinal Screening	Kingston	p50
5:30pm-7:00pm	Food For Thought	Hobart	p46
6:00pm-8:00pm	Multicultural Community Dinner	Moonah	p55
7:00pm-9:00pm	Sing Australia Sorell Sing-a-long	Midway Point	p54

AGED CARE KNOW-HOW

A FREE AND
FRIENDLY
COMMUNITY
SERVICE

Do you need information about ageing independently at home?

Do you care for an older person who needs help at home?

Do you have trouble finding the information you need about aged care at home?

Call COTA Tas (Council on the Ageing): **(03) 6231 3265** for information, to book a session or a personal appointment, or visit our www.cotatas.org.au for resources.



Daily Planner: South

Thursday 18th October

8:00am-11:00am	Try Aquafit!	Glenorchy	p41
8:00am-12:30pm	Spinal Screening	Kingston	p50
8:00am-4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
8:30am-6:00pm	Balance Screen	Hobart	p45
9:00am-5:00pm	Free Hearing Test or 7 Day Trial	Bellerive, Hobart	p34/44
9:00am-5:00pm	Jurassic Garden and Nature Museum	Bruny Island	p36
9:30am-10:30am	Move It Easy Exercises	Bellerive	p34
9:30am-10:30am	Awesome Group Exercise Classes	Claremont	p38
9:30am-10:30am	iPad Basics	Glenorchy	p43
9:30am-12:00pm	Time Out Craft Program	Mornington	p55
9:30am-1:30pm	Causeway Club	Sorell	p62
9:30am-4:00pm	Visit The Wooden Boat Centre	Franklin	p39
10:00am-11:00am	Chair Pilates Tasters	West Hobart	p63
10:00am-11:00am	Jill's Line Dancing	Glenorchy	p42
10:00am-11:00am	Seniors Healthy Hearts Class	Glenorchy	p42
10:00am-11:00am	Seniors Week Gardening Talk	Huonville	p49
10:00am-11:00am	Zumba Gold	Kingston	p49
10:00am-11:00am	LIMBA Iconic Dance Class for Seniors	Sandy Bay	p61
10:00am-11:30am	Blundstone Arena Tours	Bellerive	p35
10:00am-12:00pm	Mahjong	Kingston	p51
10:00am-12:00pm	Legalities for Seniors	Glenorchy	p43
10:00am-12:30pm	University of The Third Age Hobart	Hobart	p48
10:00am-1:00pm	Photography 101	West Moonah	p64
10:00am-1:30pm	Stomp and Chomp!	Bellerive	p34
10:00am-1:30pm	Stimulate your Senses	Nicholls Rivulet	p58
10:00am-4:00pm	Seniors Week at the Shot Tower	Taroona	p63
10:00am-5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:15am-11:15am	Group Exercise Class	New Norfolk	p55
10:15am-2:45pm	Soup, Sandwiches and The Sound of Music	Howrah	p48
10:30am-1:00pm	DIGNity Gardening	Dodges Ferry	p39
10:30am-12:00pm	Tea and Tell	Lindisfarne	p54
10:30am-12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am-12:00pm	Seniors Master Chef: Enhance Your Nourishment	Rosny	p59
10:30am-12:30pm	You Only Get Out What You Put In	Hobart	p44
10:30am-3:30pm	Peppermint Bay Lunch Cruise	Hobart	p45
11:00am-12:00pm	Feel Fabulous After 50	Glenorchy	p42
11:00am-12:00pm	Introduction to Coding with Sphero Robots	Glenorchy	p44
11:00am-12:00pm	Guided Tour of the Royal Tasmanian Botanical Gardens	Hobart	p47
11:00am-12:00pm	Coding Robots - Find Your Cheese	Hobart	p48
11:00am-1:00pm	Polish Folk Dancing for Seniors	New Town	p57
11:00am-2:30pm	South Hobart Spinners	South Hobart	p63

Daily Planner: South

Thursday 18th October (continued)

12:00pm–2:00pm	Table Tennis for Seniors	Glenorchy	p40
12:00pm–2:00pm	Food, Glorious Food with Fabulous Fibre!	Sandy Bay	p61
1:00pm–2:00pm	Tour of TMAG's Historic Courtyard and Bond Store	Hobart	p45
1:00pm–2:30pm	Blundstone Arena Tours	Bellerive	p35
1:00pm–2:45pm	Hobart City Walk Tour	Hobart	p46
1:00pm–3:00pm	Croquet for Fun	Bellerive	p34
1:00pm–3:00pm	Indoor Bowls	Kingston	p52
1:30pm–3:00pm	Cruise the Huon River at Franklin	Franklin	p39
1:30pm–3:30pm	Fun Afternoon	Glenorchy	p42
1:30pm–3:30pm	Mayor's Afternoon Tea	New Norfolk	p57
1:30pm–6:00pm	Spinal Screening	Hobart	p46
2:00pm–3:00pm	Chair Pilates Tasters	West Hobart	p63
2:00pm–3:00pm	Grandparents Storytime @ Cygnet Library	Cygnet	p38
2:00pm–3:00pm	Exhibition Highlights Tour at TMAG	Hobart	p45
2:00pm–3:30pm	Croquet for Fun and Fitness	Sandy Bay	p61
2:00pm–4:00pm	Probus Card and Crib Group	Kingston	p52
3:00pm–4:00pm	Poetry In The Parlour	Huonville	p49
3:00pm–4:30pm	Calm Water Sail on the Yukon	Franklin	p40
6:30pm–7:15pm	Seniors Aqua Zumba	Montagu Bay	p55
6:30pm–7:30pm	Move It Easy Exercises	Lenah Valley	p53
7:30pm–9:00pm	Lindisfarne Riverside Arts Club: Workshop & Rehearsal	Lindisfarne	p54

COTA Tasmania has been busy!

COTA developed a comprehensive new Strategic Plan for 2017-2022 which is now under implementation.

COTA initiated monthly Elder Law Clinics in conjunction with the Legal Aid Commission of Tasmania.

After hearing that some older people feel discriminated against by businesses and services, COTA developed some Age-friendly Business resources, with the aim of helping businesses understand the importance and benefits of respecting and valuing all customers, regardless of age.



To support councils to develop age-friendly, liveable communities, COTA developed the *Liveable Communities Toolkit*, with information about how to create supportive, inclusive, safe and engaging communities for people of all ages, background and mobility. The toolkit stands alongside the Tasmanian Liveable Communities Facebook page, which shares the latest information about liveable communities and what's going on in Tasmania.

Over the past 12 months COTA Tasmania's renowned Peer education program expanded from three to six information sessions. There's now an additional module to the *You're Worth It* series, titled *Protecting Your Finances from Abuse*. There's also a new module, *Getting Connected*, which helps people decide on a phone/tablet and a suitable plan.

The *Aged Care Know How* program expanded from a COTA peer support program initially set up to help people navigate My Aged Care, to now deliver community information sessions. In 2017/18 COTA delivered 9 information sessions including 2 community expos reaching

almost 270 people. The information sessions and expos have helped promote and distribute the informative "help sheets" and very importantly, the telephone help line.

Aware that many people are unsure of what constitutes abuse of older people, COTA again facilitated the annual Walk Against Elder Abuse on World Elder Abuse Awareness Day. Walks were held Hobart and, for the first time in Launceston. Hundreds of community members including high school students in uniform joined the marches, carrying special placards with powerful anti-elder abuse messages.

Anglicare Tasmania: Leading the Way in Community Aged Care



With years of experience as a trusted, not-for-profit, provider of services to senior citizens, Anglicare understands how confusing it can be when trying to make the right choices for yourself or for someone you care for.

We invite you to meet with one of our professional aged care managers who can inform you about the services Anglicare offers to support senior citizens to maintain wellbeing and independence at home and in the community.

Please join our team for light refreshments between 10 am and 2 pm at the following locations on the dates noted:

- Burnie:** 6 Strahan Street on **Tuesday 23 October**
- Devonport:** 31 King Street on **Wednesday 24 October**
- Launceston:** 116 Elizabeth Street on **Thursday 25 October**
- Hobart:** 159 Collins Street on **Friday 26 October**

No appointments are necessary. For catering purposes please register your attendance in advance by calling 1800 466 300.

1800 466 300
anglicare-tas.org.au



What's  **your beat?**
AF awareness and screening

Atrial Fibrillation (AF) is the most common type of heart rhythm disorder. AF is associated with a five times increased risk of stroke, and approximately 250 strokes each year in Tasmania are due to AF. However, AF tends to have no symptoms, and many people with the disorder are unaware, undiagnosed or receive no treatment at all.

FREE SCREENINGS:

Check out our free screenings at the Seniors Week Launch (p5).

FOR MORE INFORMATION:

Ibrahim Jatau Abubakar
0469 877 832 | (03) 6226 4349
ibrahim.jatauabubakar@utas.edu.au



Daily Planner: South

Friday 19th October

7:30am–9:00pm	Bruny Island Bird Festival	Bruny Island	p36
7:45am–8:30am	Seniors Deep Water PrYme Movers Class	Montagu Bay	p54
8:00am–12:30pm	Spinal Screening	Kingston	p50
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
8:00am–6:00pm	Spinal Screening	Hobart	p46
8:30am–6:00pm	Balance Screen	Hobart	p45
8:45am–9:30am	Seniors Shallow Water PrYme Movers Class	Montagu Bay	p54
9:00am–12:00pm	Fun Up at the Community Shed	West Moonah	p64
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Bellerive	p34
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Hobart	p44
9:30am–10:30am	Awesome Group Exercise Classes	Claremont	p38
9:30am–12:00pm	Salvaged and Preloved Recipe Books Sale	Kingston	p52
9:30am–4:00pm	Visit The Wooden Boat Centre	Franklin	p39
10:00am–11:00am	Chair Pilates Tasters	West Hobart	p63
10:00am–11:00am	The World of Online Recipes	Rosny	p60
10:00am–2:00pm	Care Forward Open Day	Rosny	p60
10:00am–4:00pm	Seniors Week at the Shot Tower	Taroona	p63
10:00am–5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:15am–12:00pm	Kingston Ladies Line Dancing	Kingston	p50
10:30am–11:30am	Seniors PrYme Active Fitness Class	Glenorchy	p40
10:30am–11:30am	Fit & Strong 4 Life	North Hobart	p58
10:30am–11:30am	Mastering Your Digital Device	Sorell	p62
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am–12:00pm	Wills and Estate Planning – Have You Planned Ahead?	Hobart	p44
10:30am–12:00pm	Tea and Tell	Sorell	p62
10:30am–12:30pm	You Only Get Out What You Put In	Hobart	p44
10:30am–3:30pm	Peppermint Bay Lunch Cruise	Hobart	p45
11:00am–12:00pm	Android Basics	Glenorchy	p43
11:00am–12:00pm	Guided Tour of the Royal Tasmanian Botanical Gardens	Hobart	p47
11:00am–12:30pm	Monsieur Mayonnaise Screening	Hobart	p48
11:00am–12:45pm	Hobart City Walk Tour	Hobart	p46
12:00pm–1:00pm	Caring for Your Inner Self in the Age of Wisdom	New Norfolk	p57
12:00pm–2:00pm	Lunch at Bucaan the Ritz Community House	Chigwell	p36
1:00pm–2:00pm	Tour of TMAG's Historic Courtyard and Bond Store	Hobart	p45
1:00pm–3:30pm	Puzzle Club	Kingston	p53
1:30pm–3:00pm	Cruise the Huon River at Franklin	Franklin	p39
2:00pm–3:00pm	Chair Pilates Tasters	West Hobart	p63
2:00pm–3:00pm	Exhibition Highlights Tour at TMAG	Hobart	p45
2:00pm–3:30pm	Open House at the Manor Gardens Respite Day Centre	Kingston	p50
2:30pm–3:30pm	Fear No Falls Afternoon Tea	Glenorchy	p41
3:00pm–4:30pm	Calm Water Sail on the Yukon	Franklin	p40

Daily Planner: South

Saturday 20th October

7:30am–9:00pm	Bruny Island Bird Festival	Bruny Island	p36
8:00am–12:00pm	Spinal Screening	Kingston	p50
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
9:00am–11:00am	Tai Chi	Kingston	p52
10:00am–5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:00am–11:30am	Come and Try Croquet	Kingston	p49
10:00am–12:00pm	Food for Thought – A Feast of Family History	Bellerive	p34
10:00am–2:00pm	A Taste of Bellerive Arts	Bellerive	p35
10:00am–4:00pm	Seniors Week at the Shot Tower	Taroona	p63
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
10:30am–3:30pm	Peppermint Bay Lunch Cruise	Hobart	p45
11:00am–2:00pm	SEC Care Community Expo 2018	Sorell	p62
1:00pm–2:00pm	Tour of TMAG's Historic Courtyard and Bond Store	Hobart	p45
1:00pm–2:30pm	Come and Try Croquet	Kingston	p49
1:00pm–2:45pm	Hobart City Walk Tour	Hobart	p46
1:30pm–3:00pm	Cruise the Huon River at Franklin	Franklin	p39
2:00pm–3:00pm	Exhibition Highlights Tour at TMAG	Hobart	p45
3:00pm–4:30pm	Calm Water Sail on the Yukon	Franklin	p40

Sunday 21st October

7:30am–9:00pm	Bruny Island Bird Festival	Bruny Island	p36
8:00am–4:00pm	Bruny Island Food and Wine Tour	Bruny Island	p35
10:00am–4:00pm	Seniors Week at the Shot Tower	Taroona	p63
10:00am–5:00pm	Mona Art Exhibition: The Inward Eye	Berriedale	p35
10:30am–3:30pm	Visit The Wooden Boat Centre	Franklin	p39
10:30am–3:30pm	Peppermint Bay Lunch Cruise	Hobart	p45
10:30am–12:00pm	Calm Water Sail on the Yukon	Franklin	p40
11:30am–12:30pm	Grandparents Day at New Norfolk High School	New Norfolk	p55
1:00pm–2:00pm	Tour of TMAG's Historic Courtyard and Bond Store	Hobart	p45
1:30pm–2:30pm	Sing Australia Choir	Glenorchy	p43
1:30pm–3:00pm	Cruise the Huon River at Franklin	Franklin	p39
2:00pm–3:30pm	Ukraine to Hobart: Our Journey	Moonah	p55
2:00pm–3:00pm	Australian Army Band Tasmania Concert	Hobart	p46
2:00pm–4:00pm	High Tea at Claremont House	Claremont	p37
2:00pm–3:00pm	Exhibition Highlights Tour at TMAG	Hobart	p45
2:30pm–3:45pm	Hymnfest	Hobart	p44
3:00pm–4:30pm	Calm Water Sail on the Yukon	Franklin	p40



GET THERE WITH METRO THIS SENIORS WEEK

Show your Seniors Card to claim a FREE Greencard when you apply from 3 September to 21 October 2018, to travel all day for as little as \$2.90, along with other great savings



Find out more and get your free Greencard today at the Metro Shop, your local Metro depot, online at metrotas.com.au or via 13 22 01



Daily Planner: North

Monday 15th October

9:00am-4:30pm	Tasmania Zoo	Riverside	p74
9:30am-4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am-4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am-4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
9:30am-4:00pm	Mole Creek Caves	Mayberry	p73
10:00am-11:00am	Healthy Hearts	Longford	p73
10:00am-12:00pm	Croquet - Come and Try	Launceston	p70
10:00am-2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am-3:00pm	Australian Hearing Bus at Bunnings	Launceston	p69
10:00am-4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
11:30am-12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am-1:00pm	Hearing Help for Out and About	Kings Meadows	p69
1:00pm-2:30pm	Croquet - Come and Try	St Leonards	p75

Tuesday 16th October

9:30am-10:30am	RACT Years Ahead Driver Refresher Course	Riverside	p74
9:00am-4:30pm	Tasmania Zoo	Riverside	p74
9:00am-2:30pm	Food for Thought	Launceston	p69
9:30am-4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am-4:00pm	Mole Creek Caves	Mayberry	p73
9:30am-4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am-4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
10:00am-12:00pm	Mindful of Your Medication	Kings Meadows	p69
10:00am-12:00pm	Legalities for Seniors	Launceston	p70
10:00am-2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am-3:00pm	Seniors Expo	Riverside	p74
10:00am-4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
10:00am-4:00pm	Knit and Nibble	Launceston	p70
10:30am-11:30am	Line Dancing for Beginners	Legana	p71
10:30am-12:00pm	Wills and Estate Planning - Have You Planned Ahead?	Riverside	p75
11:00am-12:00pm	An Introduction to Computers and Mobile Technology	Riverside	p74
11:00am-12:30pm	Hearing Help for Out and About	Launceston	p70
11:30am-12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am-2:30pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67
1:00pm-3:00pm	Making Melodies in Bridport	Bridport	p66
3:30pm-4:30pm	Active Ageing Exercise Class	Kings Meadows	p69

Daily Planner: North

Wednesday 17th October

9:00am–4:30pm	Tasmania Zoo	Riverside	p74
9:00am–11:55am	Reiki Therapy	Gravelly Beach	p68
9:30am–4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am–4:00pm	Woolmers Estate Rose Garden and Guided Tours	Longford	p71,73
9:30am–4:00pm	Mole Creek Caves	Mayberry	p73
10:00am–11:00am	Healthy Hearts	Longford	p73
10:00am–11:30am	Croquet, Cuppa and Cake	St Leonards	p75
10:00am–2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am–3:00pm	Australian Hearing Bus is Coming to Riverside!	Riverside	p75
10:00am–4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
10:30am–11:30am	Speed Chats Morning Tea	Lilydale	p71
10:30am–2:30pm	YMCA Senior Sports Spectacular	Kings Meadows	p69
11:30am–12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am–2:30pm	Tastes From Around the World Luncheon	Campbell Town	p66
11:30am–2:30pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67
1:00pm–2:00pm	Active Ageing Exercise Class	Riverside	p74
1:30pm–3:00pm	West Tamar Diabetes Support Group	Beaconsfield	p66
1:30pm–3:00pm	Croquet, Cuppa and Cake	St Leonards	p75
7:30pm–9:00pm	Rhododendron/Camellia/Azalea Growing with Neil Hardstaff	Longford	p71



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Tasmanian Government

COTA

 For older Australians

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 cotatas.org.au, email admin@cotatas.org.au or call us on **6231 3265**.

Daily Planner: North

Thursday 18th October

9:00am–4:30pm	Tasmania Zoo	Riverside	p74
9:00am–11:55am	Reiki Therapy	Gravelly Beach	p68
9:00am–5:00pm	Free Hearing Test or 7 Day Trial	Launceston	p70
9:30am–4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am–4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am–4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
9:30am–4:00pm	Mole Creek Caves	Mayberry	p73
10:00am–11:30am	Celebrating Seniors Morning Tea and Information Session	Launceston	p69
10:00am–12:00pm	Celebrating the Journey and Understanding the Pathway...	Youngtown	p75
10:00am–2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am–2:30pm	Croquet – Come and Try	St Leonards	p75
10:00am–3:00pm	Getting Started Researching Your Family History	Launceston	p70
10:00am–3:30pm	Life is Short, Be Prepared: Day Long Symposia with a Solicitor	Launceston	p71
11:00am–4:00pm	Regis St Party Celebration	Norwood	p73
11:30am–12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am–2:30pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67
1:30pm–3:00pm	Seniors Week Concert	George Town	p68
1:30pm–3:30pm	Variety Concert	Frankford	p68



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know your
best friend as
well as you do

To ensure your meter is read accurately, please check your power bill to find out when meter readers are coming and safely and visibly secure your dog.

www.tasnetworks.com.au

Daily Planner: North

Friday 19th October

9:00am–4:30pm	Tasmania Zoo	Riverside	p74
9:30am–4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am–4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am–4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
9:30am–4:00pm	Mole Creek Caves	Mayberry	p73
11:30am–12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
10:00am–11:00am	Healthy Hearts	Longford	p73
10:00am–2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am–4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
11:00am–2:00pm	Australian Hearing at the Casino	Prospect Vale	p74
11:30am–2:30pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67
12:00pm–2:30pm	Buffet Lunch with Words and Wine	Grindlewald	p68
7:30pm–9:30pm	Variety Concert	Rowella	p75

Saturday 20th October

9:00am–4:30pm	Tasmania Zoo	Riverside	p74
9:30am–4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am–4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am–4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
9:30am–4:00pm	Mole Creek Caves	Mayberry	p73
10:00am–2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am–4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
11:30am–12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am–2:30pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67
1:00pm–4:00pm	Afternoon Tea with Your Smart Phone	Launceston	p70

Sunday 21st October

9:00am–4:30pm	Tasmania Zoo	Riverside	p74
9:30am–4:00pm	Yarns Artwork in Silk	Deloraine	p67
9:30am–4:00pm	Woolmers Estate Rose Garden	Longford	p71
9:30am–4:00pm	Woolmers Estate Guided and Self-Guided Tours	Longford	p73
9:30am–4:00pm	Mole Creek Caves	Mayberry	p73
10:00am–1:00pm	Tiffin in the Garden – Bicheno Community Garden	Bicheno	p66
10:00am–2:30pm	Wineglass Bay Cruise	Coles Bay	p67
10:00am–4:00pm	Discounted Seahorse World Tour and Free Tea or Coffee	Beauty Point	p66
10:30am–2:00pm	Neighbour Day	Riverside	p74
11:30am–12:30pm	Guided Walking Tour at Cataract Gorge	Launceston	p71
11:30am–3:00pm	Seniors Week Discount at Cycles @ the Empire Hotel	Deloraine	p67

Daily Planner: North West

Monday 15th October

8:30am-5:00pm	Free Hearing Checks	Burnie	p78
8:30am-5:00pm	Free Hearing Checks	Devonport	p84
9:00am-1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am-11:00am	Buying and Selling Online	Devonport	p83
9:00am-5:00pm	Creative Paper Tasmania	Parklands	p87
9:30am-10:15am	Strong and Stable Exercise	Latrobe	p86
9:30am-10:30am	Heart Foundation Walking Group	Ulverstone	p91
9:30am-12:30pm	Devonport Men's Shed Open Day	Devonport	p81
10:00am-11:00am	Scone & Cuppa	Devonport	p81
10:00am-11:00am	Zumba Gold with Jackie	Moriarty	p87
10:00am-12:00pm	Legalities for Seniors	Devonport	p83
10:00am-2:30pm	Pieman River Cruise	Corinna	p79
10:00am-3:00pm	Bus Trip to Emu Valley Rhododendron Garden	Smithton	p89
10:00am-4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am-5:00pm	Devils@Cradle	Cradle Mountain	p79
10:30am-12:00pm	Wills and Estate Planning	Devonport	p83
10:30am-12:30pm	Shine & Dine	Devonport	p82
11:00am-11:45am	Tour the New Devonport Library	Devonport	p82
12:00pm-2:00pm	Lunch at the New Devonport Library	Devonport	p81
1:00pm-2:30pm	Rock'in the 50s & 60s	Devonport	p84
1:00pm-3:00pm	Photoshop (Collage)	Devonport	p83
1:30pm-3:00pm	Gong Relaxation Session and Afternoon Tea	Latrobe	p86
1:30pm-4:00pm	Ulverstone History Museum	Ulverstone	p91
2:15pm-6:15pm	River and Rainforest Half Day Tour	Strahan	p90
3:00pm-5:00pm	Converting Old Audio Media to CD	Devonport	p83

Working It Out

Tasmania's gender, sexuality and intersex status support and education service

www.workingitout.org.au

Aged Care Training

The Silver Rainbow LGBTI Aged Care Awareness Training funded by the Federal Department of Health. WIO will hold open sessions in the North and South of the State for Management and Human Resources teams to learn about the overall benefits to all aged care facilities. Contact us to book a training session for your organisation.

North West

Drop in service in Devonport for LGBTI+ adults and their families. Every second Thursday of the month. 4-5.30pm.

North

Pop-In Fridays! Fortnightly drop in and morning tea 9.30-11am at the WIO Launceston Office.

South

Pop-In Fridays! Fortnightly drop in and morning tea 9.30-11am at the WIO Hobart Office.

South info@
workingitout.org.au
03 6231 2100

North & North West
claire@
workingitout.org.au
0438 346 122

working it out
Tasmania's gender, sexuality and intersex status support and education service

Daily Planner: North West

Tuesday 16th October

8:30am–5:00pm	Free Hearing Checks	Burnie	p78
8:30am–5:00pm	Free Hearing Checks	Devonport	p84
9:00am–11:00am	Editing with Photoshop	Devonport	p79
9:00am–1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am–5:00pm	Creative Paper Tasmania	Parklands	p87
9:30am–10:30am	Tai Chi for Arthritis	Devonport	p85
9:30am–11:30am	Join a Choir Rehearsal	Devonport	p83
9:30am–12:00pm	Mahjong	Devonport	p81
9:30am–12:30pm	Devonport Men's Shed Open Day	Devonport	p81
9:45am–12:00pm	Seniors' Forum	Ulverstone	p92
10:00am–11:30am	Making the Best Coffee	Latrobe	p86
10:00am–12:00pm	Meals on Wheels Open Day	Devonport	p83
10:00am–2:00pm	Burnie District Gemstone Gems & Jewellery Open Day	Ridgley	p88
10:00am–3:00pm	Community Shed: Ladies Open Day	Ulverstone	p92
10:00am–4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am–5:00pm	Devils@Cradle	Cradle Mountain	p79
10:30am–11:30am	Yoga for Seniors	Ulverstone	p91
10:30am–3:30pm	Woodcraft Guild Open Days	Ulverstone	p90
10:45am–11:45am	Tai Chi	Devonport	p84
11:00am–2:30pm	Leven to Forth Bike Ride and Feast	Ulverstone	p91
12:45pm–3:30pm	The Mayor's Cup: Social Indoor Bowls	Ulverstone	p91
1:00pm–2:30pm	Author talk with Rees Campbell	Devonport	p82
1:00pm–2:00pm	Ageing Stronger, Active Longer Turns One	Devonport	p82
1:00pm–3:00pm	Care Forward – Exercise, Health, Wellbeing and Home Care	Devonport	p82
1:00pm–3:00pm	Samsung Galaxy Tablet Basics	Devonport	p80
1:00pm–3:00pm	Centrelink: Financial Information Service Free Seminar	Smithton	p89
1:00pm–3:30pm	Bingo	Devonport	p84
1:30pm–4:00pm	Ulverstone History Museum	Ulverstone	p91
2:15pm–6:15pm	River and Rainforest Half Day Tour	Strahan	p90
3:00pm–5:00pm	Understanding Your Mobile Phone	Devonport	p80



Tasmania Peer Education Program

- Sessions are free of charge
- Sessions are run by fully trained volunteer Peer Educators
- Most sessions are available throughout Tasmania
- Sessions have a practical focus including discussion of simple strategies to deal with the issues raised — attendees are encouraged to share their own ideas and experiences

Daily Planner: North West

Wednesday 17th October

8:30am–5:00pm	Free Hearing Checks	Burnie	p78
8:30am–5:00pm	Free Hearing Checks	Devonport	p84
9:00am–1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am–11:00am	Using Photoshop for Old Photo Repairs	Devonport	p80
9:00am–5:00pm	Creative Paper Tasmania	Parklands	p87
9:00am–9:30am	Heart Foundation Walking Group	Penguin	p87
9:30am–10:30am	Tai Chi	Devonport	p84
10:00am–11:00am	Zumba Gold with Jackie	Moriarty	p87
10:00am–12:30pm	Penguin History Group	Penguin	p87
10:00am–2:30pm	Pieman River Cruise	Corinna	p79
10:00am–3:00pm	Introduction to Golf Croquet	Latrobe	p86
10:00am–4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am–5:00pm	Devils@Cradle	Cradle Mountain	p79
10:30am–12:00pm	Gong Relaxation Session and Light Lunch	Latrobe	p86
1:00pm–3:00pm	Manipulate Photos with Photoshop	Devonport	p80
1:00pm–3:00pm	Care Forward – Exercise, Health, Wellbeing and Home Care	Devonport	p82
1:00pm–3:00pm	Cards – Crib	Ulverstone	p92
1:00pm–4:30pm	Cards – 500	Devonport	p85
1:30pm–3:00pm	Online Shopping	Wynyard	p92
1:30pm–3:30pm	Choir – Note Worthy	Ulverstone	p92
1:30pm–3:30pm	Afternoon Tea with Australian Hearing	Burnie	p78
1:30pm–4:00pm	Ulverstone History Museum	Ulverstone	p91
2:00pm–4:00pm	TasArt 2018 High Tea	Burnie	p78
2:00pm–4:00pm	Centrelink: Financial Information Service Free Seminar	Queenstown	p88
2:00pm–4:00pm	Seniors Afternoon Tea	Smithton	p89
2:15pm–6:15pm	River and Rainforest Half Day Tour	Strahan	p90
3:00pm–5:00pm	Introduction to Linux	Devonport	p80
6:30pm–9:15pm	Film Night: The 100 Year-Old Man Who Climbed Out the...	Devonport	p84
7:00pm–9:00pm	Singing Session	Devonport	p83
7:00pm–9:00pm	Penguin History Group	Penguin	p87

HOME FIRE SAFETY

This session focuses on learning about home fire safety. We examine behaviours that reduce injury or fatality risk and the role, placement and testing of fire alarms and the latest on Bushfire Survival Plans.

FINANCIAL ELDER ABUSE

Financial elder abuse is where someone else misappropriates or takes control of an older person's finances, valuables and/or property. This session provides people with information and tools to reduce their vulnerability to financial elder abuse.

PROTECTING YOUR FINANCES FROM ABUSE

Improved financial literacy can benefit anyone, regardless of age or income. This session is designed to provide information to keep your identity and finances safe.

EAT FOR LIFE

A healthy weight is not the same for older adults as for those who are younger. This session is based on the information in Ngaire Hobbins' book, *Eat to Cheat Ageing*.

AGED CARE KNOW-HOW

This session is aimed at organisers and supporters of older people who need help to stay in their homes as they age and provides information on how to access this help.

GETTING CONNECTED

Our audience is anyone who wishes to become more knowledgeable about getting connected to a new device. We have developed special matrices to help you choose a device and plan that works for you. This module is suitable for both new users and people who wish to upgrade their device.

kereer@cotatas.org.au | 6231 3265 | www.cotatas.org.au

Daily Planner: North West

Thursday 18th October

8:30am-5:00pm	Free Hearing Checks	Burnie	p78
8:30am-5:00pm	Free Hearing Checks	Devonport	p84
8:30am-5:30pm	Queenstown Explorer Full Day Tour	Strahan	p90
9:00am-1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am-11:00am	Make Your Own Calendar	Devonport	p80
9:00am-5:00pm	Creative Paper Tasmania	Parklands	p87
9:30am-12:30pm	Devonport Men's Shed Open Day	Devonport	p81
9:30am-12:30pm	Craft	Devonport	p85
10:00am-11:30am	Making the Best Coffee	Latrobe	p86
10:00am-12:00pm	Morning Melodies	Burnie	p78
10:00am-12:00pm	Tastes of the Wild	Wynyard	p92
10:00am-2:00pm	Meals on Wheels Open Day	Ulverstone	p91
10:00am-2:00pm	Burnie District Gemstone Gems & Jewellery Open Day	Ridgley	p88
10:00am-3:00pm	Introduction to Golf Croquet	Latrobe	p86
10:00am-4:00pm	Painting Circle	Devonport	p85
10:00am-4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am-5:00pm	Devils@Cradle	Cradle Mountain	p79
10:30am-11:30am	Yoga for Seniors	Penguin	p87
10:30am-12:30pm	Shine & Dine	Devonport	p82
10:30am-12:30pm	Cooking Adventures	Smithton	p89
10:30am-3:30pm	Woodcraft Guild Open Days	Ulverstone	p90
12:45pm-3:30pm	Indoor Bowls	Ulverstone	p92
1:00pm-3:00pm	Digital Camera Basics	Devonport	p81
1:00pm-3:00pm	Care Forward – Exercise, Health, Wellbeing and Home Care	Devonport	p82
1:00pm-4:00pm	Carpet Bowls	Devonport	p84
1:30pm-3:30pm	Afternoon Tea with Australian Hearing	Devonport	p85
1:30pm-4:00pm	Ulverstone History Museum	Ulverstone	p91
3:00pm-5:00pm	Converting Video Tapes to DVD	Devonport	p81
7:30pm-11:00pm	Quiz Night	Burnie	p78



CHILDREN DON'T JUDGE PEOPLE
BY HOW OLD THEY ARE

#RethinkAgeing

my grandpa can juggle!

Daily Planner: North West

Friday 19th October

8:30am–5:00pm	Free Hearing Checks	Burnie	p78
8:30am–5:00pm	Free Hearing Checks	Devonport	p84
8:30am–5:30pm	Queenstown Explorer Full Day Tour	Strahan	p90
9:00am–1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am–11:00am	Understanding Your Mobile Phone	Devonport	p80
9:00am–5:00pm	Creative Paper Tasmania	Parklands	p87
9:30am–10:15am	Strong and Stable Exercise	Latrobe	p86
10:00am–11:00am	Zumba Gold with Jackie	Moriarty	p87
10:00am–11:00am	Seniors Exercise Program	Smithton	p89
10:00am–2:30pm	Pieman River Cruise	Corinna	p79
10:00am–4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am–5:00pm	Devils@Cradle	Cradle Mountain	p79
10:30am–11:15am	Fitter Sitters	Latrobe	p86
11:30am–1:00pm	Men's Shed	Ulverstone	p91
1:00pm–2:00pm	Seniors Singing Class	Smithton	p90
1:00pm–3:00pm	Let the Trifles Entertain You	Devonport	p82
1:00pm–3:00pm	i-Pad Basics	Devonport	p80
1:00pm–3:00pm	Carpet Bowls	Devonport	p84
1:00pm–3:00pm	Cards – 500	Ulverstone	p92
1:30pm–3:00pm	Gong Relaxation Session and Afternoon Tea	Latrobe	p86
1:30pm–4:00pm	Scrabble	Devonport	p84
1:30pm–4:00pm	Ulverstone History Museum	Ulverstone	p91
3:00pm–11:00pm	World Gin & Tonic Day	Burnie	p79
3:00pm–5:00pm	Introduction to Email	Devonport	p80
7:30pm–11:00pm	Death by Soprano	Burnie	p79

Saturday 20th October

9:00am–1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am–2:00pm	Penguin Men's Shed	Penguin	p87
9:00am–5:00pm	Creative Paper Tasmania	Parklands	p87
10:00am–12:00pm	General Computer Maintenance	Devonport	p81
10:00am–2:30pm	Pieman River Cruise	Corinna	p79
10:00am–3:00pm	Centrelink: Financial Information Service – Two Free Seminars	Ulverstone	p91
10:00am–4:00pm	Cherry Blossom Celebration	Romaine Heights	p89
10:00am–4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am–5:00pm	Devils@Cradle	Cradle Mountain	p79
10:00am–10:00pm	The BIG Sing!	Burnie	p78
10:30am–3:30pm	Woodcraft Guild Open Days	Ulverstone	p90
12:45pm–3:30pm	Indoor Bowls	Ulverstone	p92
2:15pm–6:15pm	River and Rainforest Half Day Tour	Strahan	p90
6:45pm–9:45pm	Indoor Bowls	Ulverstone	p92

Daily Planner: North West

Sunday 21st October

9:00am-1:00pm	Rack and Gorge Half Day Tour	Queenstown	p88
9:00am-5:00pm	Creative Paper Tasmania	Parklands	p87
10:00am-2:30pm	Port Sorell Spring Fair	Port Sorell	p88
10:00am-4:00pm	Emu Valley Rhododendron Garden's 'Garden Walk'	Romaine Heights	p89
10:00am-5:00pm	Devils@Cradle	Cradle Mountain	p79
12:00pm-5:00pm	Country Music Afternoon	Burnie	p78
12:30pm-2:00pm	Seventy and Over Luncheon	Penguin	p87
1:30pm-3:30pm	Seniors Unmasked Concert	Ulverstone	p92
2:30pm-5:00pm	Live @ The Point	Burnie	p78
3:00pm-5:00pm	Find Out About Facebook	Devonport	p81

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ALARM IN
EVERY
BEDROOM**



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Tasmania Fire Service

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1800 000 699

Hearty chicken casserole

How long will it take?
40 minutes

How many will it serve?
2-3 people

What do I need?

- * 2 tablespoons extra virgin olive oil
- * 1 whole clove of garlic
- * ½ brown onion
- * 1 teaspoon fresh rosemary
(or ¼ teaspoon dried)
- * 2 thick strips of smoked bacon
- * 500g of boneless, skinless, chicken
thighs, cut into small pieces
- * ½ teaspoon celery salt
- * ½ cup white wine
- * 1 can of chopped tomatoes
- * 3 bay leaves
- * ½ teaspoon sugar
- * 1 can cannellini beans

How do I make it?

Pour some olive oil in a large frying pan on low heat, add a whole clove of garlic, the onion, and the rosemary and stir until the onion is slightly translucent, but not browned, about ten minutes.

Add the thick cut bacon, and fry for a few minutes. Increase the heat to medium, add the chicken and celery salt and stir for a couple of minutes, until the outside of the chicken is white.

Pour in the white wine, and cook for a few minutes until just simmering, then add tomatoes, bay leaves and sugar. When it comes to a bubble turn it down slightly, simmer for 20 minutes, and then add in a can of cannellini beans, until they warm up, and it's done!

Serve with fresh crusty bread to dip into the delicious sauce.

Note: you can add extra vegetables if desired.

RECIPE ADAPTED
FROM NIGELLA
LAWSON,
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Events in the South

BATTERY POINT

Move It Easy Exercises

Move It Easy Exercises

Exercise classes for 60 years+. A fun and easy way to exercise, gentle on your body, and to music that you know and love. Try a class for free.

Monday 15th October 9:30am–10:30am

St. Georges Church Hall, Cromwell St, Battery Point
Bookings: 0428 297 435 | move.it.tas@gmail.com
(close: 19/10)

BELLERIVE

Food for Thought – a Feast of Family History

Tasmanian Family History Society Inc.,
Hobart Branch

For beginners and those with some experience, an entrée into family history research, offering one hourly personal sessions, and access to the facilities within our branch Library. You are welcome to whet your appetite with the resources available, some of which are not found elsewhere.

Wednesday 17th October 1:00pm–3:00pm

Saturday 20th October 10:00am–12:00pm

Old Post Office, 19 Cambridge Rd, Bellerive
Bookings: secretary@hobart.tasfhs.org | 6244 4527
(close: 8/10)

Stomp and Chomp!

Clarence City Council

Food and movement connect people. Join people of all ages and abilities, on a beautiful foreshore walk 'stomp' from Kangaroo Bay and Bellerive Beach, ending in a celebration of food – 'chomp' hosted by Clarence High School catering students. This free event is proudly brought to you by: Food Connections Clarence, Our Shared Space Intergenerational Program, and Regis Home Care. 'Stomp' starts at 10am from Kangaroo Bay Parklands, 10:30am from Bellerive Beach. 'Chomp' starts at approximately 12 noon at Clarence High School.

Thursday 18th October 10:00am–1:30pm

Kangaroo Bay Parklands, 15 Kangaroo Bay Drive
Bookings: 6217 9500 | jandersson@ccc.tas.gov.au
(close: 12/10) Enquiries: 6217 9597

Jill's Line Dancing

Jill's Line Dancing

Come and give it a go. It's fun, social interaction, excellent for the mind and body and you don't have to wear boots or hats.

Tuesday 16th October 10:30am–11:30am

St. Marks Church, Scott St, Bellerive

Croquet for Fun

Eastern Shore Croquet Club

An opportunity to learn the skills of croquet, and challenge yourself to a thinking sport which provides good fun and great friendships. Then join us for afternoon tea. Please wear flat-soled shoes.

Thursday 18th October 1:00pm–3:00pm

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

Move It Easy Exercises

Move It Easy Exercises

Exercise classes for 60 years+. A fun and easy way to exercise, gentle on your body, and to music that you know and love. Classes are held at community halls. Try a class for free.

Monday 15th October 11:15am–12:15pm

Thursday 18th October 9:30am–10:30am

St. Mark's Church Hall, Cnr Scott & Clarence Sts
Bookings: 0428 297 435 | move.it.tas@gmail.com
(close: 19/10)

Free Hearing Test or 7 Day Trial

Maria Brown Hearing Clinic

Some things are worth too much to lose. Join us this Seniors Week to learn about your hearing with a free hearing test, and get information on the next generation of solutions to hearing loss. Plus, the first 25 participants will receive a free 7 day trial of the incredible new Nx platform.

Monday 15th October 9:00am–5:00pm

Tuesday 16th October 9:00am–5:00pm

Wednesday 17th October 9:00am–5:00pm

Thursday 18th October 9:00am–5:00pm

Friday 19th October 9:00am–5:00pm

9 Cambridge Rd, Bellerive

Bookings: 1300 797 519 | team.mbhc@live.com.au
(close: 19/10)

Blundstone Arena Tours

Tasmanian Cricket Museum

Get behind the scenes during a 1.5 hour conducted tour of Blundstone Arena, including a visit to the excellent Cricket Museum and Library. Two tours each day.

Tuesday 16th October 10:00am–11:30am

Tuesday 16th October 1:00pm–2:30pm

Wednesday 17th October 10:00am–11:30am

Wednesday 17th October 1:00pm–2:30pm

Thursday 18th October 10:00am–11:30am

Thursday 18th October 1:00pm–2:30pm

Meet at Reception (Western Gate), 15 Derwent St

Cost: Adults \$15, Seniors \$10, Children \$5

Bookings: 6262 0400 | info@crickettas.com.au

(close: 12/10)

A Taste of Bellerive Arts



Bellerive Community Arts Centre

Bellerive Community Arts Centre members invite you to visit on Saturday 20 October between 10:00am and 2:00pm to see artists at work and chat with them about the Centre's activities. Members work with textiles, fibre arts, book construction, cards, basket making as well as drawing and painting. They also offer a workshop program.

Saturday 20th October 10:00am–2:00pm

Bellerive Community Arts Centre, 17 Cambridge Rd

BERRIEDALE

Art Exhibition: *The Inward Eye* – *A Psychoacoustic Journey*



Jane Baker

Artist Jane Baker's exhibition is themed around the topic of dementia, and uses immersive soundscapes to investigate the auditory world of dementia, sound and episodic memories, and exposes what goes on behind closed doors.

Every day (except Tuesday) 10:00am–5:00pm

Library Gallery, Museum of Old and New Art, 655 Main Rd, Berriedale

Cost: If you are Tasmanian, admission is free

<https://mona.net.au/museum/exhibitions/jane-baker>

BRIDGEWATER

A Library That Fits in Your Pocket



Bridgewater Library

Libraries are more than just books – Bridgewater Library staff will introduce you to “hidden treasures” that you may not be aware of. Join us as we show you some of the not so readily known things you can do with a library card.

Tuesday 16th October 10:00am–12:00pm

Bridgewater Library, Green Point Rd (behind Civic Centre), Bridgewater

BRUNY ISLAND

Bruny Island Food and Wine Tour

Personalised Tasmanian Tours

This tour visits Bruny Island Cheese Co, where they believe that their milk is what makes their cheese so unique. The Bruny Island Chocolate Co. is a factory outlet for the famous Bruny Island fudge, truffles and chocolate products, and Bruny Premium Wines will be the lunch stop. The tour also visits Bruny Island Honey and Cloudy Bay, where the waves roll in from the Tasman Sea. Lovers of food and nature will enjoy the sights and delights of Bruny Island. 2 to 7 passengers per tour.

Monday 15th October 8:00am–4:00pm

Tuesday 16th October 8:00am–4:00pm

Wednesday 17th October 8:00am–4:00pm

Thursday 18th October 8:00am–4:00pm

Friday 19th October 8:00am–4:00pm

Saturday 20th October 8:00am–4:00pm

Sunday 21st October 8:00am–4:00pm

Cost: Seniors discounted price \$150

(excludes all tastings)

Bookings: personalisedtasmaniantours@hotmail.com

| 0435 478 377 (close: 20/10)

Jurassic Garden and Nature Museum

Inala Nature Tours

Come to Inala on beautiful southern Bruny Island to stroll around a wonderful garden bursting with more than 400 plants brought together from all the continents of Gondwana. The Nature Museum contains a stunning collection of shells, fossils and minerals from around the world.

Monday 15th–Thursday 18th Oct 9:00am–5:00pm

Inala, 320 Cloudy Bay Rd, South Bruny

Cost: Adult \$10, Senior \$7, Child \$5

www.inalanaturetours.com.au

Bruny Island Bird Festival

Bruny Island Bird Festival

This four-day festival is a celebration of Tasmania's birdlife and draws on the wealth of knowledge and experience of experts in the field to provide both an engaging and educative immersion in the natural delights of Bruny Island. Bird Walks, Speaker Series, Workshops, Art Exhibition, Family Day, Birdathon, Quiz Night, Sunday Market...each festival brings new features as well as long term favourites. A diverse array of events, locations and prices. Festival dates are 19–22nd October 2018. Please see the festival website for all further details.

Friday 19th–Sunday 21st Oct 7:30am–9:00pm

Adventure Bay Hall, Adventure Bay, South Bruny

Cost: Varying costs depending on event. Many free or moderately priced.

Bookings: 0401 147 829 | brunybirdfestival@gmail.com | www.brunybirdfestival.org.au (close: 18/10)

CARLTON

Tea and Tell

Mary Eleanor Natural Funeral Care

Over a simple cup of tea and a scone we take an informal relaxed look at end of life wishes and the myriad of choices available in after death and funeral care now available in Tasmania.

Tuesday 16th October 10:30am–12:00pm

Salvation Army Hall, Carlton River Road

Cost: Adults \$8, Seniors \$5

Bookings: 0416 222 593 | info@maryeleanor.me (close: 15/10)

CHIGWELL

High Tea at Bucaan the Ritz Community House



Bucaan Community House Inc

High Tea with a difference. Join us for fun conversations, music, and petite bites of scrumptious food, with tea brewed in old fashioned teapots and raffles and games. This is a seniors and carers social event, but all ages are welcome.

Tuesday 16th October 3:00pm–4:00pm

Bucaan Community House Inc, 8 Bucaan St, Chigwell

Cost: \$12

Bookings: 6249 5363 (close: 10/10)

Lunch at Bucaan the Ritz Community House



Bucaan Community House Inc

Join us for lunch on Friday, including two courses, fun and social games.

Friday 19th October 12:00pm–2:00pm

Bucaan Community House Inc, 8 Bucaan St, Chigwell

Cost: \$12

Bookings: 6249 5363 (close: 10/10)

Staying Active – Group Exercise Class Freedom Health & Wellness

The Staying Active classes at Freedom Health & Wellness are a low to moderate intensity exercise class, which may incorporate hand-held weights, balls and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! Classes are conducted with qualified and insured fitness professionals with additional older adult training. If you are looking for a fun and supportive environment to get fitter and stronger, this is the class for you! Classes are free during Seniors Week to participants who are not already accessing these services.

Tuesday 16th October 2:05pm–3:00pm

Chigwell Community House, 8 Bucaan St, Chigwell

Cost: \$3

CLAREMONT

Pétanque in the Park

Hobart Pétanque Club

Known around the world as *Boules* this fast growing sport is very popular with seniors. Pétanque is lots of fun, easy to learn and gentle on the body. Boules and helpful instruction will be provided. Sausage sizzle to follow. Good sturdy shoes and warm clothing are recommended.

Wednesday 17th October 10:30am–12:30pm

Cadbury's Sports Ground, Cadbury's Rd, Claremont

Bookings: gn.mcdowall@bigpond.com |

0427 437 346 | (close: 12/10)

Enquiries: 6243 7346



CWA's Veg On – Not Out!

CWA in Tasmania

Join the Country Women's Association for a day full of fun, food and friendship, whilst exploring the joy of vegetables! So what's so great about veggies? They're packed full of goodies, make your skin glow, kick your brain into gear, assist with mental and physical health, great for kids and old folk – and grown-ups too – and they taste great if you treat them right! Our *Veg On – Not Out!* team on the day includes: Ngaire Hobbins – dietician, author and presenter, with a passion about the role of plant based foods in our diets throughout life; and Hazel MacTavish West – the "Vegdoctor" and 2017 Churchill Fellow, who has a passion about the importance of veggies in our diet and how innovation in the food industry can help put more vegetables on the plate. Come along for a great day of practical hands on activities and great information.

Monday 15th October 9:30am–4:00pm

Claremont RSL, 9 Bilton St, Claremont

Cost: \$15 CWA members / Seniors Card holders

\$25 non-members / non-Seniors Card holders

(all meals included)

Bookings: 6231 3706 | cwaintas@netspace.net.au |

<https://www.eventbrite.com.au/e/cwas-veg-on-not-out-tickets-49373001978> (close: 8/10)

High Tea at Claremont House

Claremont House Restaurant

We are proud to offer a tour of the Victorian house and heritage-listed gardens, with an accompanying afternoon tea buffet. What better way to experience unique history and character and the best afternoon tea Tasmania has to offer?

Sunday 21st October 2:00pm–4:00pm

Claremont House, 12 Lady Clark Avenue, Claremont

Cost: Adults (discount) \$30, Children over 5 \$15

Bookings: 6249 8818 | atefshabaneh@gmail.com

(close: 20/10)



*it starts with
a smile...*

AT HILL STREET WE DO ALL
WE POSSIBLY CAN TO MAKE
YOUR SHOPPING TRIP A
HAPPY ONE.

FROM A WARM, WELCOMING
SMILE TO CARRYING YOUR
BAGS TO YOUR CAR, WE OFFER
GENUINE, FRIENDLY, REAL
CUSTOMER SERVICE SO YOU
LEAVE US FEELING HAPPY.

BECAUSE MAKING YOUR
SHOPPING EXPERIENCE EASY,
RELAXED AND HAPPY ...
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NEW TOWN | SOUTH HOBART | WEST HOBART



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hill
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Awesome Group Exercise Classes ★

Freedom Health & Wellness

Our awesome group exercise classes run by Freedom Health and Wellness are a moderate intensity exercise class (suitable for all levels of fitness as various options are provided), which may incorporate hand-held weights, balls and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! Classes are conducted with qualified and insured fitness professionals. If you are looking for a fun and supportive environment to get fitter and stronger, this is the class for you! Classes are free during Seniors Week to participants who are not already accessing these services.

Monday 15th October 9:30am–10:30am

Tuesday 16th October 9:30am–10:30am

Wednesday 17th October 9:30am–10:30am

Thursday 18th October 9:30am–10:30am

Friday 19th October 9:30am–10:30am

Girl Guide Hall, Box Hill Rd, Claremont

CLARENDON VALE

Introduction to Family History ★

Rosny Library

Do you need help researching your family history? Come along to a free introductory session at Clarendon Vale Neighbourhood Centre. Afternoon tea included.

Monday 15th October 1:30pm–3:00pm

Clarendon Vale Neighbourhood Centre,
65 Mockridge Rd, Clarendon Vale

Bookings: <https://familyhistorycvnh.eventbrite.com.au> | 6165 6448 (close: 14/10)

Mastering Your Device ★

Rosny Library

Is your new device a bit of a puzzle? Learn how to use various functions on your mobile phone, iPad, tablet or other device. Classes run in small groups with friendly staff and local primary school students. Morning tea included.

Monday 15th October 9:30am–11:30am

Clarendon Vale Neighbourhood Centre,
65 Mockridge Rd, Clarendon Vale

Bookings: <https://masteringyourdevicecvnh.eventbrite.com.au> | 6165 6448 (close: 15/10)

CYGNET

Caring for Your Inner Self in the Age of Wisdom ★

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 and includes a simple form of meditation. Brahma Kumaris is a peace organisation which comprises a worldwide network of centres in more than 110 countries and is an international non-governmental organisation (NGO) of the United Nations.

Wednesday 17th October 12:00pm–1:00pm

Cygnnet Community Health Centre, 1 Frederick St

Bookings: 6278 3788 | hobart@au.brahmakumaris.org
(close: 16/10)

Grandparents Storytime @ Cygnnet Library ★

Libraries Tasmania

Tell me a story! Join us for *Grandparents Storytime @ Cygnnet Library* for a special Seniors Week Storytime where you'll have fun sharing stories, singing and playing for young and young at heart! Storytime and Rock'n'rhyme are free 30 min to 1 hour sessions, which include stories, rhymes and action songs. Storytime is aimed at preschoolers aged 2-5.

Thursday 18th October 2:00pm–3:00pm

Cygnnet Library, 12 Mary St, Cygnnet

Grandparents Rock'n'Rhyme @ Cygnnet Library ★

Libraries Tasmania

Tell me a story! Join us for *Grandparents Rock'n'rhyme @ Cygnnet Library* for a special Seniors Week Rock'n'rhyme where you'll have fun sharing stories, singing and playing for young and young at heart! Storytime and Rock'n'rhyme are free 30 min to 1 hour sessions which include stories, rhymes and action songs. Rock'n'rhyme is aimed at babies up to 2 years of age.

Tuesday 16th October 11:30am–12:30pm

Cygnnet Library, 12 Mary St, Cygnnet

DODGES FERRY

DIGNITY Gardening

Okines Community House

Do you enjoy gardening but haven't been in the garden for a while? Come along and plant, potter, pick or prune, weave baskets and friendships or just come and sit amongst it. Plus enjoy a healthy lunch.

Thursday 18th October 10:30am–1:00pm

Okines Community House, 540 Old Forcett Rd
Bookings: 6265 7016 | natsiggins@okinescommunityhouse.com.au | <http://okinescommunityhouse.com.au> (close: 15/10)



Hip Hop for Seniors

Okines Community House

It's time to reduce the stigma of ageing through dance while showing the world what seniors can do! We hope to inspire you to not let anything get in the way of your dreams, live life to the fullest and, most importantly, just have fun!

Wednesday 17th October 11:30am–1:00pm

Okines Community House, 540 Old Forcett Rd
Bookings: 6265 7016 | natsiggins@okinescommunityhouse.com.au | <http://okinescommunityhouse.com.au> (close: 15/10)



Intergenerational iTech Session

Okines Community House

Find the answer to all those iPad, iPhone, android phone and tablet questions you have while enjoying a relaxing afternoon tea.

Monday 15th October 1:00pm–3:00pm

Okines Community House, 540 Old Forcett Rd
Bookings: 6265 7016 | natsiggins@okinescommunityhouse.com.au | <http://okinescommunityhouse.com.au> (close: 12/10)



Tai Chi

Okines Community House

Tai chi is an effective exercise for health and wellbeing. It can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of any age and fitness level can enjoy Tai Chi. Wear comfortable clothing.

Wednesday 17th October 10:00am–11:00am

Okines Community House, 540 Old Forcett Rd
Bookings: 6265 7016 | natsiggins@okinescommunityhouse.com.au | <http://okinescommunityhouse.com.au> (close: 15/10)



FRANKLIN

Cruise the Huon River at Franklin

Living Boat Trust

Cruise the Huon River on the historic, 100 year old motor launch *Nancy*. Explore the Egg Islands and the picturesque rural land around Franklin. The *Nancy* has good shelter and a few steps to get on board (but no wheelchair access). We can take a maximum of 12 passengers. Tours may be postponed if conditions are extreme.

Monday 15th October 1:30pm–3:00pm

Tuesday 16th October 1:30pm–3:00pm

Wednesday 17th October 1:30pm–3:00pm

Thursday 18th October 1:30pm–3:00pm

Friday 19th October 1:30pm–3:00pm

Saturday 20th October 1:30pm–3:00pm

Sunday 21st October 1:30pm–3:00pm

Living Boat Trust, 3337 Huon Hwy, Franklin
Cost: \$25

Bookings: 6266 3586 | <http://mv-nancy-tours.org> (close: 20/10)

Visit The Wooden Boat Centre

The Wooden Boat Centre

Learn about the history of boatbuilding in the Huon Valley on a daily guided tours. See craftsman transforming raw timbers into superbly crafted vessels, and examine the tools and maritime artefacts. Stroll the quiet riverside to admire the boats.

Monday 15th–Friday 19th Oct 9:30am–4:00pm

Sunday 21st October 10:30am–3:30pm

3333 Huon Highway, Franklin
Cost: Seniors \$8

Calm Water Sail on the Yukon

Yukon-Tours

Discover the tradition and sail on the stunning Huon River. Yukon-Tours offers 90-minute *Calm Water Cruises* daily, departing from Franklin Marina. On board the Danish sailing ketch *Yukon* you become a part of the experience as you hoist sail, or simply sit back enjoy the timeless beauty of the Huon Valley. Built of oak in 1930 *Yukon* was rescued from the bottom of a harbour near Copenhagen in 1997 and carefully restored by the current owners. The vessel is easy to access via the gangway, spacious enough to walk around, and it is possible to go below deck alone or accompanied by crew. Toilet on board.

Monday 15th–Sunday 21st October 10:30am–12:00pm, 3:00pm–4:30pm

Franklin Marina (next to The Wooden Boat Centre),
3335 Huon Highway, Franklin

Cost: Senior \$45, Adult \$55, Child \$31 (includes freshly brewed coffee/tea)

Bookings: 0498 578 535 | sailing@yukon-tours.com.au
| www.yukon-tours.com.au (close: 20/10)

GLENORCHY

Mobility Monday with Morning Tea YMCA

Never exercised in a warm pool before? Come and try out walking or just bobbing around in a nice, warm pool where the water is a pleasant 32 degrees. Meet new people and enjoy a cuppa with a biscuit before or after your swim.

Monday 15th October 9:30am–11:00am

Barossa Park YMCA Wellness Centre,
17a Clydesdale Ave, Glenorchy

Cost: Seniors \$7, Adults \$10 (carers and support partners gold coin donation for morning tea)

Tai Chi Class

Jian Shen School of Tai Chi

Join a class of friendly people who meet weekly to practice and discuss Tai Chi.

Monday 15th October 6:00pm–8:00pm

Golden Years Club, 314 Main Rd, Glenorchy
Enquiries: 0409 972 668



Cooking Without Barriers



Glenorchy School for Seniors

Come and hear about the history and objectives of Aurora Industries. Meet the founder, Joy Cairns, and CEO Angelique Payne. Stay and enjoy a delicious morning tea prepared by the staff. Visitors are most welcome to join our happy group.

Wednesday 17th October 10:00am–12:00pm

Glenorchy Library, Terry St, Glenorchy

Seniors Week BBQ at Tolosa Park



ARPA Tasmania Inc

Bring your own BBQ food and drink and meet us at Hut 8 in Tolosa Park. Visitors welcome. You can also join us for a short walk.

Wednesday 17th October 12:00pm–2:00pm

Hut 8, Tolosa Park, Glenorchy

Taste the World – Multicultural Feast



Migrant Resource Centre (Southern Tasmania)

Come along to meet the multicultural older people in your communities! Enjoy the delicious food and rich entertainment they want to share with you.

Tuesday 16th October 12:00pm–2:00pm

KGV Sports and Community Centre, Level 2,
1A Anfield St, Glenorchy

Table Tennis for Seniors



Northern Suburbs Table Tennis League

Social table tennis. Come along and have a jolly good time, whilst getting a bit of light exercise. From beginners up. Wear soft-soled shoes. Bats and balls provided.

Thursday 18th October 12:00pm–2:00pm

YMCA, Constance Ave, Glenorchy

Seniors PrYme Active Fitness Class

YMCA of Hobart

An energetic workout to help you get fit and stay that way. It's also great for muscle strength and endurance.

Monday 15th October 10:30am–11:30am

Friday 19th October 10:30am–11:30am

Y-Fitness YMCA, 8a Constance Ave, Glenorchy
Cost: \$5

PrYme Active!

YMCA

Gentle land-based exercise session for those who want to improve mobility and fitness. Followed by a nice cuppa and biscuits!

Wednesday 17th October 2:00pm–3:30pm

Barossa Park YMCA Wellness Centre,
17a Clydesdale Ave, Glenorchy
Cost: Seniors \$7, Adults \$10 (carers and support partners gold coin donation for morning tea)
Bookings: bookingsoc@hobart.ymca.org.au
| 6208 0870 (close: 15/10)

Try Aquafit!

YMCA

Come and try our aqua aerobics classes! Looking for a gentle way to improve fitness? We will have a high intensity session at 8:00am and a gentler, low intensity session at 8:45am. Wrap up your morning with a nice cup of tea or coffee!

Tuesday 16th October 8:00am–11:00am

Thursday 18th October 8:00am–11:00am

Barossa Park YMCA Wellness Centre,
17a Clydesdale Ave, Glenorchy
Cost: Seniors \$7, Adults \$10 (carers and support partners gold coin donation for morning tea)
Bookings: bookingsoc@hobart.ymca.org.au
| 6208 0870 (close: 23/10)

Fear No Falls Afternoon Tea

YMCA

Have balance problems? Come and find out how aquatic exercises and physiotherapy can help! Do some gentle exercises in our warm program pool and listen to a talk by a physiotherapist. Afternoon tea starts at 3:00pm.

Friday 19th October 2:30pm–3:30pm

Barossa Park YMCA Wellness Centre,
17a Clydesdale Ave, Glenorchy
Cost: Seniors \$7, Adults \$10
Bookings: 6208 0870
| bookingsoc@hobart.ymca.org.au (close: 20/6)

Barossa's Very Own Cookbook Launch



OneCare Barossa Park Lodge

Come along and join us for the launch of our very own cookbook! We will have a special food inspired guest speaker, the opportunity to purchase our cookbook, and an arts and craft display. Join us for an afternoon tea with cakes made from our cookbook!

Wednesday 17th October 2:00pm–3:30pm

Barossa Park Lodge, 17a Clydesdale Ave Glenorchy
Bookings: renae.tiggleaven@onecare.org.au
| 6212 9952 (close: 12/10)

Staying Active – Group Exercise Class



Freedom Health & Wellness

The Staying Active classes at Freedom Health & Wellness are a low to moderate intensity exercise class, which may incorporate hand-held weights, balls and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! Classes are conducted with qualified and insured fitness professionals with additional older adult training. If you are looking for a fun and supportive environment to get fitter and stronger, this is the class for you! Classes at the Golden Years Club are free during Seniors Week to participants who are not already accessing these services.

Wednesday 17th October 11:00am–12:00pm

Golden Years Club, 314 Main Rd, Glenorchy

Recipe Swap and High Tea @ Glenview

Glenview Community Services

Bring along your favorite recipe/s to share and enjoy high tea, music and good company. Take home a collection of recipes gathered on the day to try for yourself.

Monday 15th October 10:00am–12:00pm

Glenview Community Services, 2-10 Windsor St
Cost: \$5
Bookings: 6277 8800 | mlee@glenview.org.au
(close: 8/10)

Preserving: Past, Present, Future

Glenview Community Services

Come along to enjoy a day of preserving food. Prepare relish, jam, chutney, dried foods.....and take home some samples. Lunch included.

Wednesday 17th October 10:00am–2:00pm

Glenview Community Services, 2-10 Windsor St

Cost: \$5 (lunch included)

Bookings: 6277 8800 | mlee@glenview.org.au

(close: 10/10)

Move It Easy Exercises

Move It Easy Exercises

Exercise classes for 60 years+. A fun and easy way to exercise, gentle on your body, and to music that you know and love. Try a class for free.

Wednesday 17th October 9:30am–10:30am

Tolosa Street Hall, 148 Tolosa Street, Glenorchy

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

(close: 19/10)

Jill's Line Dancing

Jill's Line Dancing

Come and give it a go. It's a fun, social interaction, excellent for the mind and body and you don't have to wear boots or hats.

Wednesday 17th October 10:00am–12:00pm

Thursday 18th October 10:00am–11:00am

Uniting Church Hall, Kensington St, Glenorchy

Feel Fabulous After 50

Glenorchy Health and Fitness

A fitness class that provides a cardio and strength workout without stress to joints or ligaments.

Designed to improve mobility and help you stay active.

It also good for socialising and having fun. This is a regular class time that is offered free during Seniors Week. A light lunch is provided and participants are invited to stay and meet the regulars.

Thursday 18th October 11:00am–12:00pm

Glenorchy Health and Fitness, 51 Chapel St

Bookings: info@glenorchyhealthandfitness.com.au

| 6272 4849 (close: 16/10)

Fun Afternoon

Glenorchy Golden Years Club

Come join us for some laughs and singing by Linda Grey. There will be a home-made afternoon tea, a raffle, a trade table and lucky door prize. All welcome.

Thursday 18th October 1:30pm–3:30pm

Glenorchy Golden Years club, 314 Main Rd

Cost: \$10 Enquiries: 6272 8402

Seniors Healthy Hearts Class

YMCA of Hobart

Low to moderate intensity exercise program, developed by the Heart Foundation for people who are living with health conditions.

Tuesday 16th October 10:00am–11:00am

Thursday 18th October 10:00am–11:00am

YMCA Glenorchy, 8a Constance Ave, Glenorchy

Cost: \$3

Zumba Fitness Class

YMCA of Hobart

A fun, energetic workout to Latin music that helps you get fit and stay that way. Zumba classes emphasise moving to the music and having a good time – no rhythm required!

Wednesday 17th October 10:30am–11:30am

Y-Fitness YMCA, 8a Constance Ave, Glenorchy

Cost: \$5

Book Chat – Choosing Books for Your Grandchildren

Glenorchy Library

Come and enjoy a cuppa and some cake and chat to our expert about choosing good books for your grandchildren to read.

Tuesday 16th October 9:30am–10:30am

Glenorchy Library, 4 Terry St, Glenorchy

Bookings: 6165 5491 | glenorchy.library@education.

tas.gov.au | www.eventbrite.com.au/o/glenorchy-

library-6685743883 (close: 14/10)

Sing Australia Choir

Glenview Community Services

Join the Sing Australia Choir, Glenview residents and guests to share the magic and joy of singing. Enjoy well-known songs from their repertoire and join in the chorus!

Sunday 21st October 1:30pm–2:30pm

Glenview Community Services, 2-10 Windsor St
Bookings: 6277 8800 (close: 18/10)



Legalities for Seniors

Legal Aid Commission of Tasmania

This presentation by Legal Aid will cover the major legal issues faced by seniors, planning for your future and why, when and how to get help. Come and have a cuppa and have your questions answered!

Thursday 18th October 10:00am–12:00pm

Glenorchy Library, 4 Terry Street, Glenorchy
Bookings: 6236 3800 | cle@legalaid.tas.gov.au
(close: 8/10)



Coffee, Cake and Computers – Computing and eSafety Basics

Glenorchy Library

Learn to operate a Windows computer, navigate the system to access files and programs, use a keyboard and mouse, manage plug-in devices including cameras and memory sticks, and gain an understanding of security and privacy issues.

Monday 15th October 10:00am–12:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



Finding Recipes Online

Glenorchy Library

Want to find a new recipe? Watched a TV show and liked the recipe but don't where to find it? Want some new inspiration? Or even want to find some new twists to some old favourites? This fun and interactive class will help you do that and more.

Tuesday 16th October 10:00am–12:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



iPad Basics

Glenorchy Library

Learn basic functions of the Apple iPad, Wi-Fi, Bluetooth, downloading apps and what it can be used for. If possible, please bring your Apple ID password for this session.

Thursday 18th October 9:30am–10:30am

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



Introduction to 3D Design and Printing

Glenorchy Library

Learn how to create 3D objects with Tinkercad. Create dice, name tags, chess pieces, pencil holders and much more! Then have one design printed out on our 3D printer.

Wednesday 17th October 10:00am–12:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



Android Basics

Glenorchy Library

Learn basic functions of the Android tablet, Wi-Fi, Bluetooth, downloading apps and what it can be used for. If possible, please bring your Google Play password for this session.

Friday 19th October 11:00am–12:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



Introduction to Virtual Reality

Glenorchy Library

Use our HTC Vives to escape into virtual worlds. Travel the globe, dive under the water, ride a rollercoaster, solve puzzles or paint on a 3 dimensional canvas.

Wednesday 17th October 2:00pm–3:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



Introduction to Coding with Sphero Robots

Glenorchy Library

Want to learn the basics of coding? We will show you how coding works and let you develop code to get our robots moving.

Thursday 18th October 11:00am–12:00pm

Glenorchy Library, 4 Terry St, Glenorchy
Bookings: 6165 5491 | glenorchy.library@education.tas.gov.au | www.eventbrite.com.au/o/glenorchy-library-6685743883 (close: 14/10)



HOBART

Wills and Estate Planning – Have You Planned Ahead?

Public Trustee

Come along to our free seminar and get the right information on the documents you will need to make your future legal, health and financial decisions. We will discuss what you need to know about Wills, enduring powers of attorney and enduring guardianship. Don't miss out – estate planning is too important to ignore.

Friday 19th October 10:30am–12:00pm

Elizabeth St Conference Room, Town Hall, 50 Macquarie St, Hobart
Bookings: marketing@publictrustee.tas.gov.au | www.publictrustee.tas.gov.au/seniorsweek2018 | 1800 068 784 (close: 11/10)



Free Hearing Test or 7 Day Trial

Maria Brown Hearing Clinic

Some things are worth too much to lose. Join us this Seniors Week to learn about your hearing with a free hearing test, and get information on the next generation of solutions to hearing loss. Plus, the first 25 participants will receive a free 7 day trial of the incredible new Nx platform.

Monday 15th October 9:00am–5:00pm

Tuesday 16th October 9:00am–5:00pm

Wednesday 17th October 9:00am–5:00pm

Thursday 18th October 9:00am–5:00pm

Friday 19th October 9:00am–5:00pm

61 Davey St, Hobart
Bookings: 1300 797 519 | team.mbhc@live.com.au (close: 19/10)



E-bike Coffee Club Goes to MONA

Bicycle Network Tasmania

To celebrate Seniors Week, we're e-biking to MONA for coffee and cake – although who needs an excuse? Bring your new (or your familiar) e-bike and enjoy a relaxed ride with fellow riders of e-bikes on an interesting scenic route through the northern suburbs, all on quiet roads and offroad bikepaths. You can hire e-bikes from places like Hobart Bike Hire on Brooke Street Pier. You'll be able to check out a new route, develop your e-bike knowledge, meet (or make) riding friends, and gain confidence in managing your e-steed on Hobart's bikepaths and roads. This ride will take you on a scenic tour through Lutana, Goodwood and GASP in Montrose, on suburban roads (the e-bikes will be handy on the gentle hill here). At MONA we'll have coffee and snacks at the bistro. The ride back to the city will be along the smooth and safe InterCity Cycleway.

Monday 15th October 10:00am–12:30pm

Hobart Cenotaph, McVilly Drive, Hobart (meet at the Hobart Cenotaph carpark at 9:50am)
Bookings: biketas.org.au/e_bike_coffee_club_mon (close: 14/10)
Enquiries: 0411 671 652

You Only Get Out What You Put In

Bolton Clarke

Peter Bradley will be discussing the Maggie Beer Foundation and accompanying cookbook. Peter's aim is to encourage a healthy lifestyle, staying active and having fun.

Monday 15th October 10:30am–12:30pm

Tuesday 16th October 10:30am–12:30pm

Wednesday 17th October 10:30am–12:30pm

Thursday 18th October 10:30am–12:30pm

Friday 19th October 10:30am–12:30pm

193 Murray St, Hobart
Bookings: tasmania@boltonclarke.com.au | 6210 7800 (close: 12/10)

Hymnfest

St David's Cathedral in conjunction with the Bible Society and Salvation Army

Join us for a wonderful community afternoon: hearing from God's Word, singing God's praises through hymns we know and love. Wheelchair access.

Sunday 21st October 2:30pm–3:45pm

St David's Cathedral, 23 Murray St, Hobart



Tour of TMAG's Historic Courtyard and Bond Store

Tasmanian Museum and Art Gallery

Explore the Tasmanian Museum and Art Gallery's Welcome Garden, historic Commissariat complex and the Bond Store exhibitions with one of our friendly guides.

Wednesday 17th October 1:00pm–2:00pm

Thursday 18th October 1:00pm–2:00pm

Friday 19th October 1:00pm–2:00pm

Saturday 20th October 1:00pm–2:00pm

Sunday 21st October 1:00pm–2:00pm

Tasmanian Museum and Art Gallery, Hobart

Exhibition Highlights Tour at The Tasmanian Museum and Art Gallery

Tasmanian Museum and Art Gallery

Discover the treasures and exhibitions of the Central and Henry Hunter galleries and exhibitions at the Tasmanian Museum and Art Gallery with one of our friendly guides.

Wednesday 17th–Sunday 21st Oct 2:00pm–3:00pm

Tasmanian Museum and Art Gallery, Hobart

Balance Screen

BODYSYSTEM Physio

Balance Assessments incorporate tests on visual, joint position sense, lower limb strength, reaction times and postural sway. The focus on impairments rather than causative factors results in an ability to address areas to reduce falls risk.

Monday 15th–Friday 19th Oct 8:30am–6:00pm

BODYSYSTEM Physio, 38 Collins St, Hobart

Bookings: 6231 5991 (close: 31/10)

Colonial Art and Recipes

Tasmanian Museum and Art Gallery

Join Dr Mary Knights, Senior Curator of Art, for a discussion about colonial art, recipes and food availability in Hobart Town, Van Diemen's Land, in the early 1800s.

Tuesday 16th October 2:00pm–3:00pm

Tasmanian Museum and Art Gallery, Dunn Place

Bookings: 6165 7001 | tmagmail@tmag.tas.gov.au (close: 12/10)

Peppermint Bay Lunch Cruise

Peppermint Bay Pty Ltd

Enjoy a round-trip scenic cruise to the Peppermint Bay Hotel while soaking up Tasmania's spectacular scenery and savouring a delicious lunch. We depart from Brooke Street Pier at 10:30am, taking in harbour and city views as we cruise our way through the River Derwent and into the calm waters of the d'Entrecasteaux Channel. We stop at a few points of interest such as ancient rock formations and if we are lucky we spot seals, sea eagles and dolphins. We arrive at our lunch spot and disembark the vessel. The Peppermint Bay Hotel overlooks the picturesque Bruny Island, the perfect setting to enjoy a delicious lunch on the water's edge. We offer a great selection of Tasmanian wines, locally crafted beers and stellar service.

Thursday 18th October 10:30am–3:30pm

Friday 19th October 10:30am–3:30pm

Saturday 20th October 10:30am–3:30pm

Sunday 21st Oct 10:30am–3:30pm

Peppermint Bay Cruises, Brooke Street Pier, Franklin Wharf, Hobart (Brooke Street Pier is located on Sullivans Cove in Hobart. Once you reach the top of the ramp entry into the pier you will find our booking desk on the left – please check in by 10:00am)

Cost: Seniors \$98 (usually \$118)

Bookings: 1300 137 919 | info@hobartcruises.com |

www.peppermintbay.com (close: 21/10)

Deep Water Aqua

Doone Kennedy Hobart Aquatic Centre

Our deep water aqua aerobics classes are held in the dive pool and offer exercise with no impact. The class suits all fitness levels and is great for rehabilitation. You wear a floatation belt so there's no need to worry about being in deep water, but you do need basic swimming skills. A pool pod access lift is available in the dive pool for those who need assistance to enter and exit the water.

Tuesday 16th October 9:30am–10:15am

Thursday 18th October 9:30am–10:15am

Doone Kennedy Hobart Aquatic Centre, 1 Davies Ave

Cost and enquiries: 6222 6999 |

www.hobartaquaticcentre.com.au



Tall Ship Sailing Overnight Cruises

Tasmanian Sail Training Association
– Lady Nelson

Sail away for two nights with other seniors on the beautiful Tall Ship the *Lady Nelson*. Where we go depends on the wind. You can release your inner swashbuckler by climbing the masts, steering, handling the sails or you can just relax, take in the scenery and enjoy the atmosphere.

Trip 1: Monday 15th October 10:00am

–Wednesday 17th October 10:00am

Trip 2: Wednesday 17th October 3:00pm

– Friday 19th October 3:00pm

Lady Nelson, Elizabeth St Pier, Hobart

Cost: \$300 for two nights (all meals included)

Bookings: enquiries@ladynelson.org.au |

www.ladynelson.org.au/seniors-week-2018

(close: 13/10)

Hobart City Walk Tour

Tours of Hobart

Join us for a leisurely 99 minute walk tour of Hobart. We amble through parks and on footpaths and share stories of Hobart's scandalous and sometimes brutal history. Our city's history is written into the architecture, the river, the mountain. We meet on the sunny corner of Franklin Square (Davey and Elizabeth) on the site of the original Government House and wander through Battery Point to Salamanca. Please wear comfortable shoes, bring water if required and wear suitable clothing.

Monday 15th October 1:00pm–2:45pm

Tuesday 16th October 1:00pm–2:45pm

Wednesday 17th October 1:00pm–2:45pm

Thursday 18th October 1:00pm–2:45pm

Friday 19th October 11:00am–12:45pm

Saturday 20th October 1:00pm–2:45pm

Franklin Square, Hobart

Cost: \$10

Bookings: 0419 470 681 | tours@toursofhobart.com

| www.toursofhobart.com (close: 21/10)

Spinal Screening

Hobart Chiropractic

A snapshot of your spinal health conducted by a chiropractor. Options, solutions and advice given.

Monday 15th October 8:00am–6:00pm

Tuesday 16th October 8:00am–6:00pm

Wednesday 17th October 8:00am–2:00pm

Thursday 18th October 1:30pm–6:00pm

Friday 19th October 8:00am–6:00pm

181 Harrington St, Hobart

Bookings: 6231 6131 (close: 20/10)



Pipeworks

City of Hobart

Albert Hudson will perform a cavalcade of popular music at the console of the magnificent Town Hall Concert Organ. Easy listening – Showtime, evergreen ballads, marches and contemporary pieces.

Tuesday 16th October 12:00pm–1:00pm

Town Hall, 50 Macquarie St, Hobart



Australian Army Band

Tasmania Concert

City of Hobart

Australia Army Band – Tasmania has a proud history and has been serving the Tasmanian community for well over 100 years by enhancing the image of the Australian Army through community and military engagements. Join us for this free event in our beautiful Town Hall.

Sunday 21st October 2:00pm–3:00pm

Town Hall, 50 Macquarie St, Hobart



Food For Thought

Elder Specialist Services Tasmania Inc

Please join us in conversation where, together, we will give thought to, and explore stories of our relationship with food prompted by questions such as: *What food do you eat that is glorious? What makes it glorious? When do you eat it? Who introduced you to it? Do you share it with anyone and why? What other foods evoke memories for you and what are they?*

Wednesday 17th October 5:30pm–7:00pm

Afterword Café, Fullers Bookshop, 131 Collins St

Bookings: 0429 098 853 | debbiedunn54@gmail.com

(close: 8/10)



Aged Care and Estate Planning

Tasmanian Perpetual Trustees

Come along for an info session on aged care and estate planning. Hear from qualified professionals in their field on how to plan for the later stages of life and how best to structure your finances in line with your wishes. Morning tea and coffee will be provided. Book quick, as spots fill fast.

Tuesday 16th October 10:00am–12:00pm

Level 2, 137 Harrington St, Hobart

Bookings: 1300 651 600 | info@tptl.com.au

| www.tasmanianperpetual.com.au (close: 9/10)

Australia's First Cookbook

Allport Library and Museum of Fine Arts

Written by Tasmanian Edward Abbott and published in 1864 "*The English and Australian cookery book : cookery for the many, as well as for the 'upper ten thousand'*" offers a fascinating insight into everyday cooking and gastronomy in Tasmania, Australia and England in the mid eighteenth hundreds. Bernard Lloyd, well known Tasmanian food writer, will take us on a journey of discovery into Edward's world.

Wednesday 17th October 1:00pm–2:00pm

Allport Library and Museum of Fine Arts, State Library of Tasmania, 91 Murray Street, Hobart

TMAG Gallery Session with 'iRemember in the Kitchen' Afternoon Tea

Tasmanian Museum and Art Gallery

Join TMAG staff for this unique program. Older visitors, people living with dementia and their carers are invited to revitalise their connection to art and culture through this gentle program, exploring memories and objects.

Wednesday 17th October 2:00pm–3:30pm

Tasmanian Museum and Art Gallery, Dunn Place

Bookings: tmagmail@tmag.tas.gov.au

| 6165 7001 (close: 11/10)

Guided Tour of the Royal Tasmanian Botanical Gardens

The Friends of the Royal Tasmanian Botanical Gardens

Spring is coming to the Botanical Gardens. Enjoy a 1 hour walk in small groups led by an enthusiastic and knowledgeable guide. Discover new treasures as you amble through many diverse areas. Gently undulating terrain with some steps.

Monday 15th October 11:00am–12:00pm

Tuesday 16th October 11:00am–12:00pm

Wednesday 17th October 11:00am–12:00pm

Thursday 18th October 11:00am–12:00pm

Friday 19th October 11:00am–12:00pm

Main gate at the RTBG, Lower Domain Rd, Hobart

The Mathers Place Story Project

City of Hobart

Collecting stories from familiar folk has opened an opportunity to create a beautiful series of artworks to be launched and shared with the community. Audio collection of stories will continue this project with 'the wayfinder' – you are invited to engage with a tiny studio that will be difficult to resist! Soapbox launch at 12 noon.

Wednesday 17th October 11:00am–2:30pm

Mathers Place, 108 Bathurst St, Hobart

Volunteering Tasmania Information Session

Hobart Library

Would you like to make a difference in your community? Have you considered volunteering? Learn about local volunteering opportunities and how you can give back by doing what you love. Volunteering Tasmania will deliver an information session and answer your questions.

Tuesday 16th October 10:30am–11:00am

Hobart Library, Level 1, 91 Murray St, Hobart

Bookings: 6165 5597 | hobart.linc@education.

tas.gov.au | www.eventbrite.com.au/o/hobart-library-8085207028 (close: 15/10)

Coding Robots – Find Your Cheese ★

Hobart Library

An interactive session where you will learn to use simple computer programming code to remotely control your Sphero robots around the Hobart Library. No coding experience required. Fun guaranteed!

Thursday 18th October 11:00am–12:00pm

Hobart Library, Level 1, 91 Murray St, Hobart
Bookings: 6165 5597 | hobart.linc@education.tas.gov.au | <http://www.eventbrite.com.au/o/hobart-library-8085207028> (close: 17/10)

Monsieur Mayonnaise Screening ★

Hobart Library

A special screening of one of the library's e-films – a tale about a comic book, Nazis, baguettes and mayonnaise.

Friday 19th October 11:00am–12:30pm

Hobart Library Level 1, 91 Murray St, Hobart
Bookings: 6165 5597 | hobart.linc@education.tas.gov.au | www.eventbrite.com.au/o/hobart-library-8085207028 (close: 18/10)

What's On in TMAG's Art Galleries? ★

Tasmanian Museum and Art Gallery

Join an art guide for a lively discussion around TMAG's current art exhibitions.

Tuesday 16th October 11:00am–12:00pm

Tasmanian Museum and Art Gallery, Dunn Place

Black Mist Burnt Country Interactive Video Tour from the National Museum ★

Hobart Library

Join us for a live and interactive tour of *Black Mist Burnt Country*, an exhibition exploring issues about the British atomic tests on Pitjantjatjara land, from the National Museum of Australia.

Wednesday 17th October 10:00am–11:00am

Hobart Library, Level 1, 91 Murray St, Hobart
Bookings: 6165 5597 | hobart.linc@education.tas.gov.au | www.eventbrite.com.au/o/hobart-library-8085207028 (close: 16/10)

University of The Third Age Hobart ★

U3A Hobart

We welcome visitors to participate in one or more of the following classes: French Advanced (10:00am), Mah Jong (10:00am), Kaleidoscope (10:00am), French Intermediate (11:30am), Basil Sansom's talk (11:30am).

Thursday 18th October 10:00am–12:30pm

Philip Smith Centre, 2 Edward St, Glebe, Hobart
Cost: Please bring 50c if you wish to participate in morning tea with current members at 11:00am.
Bookings: secretary.u3ahobart@gmail.com (please list the classes that you will be attending) (close: 5/10)

HOWRAH

Soup, Sandwiches and The Sound of Music

Lifeline Tasmania

Lifeline Tasmania invite you to come and share the magical heart-warming true life story of the much loved movie *The Sound of Music* including a sing-a-long with your favourite *Sound of Music* songs. Come dressed as a character of the movie for the chance to win a prize! Parking and level entry available. Own transport required.

Thursday 18th October 10:15am–2:45pm

Howrah Church of Christ, 30 Holland Court, Howrah (off Oceana Drive) Cost: \$5

Bookings: lib.cooper@lifelinetasmania.org.au | 6282 1515 | (close: 12/10)

HUONVILLE

Eating Well for Life



Huon Library

Learn all about choosing the best foods to promote health and wellbeing in your life presented by Council on the Ageing (Tasmania). Discover how to enjoy the power of good food and get the most out of life so you can thrive and not just survive!

Wednesday 17th October 11:00am–12:00pm

Huon Library, 1 Skinner Drive, Huonville
Bookings: 6121 7010 | huonville.library@education.tas.gov.au | www.eventbrite.com/e/eat-well-tickets-46207941196 (close: 17/10)

Seniors Week Gardening Talk



Huon Library with Still Gardening

Still Gardening are coming up with a fantastic talk especially for Seniors Week 2018, focussing on all things gardening for our wonderful Seniors community. Come along and enjoy the always informative and fun *Still Gardening* team as they share with you all their tips and tricks for gardening in the south.

Thursday 18th October 10:00am–11:00am

Huon Library, 1 Skinner Drive, Huonville
Bookings: 6121 7010 | huonville.library@education.tas.gov.au | www.eventbrite.com/e/seniors-week-gardening-talk-with-still-gardening-huonlinc-tickets-46208088637 (close: 18/10)

Grandparents Storytime



Libraries Tasmania

Tell me a story! Join us for Grandparents Storytime @Huonville Library for a special Seniors Week Storytime where you'll have fun sharing stories, singing and playing for young and young at heart! Storytime and Rock'n'rhyme are free 30 minute to 1 hour sessions which include stories, rhymes and action songs. Storytime is aimed at preschoolers aged 2-5.

Monday 15th October 11:30am–12:30pm

Huon Library, 1 Skinner Drive, Huonville

Poetry in the Parlour

DS Coffee House

We are lucky to have Phil Rush come and join us in the parlour room on Thursday during Seniors Week to share his poetry and stories. We will provide a yummy afternoon tea with scones, jam and cream, and cream cake. We look forward to seeing you.

Thursday 18th October 3:00pm–4:00pm

DS Coffee House, 12 Main Rd, Huonville

Cost: \$12 per person

Bookings: dscoffeeshouse@bigpond.com | 6264 1226 (close: 15/10)

KINGSTON

Zumba Gold



Tania Nelson

Shake and shimmy to music from around the globe in this fun dance-based fitness class. Enjoy the 'flavours' and spicy rhythms of Bollywood, Salsa, Rumba Flamenca and more! No partner required. Wear clothing and shoes for movement, bring your water bottle and enthusiasm.

Tuesday 16th October 9:30am–10:30am

Thursday 18th October 10:00am–11:00am

Kingston Beach Hall, Beach Rd, Kingston

Come and Try Croquet



Kingston Croquet Club

A great activity for body and mind. It's quick to initially learn but be prepared to spend a lifetime mastering the strokes and strategies. Our members play socially and/or competitively. Enjoy a traditional morning or afternoon tea at the conclusion of the coaching.

Saturday 20th October 10:00am–11:30am

Saturday 20th October 1:00pm–2:30pm

Kingston Croquet Club, 159 Summerleas Rd

Bookings: 0402 091 840 | kingstoncroquetclub@gmail.com (close: 18/10)

Food for Thought

U3A Kingborough Inc.

Enjoy coffee, cake and consultation with a U3A committee member – or trial a class! Learn how to use the website to enroll online. Classes run 10:00am–2:30pm.

Tuesday 16th October 10:30am–3:30pm

Kingston Library (old Kingston Primary School), Block A, 8 Hutchins St, Kingston
Enquiries: www.u3akingborough.org.au.



Move It Easy Exercises

Move It Easy Exercises

Exercise classes for 60 years+. A fun and easy way to exercise, gentle on your body, and to music that you know and love. Try a class for free.

Tuesday 16th October 11:15am–12:15pm

Kingston Beach Hall, Beach Rd, Kingston Beach
Bookings: 0428 297 435 | move.it.tas@gmail.com
(close: 19/10)



Kingston Ladies Line Dancing

Kingston Ladies Line Dancing

Come along to the Kingston Senior Citizen's Club on a Friday morning, and have a great time line dancing, socialising, and enjoying a great 'cuppa'. You will be in the company of a group of friendly ladies who love to dance and enjoy themselves. Beginners welcome.

Friday 19th October 10:15am–12:00pm

Senior Citizen's Club, Redwood Rd, Kingston



Spinal Screening

Kingston Chiropractic

A snapshot of your spinal health conducted by a Chiropractor. Options, solutions and advice given.

Monday 15th October 8:00am–12:30pm

Tuesday 16th October 8:00am–12:30pm

Wednesday 17th October 3:00pm–7:00pm

Thursday 18th October 8:00am–12:30pm

Friday 19th October 8:00am–12:30pm

Saturday 20th October 8:00am–12:00pm

Kingston Chiropractic, 7 John St, Kingston
Bookings: 6229 7900 (close: 20/10)



Let Music Be Your Fruit of Life

Sing Australia Kingston

Come along to Sing Australia Kingston and learn about the health benefits of singing in a choir. To join a Sing Australia group all you need to do is come along. There are no auditions – everyone is welcome. Meet at the old school building opposite the Library on Hutchins Street. Afternoon tea provided.

Wednesday 17th October 11:15am–1:30pm

Kingston Library, 8 Hutchins St, Kingston
Bookings: 0408 134 046 | di.ellson25@gmail.com
(close: 10/10)
Enquiries: 0413 411 714



Open House at the Manor Gardens Respite Day Centre

Manor Gardens Club

You are invited to visit Manor Gardens to have a look at our lovely club, talk to staff and club members, and to enjoy afternoon tea with us.

Friday 19th October 2:00pm–3:30pm

Manor Gardens Club, 3 Manor Gardens, Kingston
Bookings: 6211 8181 (close: 19/10)



Free Recipe Apps for Phone or Tablet

Kingston Library

There are amazing free apps for cooking and foodies – let us show you how to access them.

Tuesday 16th October 10:00am–11:30am

Kingston Library, 11 Hutchins St, Kingston
Bookings: <https://tinyurl.com/ycqs2pjr> (close: 16/10)
Enquiries: 6165 6208



Grey Medallion Info Day

Royal Life Saving Tasmania

The Royal Life Saving Grey Medallion is a water safety and life saving skills program for older people in our community. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic recreation activities safely. Drop in to our information session for the course at any time between 9:30am–2:00pm.

Monday 15th October 9:30am–2:00pm

Barossa Park YMCA Wellness Centre, 17a Clydesdale Ave, Glenorchy



Mahjong

Kingborough Senior Citizens Club

Come and enjoy this friendly group game. No experience needed – we can teach you or you can just watch.

Wednesday 17th October 1:00pm–3:00pm

Thursday 18th October 10:00am–12:00pm

Kingborough Senior Citizens Club, 35 Redwood Rd



Healthy Eating for Active Ageing



Kingston Library

Listen to Sophie, Dietitian from Leap Health Kingston talk about the latest evidence for healthy ageing.

Tuesday 16th October 10:30am–11:30am

Kingston Library, 11 Hutchins St, Kingston

Bookings: 6165 6208 | <https://tinyurl.com/ybx53qka>
(close: 15/10)

Coffee, Craft and Chat

Maranoa Heights Community Centre

Bring your own craft project. Share a coffee and have a chat with others while completing a craft or artistic project. Painting, drawing, knitting, sewing or developing gifts and trinkets for Christmas, birthdays and other events.

Monday 15th October 9:00am–12:00pm

Maranoa Heights Community Centre, 24 Hawthorn Dv
Enquiries: 6229 4066



Tea and Tell

Mary Eleanor Natural Funeral Care

Over a simple cup of tea and a scone we take an informal relaxed look at end of life wishes and the myriad of choices available in after death and funeral care now available in Tasmania.

Wednesday 17th October 10:30am–12:00pm

B Block, Kingston Library, 11 Hutchins St, Kingston

Cost: Adults \$8, Seniors \$5

Bookings: 0416 222 593 | info@maryeleanor.me
(close: 15/10)

I choose Community Based Support because...

"THEY ARE LIKE FAMILY."

Lyn, 66
& Martin, 69



community based support

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Community Based Support has a state-wide team of kind and friendly professionals who are committed to supporting people to live independently at home.

Call Liz or the Community Based Support Team

1300 227 827
(1300 CBS TAS)
cbsaust.org.au

All services also available for private purchase

Join a Book Chat

Kingston Library

Don't know what to read next or want to share a good story? Join our friendly group of readers for casual conversations around books. This book chat will be on the theme of *food, cooking or socialising over good food*. Fiction or non Fiction? Come along and be surprised!

Wednesday 17th October 2:00pm–3:00pm

Kingston Library, 11 Hutchins St, Kingston

Bookings: <https://tinyurl.com/yd6wb2lm>

(close: 16/10)

Enquiries: 6165 6208



Know Yourself and Be Positively Surprised



Maranoa Heights Community Centre

An introduction to the free, video-based Peace Education Program, with talks by Peace Ambassador, Prem Rawat – interspersed with cartoons, music and time for your own reflection and comment. With humour and seriousness, you have the opportunity to look at yourself. The focus is on the strengths and resources you have, like inner strength, dignity, choice and hope.

Monday 15th October 1:00pm–2:30pm

Maranoa Heights Community Centre, 24 Hawthorn Dv

Enquiries: 6229 4066

Salvaged and Preloved Recipe Books Sale

Kingston Library

Have fun scrounging around for some great buys, you might be very surprised! You might find old, you might find new, you might find something elegant or even a good stew! Books will be donated items and ex-library books.

Friday 19th October 9:30am–12:00pm

Kingston Library, 11 Hutchins St, Kingston

Cost: No fees apply but books are on sale at low cost

Carers Tasmania – Monthly Support Group for Carers



Maranoa Heights Community Centre

If you would like to attend the Support Group for Carers we invite you to contact Sally at Carers Tasmania. The support group allows people in similar situation to share stories, knowledge information and resources that assist them to care for their loved ones.

Tuesday 16th October 12:00pm–2:00pm

Maranoa Heights Community Centre, 24 Hawthorn Dv

Bookings: 6231 5507

Indoor Bowls



Kingborough Senior Citizens Club

Come and meet the friendly bowlers. You will be very welcome to participate or even just watch before you join. If you cannot play we will be happy to teach you. Join this friendly lot for a cuppa and biscuit – exercise and fun for seniors.

Monday 15th October 7:00pm–9:00pm

Tuesday 16th October 1:00pm–3:00pm

Thursday 18th October 1:00pm–3:00pm

Kingborough Senior Citizens Club, 35 Redwood Rd

Latest Magazines – Free with Your Library Membership



Kingston Library

Learn how to borrow the latest magazines free with your library membership. Borrow from our magazine collections or learn how to download eMagazines onto tablets, phones or PCs and also discover other online magazine subscriptions.

Monday 15th October 2:00pm–3:30pm

Kingston Library, 11 Hutchins St, Kingston

Bookings: <https://tinyurl.com/y98vcdek> (close: 18/10)

Enquiries: 6165 6208

Probus Card and Crib Group



Maranoa Heights Community Centre

On Thursday afternoons Probus hold a card and crib group for interested people. There's always a laugh, some serious card playing and time for a cuppa and chat.

Thursday 18th October 2:00pm–4:00pm

Maranoa Heights Community Centre, 24 Hawthorn Dv

Enquiries: 6229 4066

Tai Chi



Kingborough Senior Citizens Club

A gentle way to exercise in a friendly environment.

Saturday 20th October 9:00am–11:00am

Kingborough Senior Citizens, 35 Redwood Rd

Yoga

Maranoa Heights Community Centre

Pure Yoga run by highly respected yoga teacher, Rebecca Chabot. Rebecca began to study and practice yoga twenty years ago, and has been teaching regularly for ten years, both in Australia and in North America. Rebecca teaches *vinyasa flow* yoga where movement is linked with breath in a creative, dynamic series of postures set to an eclectic mix of music.

Wednesday 17th October 10:00am–12:00pm

Maranoa Heights Community Centre, 24 Hawthorn Dv
Cost: \$15 per session
Enquiries: 6229 4066

Scrabble

Maranoa Heights Community Centre

Tuesday nights from 7.30pm the Centre hosts Scrabble matches between local enthusiasts. If you are interested in playing Scrabble, whether a novice or a skilled player, come along.

Tuesday 16th October 7:30pm–10:00pm

Maranoa Heights Community Centre, 24 Hawthorn Dv
Enquiries: Khen on 0402 857 995

Puzzle Club

Maranoa Heights Community Centre

The Puzzle Club works through magazines and completes puzzles and competition entries whilst enjoying a chat and a coffee and tea.

Friday 19th October 1:00pm–3:30pm

Maranoa Heights Community Centre, 24 Hawthorn Dv
Enquiries: 6229 4066

Ons Genoegen Card Group

Maranoa Heights Community Centre

We are an evening card group celebrating community and connections. We enjoy a social night of cards, chat, coffee, good people, good games.

Monday 15th October 7:00pm–10:30pm

Maranoa Heights Community Centre, 24 Hawthorn Dv
Enquiries: Peter Kerklaan on 0403 282 023

LENAH VALLEY

Move It Easy Exercises



Move It Easy Exercises

Exercise classes for 60 years+. A fun and easy way to exercise, gentle on your body, and to music that you know and love. Try a class for free.

Tuesday 16th October 9:30am–10:30am

Thursday 18th October 6:30pm–7:30pm

Lenah Valley Community Hall, Creek Rd, Lenah Valley
Bookings: 0428 297 435 | move.it.tas@gmail.com
(close: 19/10)

LINDISFARNE

Let's Try Lawn Bowls



Beltana Bowls Club

Visit the Beltana Bowls Club to learn about lawn bowls on our synthetic surface. It is a sport that all ages can enjoy. Come and enjoy this activity followed by soup and sandwiches.

Tuesday 16th October 10:30am–1:30pm

Beltana Bowls Club, 19a Lincoln St, Lindisfarne
Bookings: virginiaraypriest@gmail.com
| 0407 652 153 (close: 2/10)

Royal Life Saving Grey Medallion



Royal Life Saving Tasmania

The Royal Life Saving Grey Medallion is a water safety and life saving skills program for older people in our community. The program aims to reduce drowning rates and encourage healthy, independent and active lifestyles. Participants will learn a range of personal survival techniques, providing them with the skills to deal with an emergency situation and to develop confidence and competence to enjoy aquatic exercise and other water based activities safely.

Wednesday 17th October 2:00pm–4:00pm

Royal Life Saving Tasmania, 4 Franklin St, Lindisfarne
Bookings: 6243 7558 | projectstas@rlssa.org.au
(close: 12/10)

CPR & Home First Aid Session

Royal Life Saving Tasmania

Brush up on your first aid knowledge with this two hour CPR and First Aid information session. Specifically designed for around the home first aid – from cooking burns to spider bites, we will have you covered. Afternoon tea provided to give you a chance to chat.

Wednesday 17th October 2:00pm–4:00pm

Royal Life Saving Tasmania, 4 Franklin St, Lindisfarne

Bookings: 6243 7558 | projectstas@rlssa.org.au

(close: 10/10)



MIDWAY POINT

Sing Australia Sorell Sing-a-long



Sing Australia Sorell

Come and join us for a sing-a-long. All sorts of songs. Good voices not needed. Any one can sing with us.

Wednesday 17th October 7:00pm–9:00pm

Midway Point Hall, Raynor's Rd, Midway Point

MONTAGU BAY

Age Pension – All You Need to Know

Centrelink

Information on Centrelink's Age Pension, Income & Asset Test(s), concessions and budget changes.

Wednesday 17th October 9:30am–11:00am

Motor Yacht Club of Tasmania, 1 Ford Parade

Bookings: 136 357 | fis.seminar.bookings@

humanservices.gov.au (close: 16/10)

Enquiries: 6213 8522



Table Tennis for Seniors



Eastside Table Tennis League

Social table tennis. Come along and have a jolly good time, whilst getting a bit of light exercise. From beginners up. Wear soft-soled shoes. Bats and balls provided.

Tuesday 16th October 10:00am–12:00pm

Clarence Sports Centre, Loinah Crescent

Lindisfarne Riverside Arts Club: Singing Workshop & Open Rehearsal

Lindisfarne Riverside Arts Club

Brush up on your singing and experience the thrill of singing in a choir. No singing experience necessary as our emphasis is on enjoyment and developing our skills. Delicious supper with coffee and cake provided after the workshop.

Thursday 18th October 7:30pm–9:00pm

Lindisfarne Citizens Activities Centre, 37A Lincoln St



Seniors Deep Water

PrYme Movers Class

Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. It's also great for muscle strength and endurance.

Monday 15th October 7:45am–8:30am

Wednesday 17th October 7:45am–8:30am

Friday 19th October 7:45am–8:30am

Clarence Aquatic Centre, 4 Loinah Crescent

Cost: \$5

Tea and Tell

Mary Eleanor Natural Funeral Care

Over a simple cup of tea and a scone we take an informal relaxed look at end of life wishes and the myriad of choices available in after death and funeral care now available in Tasmania.

Thursday 18th October 10:30am–12:00pm

Beltana Bowls Club, Lincoln Street, Lindisfarne

Cost: Adults \$8, Seniors \$5

Bookings: 0416 222 593 | info@maryeleanor.me

(close: 15/10)

Seniors Shallow Water

PrYme Movers Class

Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. It's also great for muscle strength and endurance.

Monday 15th October 8:45am–9:30am

Wednesday 17th October 8:45am–9:30am

Friday 19th October 8:45am–9:30am

Clarence Aquatic Centre, 4 Loinah Crescent

Cost: \$5

Seniors Aqua Zumba

Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. It's also great for muscle strength and endurance.

Thursday 18th October 6:30pm–7:15pm

Clarence Aquatic Centre, 4 Loinah Crescent

Cost: \$5

Seniors Aqua Class

Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. It's also great for muscle strength and endurance.

Tuesday 16th October 6:30pm–7:15pm

Clarence Aquatic Centre, 4 Loinah Crescent

Cost:\$5 per person

MOONAH

Multicultural Community Dinner

Multicultural Council of Tasmania

Join MCOT for a family-friendly community dinner. Bring a dish of food to share. Please advise if your dish is vegetarian, vegan, halal, etc. Some drinks and all cutlery will be provided. Registration is free but RSVP is essential due to limited space.

Wednesday 17th October 6:00pm–8:00pm

The Multicultural Hub, 65 Hopkins St, Moonah

Bookings: office@mcot.org.au | 6285 9907

www.mcot.org.au

Ukraine to Hobart: Our Journey Through Music, Food and Dance

Association of Ukrainians in Tasmania

Join us for a brief history of the Ukrainian community in Hobart, followed by a musical performance and overview of Ukrainian food. The session will conclude with a beginners circle dance lesson. All welcome.

Sunday 21 October 2:00pm–3:30pm

Ukrainian Club, 185 Main Road, Moonah

Enquiries: ukesintas@gmail.com | 0400 763 720

MORNINGTON

Time Out Craft Program

Citywide Baptist Church

Come and see the weekly program where you can choose between 18 different classes. Make new friends, try a new activity and join us for morning tea at 10:45am!

Thursday 18th October 9:30am–12:00pm

Citywide, 400 Cambridge Rd, Mornington

NEW NORFOLK

Group Exercise Class

Freedom Health & Wellness

The Staying Active classes at Freedom Health & Wellness are a low to moderate intensity exercise class, which may incorporate hand-held weights, balls and resistance bands. Improves strength, coordination and balance and is a great excuse to socialise with others! Classes are conducted with qualified and insured fitness professionals with additional older adult training. If you are looking for a fun and supportive environment to get fitter and stronger, this is the class for you! Classes are free during Seniors Week to participants who are not already accessing these services.

Monday 15th October 10:30am–11:30am

Tuesday 16th October 10:15am–11:15am

Thursday 18th October 10:15am–11:15am

Freedom Health & Wellness, 99 Ring Rd, New Norfolk

Grandparents Day at New Norfolk High School

Lions Club of New Norfolk

Seniors of the Derwent Valley who have grandchildren attending New Norfolk High School are invited to a tour and lunch at the school prepared and served by the students. Invitation only.

Sunday 21st October 11:30am–12:30pm

New Norfolk High School, Blair St, New Norfolk

South East Community Care proudly invites the whole family to our

2018 Community Expo

11:00am–2:00pm
 Saturday, 20 October 2018
 12 Somerville Street, Sorell
 (opposite Banjos)



FREE SAUSAGE SIZZLE • FAMILY ENTERTAINMENT • COMMUNITY STALLS • DEVONSHIRE TEA • PRIZES

RETIREMENT LIVING OPEN DAY

Baldwin Living Vaucluse Gardens
 319 Macquarie Street, South Hobart

Come along to our Open Day Morning Tea with Laura Scott, Dietician who will introduce you to smarter & healthier food choices for healthy aging followed by a village tour.

- Morning Tea • Village & Garden Tours
- Lucky Door Prize

Please RSVP to Felicity on (03) 6221 5494 by Monday 15th October.

Spacious Retirement Apartments from \$360,000*



Healthy Meal Choices Talk & Open Day

10.00am, Wednesday 17th October 2018



319 Macquarie Street, South Hobart
 Tel: (03) 6221 5494
www.hobart.baldwinliving.com.au

Wouldn't It Be Lovely

Community House

You are invited to singalong with Audrey Hepburn as you watch the musical *My Fair Lady*, followed by a cuppa.

Monday 15th October 2:00pm–4:30pm

Community House, The Avenue, New Norfolk



NEW TOWN

Polish Folk Dancing for Seniors

Polish Welfare Office

The Polish Welfare Office invites seniors to learn more about Polish culture by joining us for a session in easy-to-follow traditional Polish dances. The session will be followed by refreshments (tea and coffee) served with Polish cakes and biscuits.

Thursday 18th October 11:00am–1:00pm

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

Cost: Dancing session \$2, Refreshments gold coin donation

Bookings: 6228 6258 (close: 15/10)



Mayor's Afternoon Tea

Lions Club of New Norfolk

Afternoon Tea hosted by the Mayor of the Derwent Valley. Certificate presentation to the seniors of the community who have contributed to different activities as volunteers. Afternoon tea provided by the Lions Club of New Norfolk.

Thursday 18th October 1:30pm–3:30pm

New Norfolk District Football Club, Back River Rd

Bookings: margaret_bester@hotmail.com |

0416 032 463 (close: 11/10)

Caring for Your Inner Self in the Age of Wisdom

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 and includes a simple form of meditation. Brahma Kumaris is a peace organisation which comprises a worldwide network of centres in more than 110 countries and is an international non-governmental organisation (NGO) of the United Nations.

Friday 19th October 12:00pm–1:00pm

New Norfolk Community Health Centre, New Norfolk District Hospital, 3 Richmond St, New Norfolk

Bookings: 6278 3788 | hobart@au.brahmakumaris.org (close: 18/10)



High Tea

Mary Ogilvy Homes Society

Come and enjoy a delicious high tea at Mary Ogilvy and meet new and old friends.

Wednesday 17th October 2:00pm–3:00pm

Mary Ogilvy, 51 Pirie St, New Town

Bookings: maryogilvy@maryogilvy.com.au | 6279 4200 (close: 10/10)



Croquet

New Town Croquet Club

Come and learn croquet, the thought sport. All equipment supplied. Wear flat-soled shoes and adequate sun protection. Open to all ages, gender and ability. Only skill needed is the ability to have fun.

Monday 15th October 1:00pm–3:00pm

New Town Croquet Club (enter from Creek Rd, behind the basketball courts), St. John's Avenue

Bookings: 0409 799 462 | ebassett@bigpond.com (close: 1/10)



Bingo Afternoon

Lions Club of New Norfolk

Derwent Valley seniors can enjoy a game of Bingo, with prizes and afternoon tea.

Wednesday 17th October 1:30pm–3:30pm

RSL Club, George St, New Norfolk

Bookings: margaret_bester@hotmail.com |

0416 032 463 (close: 11/10)



A Grand Night for Singing

Sing Australia Hobart

Want to try out a singing group in a relaxed and friendly atmosphere, where every voice type is accepted? Then please come along to Sing Australia where we are sure to sing some of your favourites from our wide repertoire of songs! A delightful supper will be provided during the evening.

Monday 15th October 7:30pm–9:30pm

New Town Primary School, 36 Forster St, New Town



NICHOLLS RIVULET

Stimulate your Senses

Huon Valley Council

A get-together at Crawleighwood Gardens in the Huon Valley. Walk around 8 acres of gardens, listen to a talk by Ngaire Hobbins on food, ageing and brain health, watch a cooking demonstration by Michelle Crawford, and listen to music by DayStar Duo while trying out recipes from Ngaire's cookbook. A bus will pick you up from the Huon Valley Council Carpark in Huonville at 9:15am (please indicate if you need a seat on the bus when you RSVP). The event is capped at 60 people.

Thursday 18th October 10:00am–1:30pm

Crawleighwood Gardens, 51 Underwoods Rd

Cost: Seniors \$5

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

NORTH HOBART

Great Food and Film Morning

Hope Christian Centre

Make new friends as you chat over a scrumptious Devonshire Tea then relax watching a movie on the big screen in our Auditorium.

Tuesday 16th October 9:30am–12:30pm

Hope Christian Centre, 25 Tasma St, North Hobart

Fit & Strong 4 Life

Friends Health & Fitness

Are you looking for a group exercise session that allows you to feel you can safely work at your own level of strength and fitness? Our Fit & Strong 4 Life sessions will help you to move more efficiently, improve your strength, balance and flexibility in a friendly, fun and socially rewarding environment. We would love to see you with us.

Monday 15th October 10:30am–11:30am

Wednesday 17th October 10:30am–11:30am

Friday 19th October 10:30am–11:30am

Friends Health & Fitness, 7 Wilson St, North Hobart

Learn to Draw

Hope Christian Centre

A time of helpful instruction and friendship with other artistic people. Paper, pencils, boards and afternoon tea all supplied.

Tuesday 16th October 2:00pm–4:00pm

Hope Christian Centre, 25 Tasma St, North Hobart

Choir of High Hopes

Public Rehearsal

Choir of High Hopes Hobart

Join this acclaimed and unique choir at their regular weekly rehearsal as they take you on a journey of their favourite repertoire – from songs you'll hear on the radio, to old favourites, to original compositions from the choir. Each member of the Choir of High Hopes has a unique and amazing story to tell, and you will be uplifted by the joy and acceptance you will experience just by walking in the room. Join the choir to sing, or just to listen, and stay for afternoon tea with the choir. They'd love to meet you!

Tuesday 16th October 1:30pm–3:00pm

GA Wood Hall (behind Scots Memorial-Uniting Church), 29 Bathurst St, Hobart

Bookings: choirhighhopes@gmail.com
(close: 16/10)

OATLANDS

Glorious Wooden Foodie Things

Oatlands Community Shed

Come along and make something from wood for the food in your home. Possibilities include decorated spoons, a tray, a bowl (not turned but we have ideas), a cutting board, a food container or a trug for use in the garden. No experience required as we have plenty of help from enthusiastic helpers.

Monday 15th October 10:00am–4:00pm

Oatlands Community Shed, Glenelg St, Oatlands

RISDON VALE

Blundstone Boot Walk



National Seniors Australia Hobart Branch

Time for an enjoyable walk around Risdon Brook Dam again! Registrations open 10:15am. Then join us for a sausage sizzle, a cuppa and a bit of socialising before going home. All registered participants will go in the draw for a pair of Blundstone boots, courtesy of Blundstone Boots Pty Ltd.

Tuesday 16th October 10:15am–1:30pm

Colorbond Hut, Risdon Brook, Risdon Brook Dam
Enquiries: 0448 259 747

Come and Try Radio Yachting



Risdon Brook Radio Yacht Club

Radio yachting is a great way to enjoy the outdoors, meet new people, get some gentle exercise and learn some new skills. If you have sailed before you will feel right at home with these yachts – all races are sailed within the yachting rules and radio yachts are sophisticated and responsive craft. If you're new to sailing you will find club members very friendly and always keen to offer advice. We will offer the chance to sail the entry level DF95 yachts, and One Metre yachts – the most competitive class in radio yachting. Venue is open air and we sail in all conditions – please dress according to the weather. Suitable for everyone, including people with disabilities.

Wednesday 17th October 10:00am–2:00pm

Risdon Brook Dam, Risdon Vale
Enquiries: Robert on 0409 965 960

ROKEBY

Mastering Your Device



Rosny Library

Is your new device a bit of a puzzle? Learn how to use various functions on your mobile phone, iPad, tablet or other device. Classes run in small groups with friendly staff and local primary school students. Morning tea included.

Tuesday 16th October 9:30am–11:30am

Rokeby Neighbourhood Centre, 85 Tollard Drive
Bookings: <https://masteringyourdevicernh.eventbrite.com.au> | 6165 6448 (close: 15/10)

Introduction to Family History



Rosny Library

Do you need help researching your family history? Come along to a free introductory session at Rokeby Neighbourhood Centre. Afternoon tea included.

Wednesday 17th October 1:30pm–3:00pm

Rokeby Neighbourhood Centre, 85 Tollard Drive
Bookings: <https://familyhistoryrnh.eventbrite.com.au> | 6165 6448 (close: 17/10)
Enquiries: 6165 6446

ROSNY

Care Forward presents Shopping for a Healthy Body, Mind and Pocket



Care Assessment Consultants Pty Ltd

Care Forward health professionals will lead an interactive workshop and information session covering topics such as interpreting the information on food labels, making healthy choices on a budget, choosing between brands, pantry essentials, easy meal ideas and more. If you have felt unsure or overwhelmed by the information on food labels or wondered if you can achieve good nutrition on a budget, come to this workshop on how to make healthy choices when you go shopping. Bookings recommended as places are limited.

Wednesday 17th October 10:30am–12:30pm

Level 1, 6 Bayfield St, Rosny Park
Bookings: 1300 364 876 (close: 12/10)

Seniors Master Chef:

Enhance Your Nourishment



Care Assessment Consultants Pty Ltd

Join Care Forward dietitian Andrea Ortiz, in an interactive workshop on how to achieve optimal nutrition no matter how big or small your appetite is, with advice on delicious, nourishing snacks and drinks that a Master Chef would love. Learn how to make more with less and still maintain your health, even if you are cooking for one. Bookings recommended as places are limited.

Thursday 18th October 10:30am–12:00pm

Level 1, 6 Bayfield St, Rosny Park
Bookings: 1300 364 876 (close: 12/10)

Care Forward Open Day – Eating Well, Moving Well, Living Well

Care Assessment Consultants Pty Ltd

Come along and visit the Care Forward Wellness Centre and learn how we can work with you to improve your health and wellbeing. There will be displays, activities and information available on topics such as eating to prevent falls, exercising for strength and balance, using aids for cooking, continence services and much more. Exercise physiologists, an occupational therapist, dietitian, continence advisory nurse and other staff will be on hand for a cuppa and a chat.

Friday 19th October 10:00am–2:00pm

Level 1, 6 Bayfield St, Rosny Park

Bookings: 1300 364 876 (close: 12/10)

Cooking Demonstration with Special Guest

Rosny Library

Enjoy a delicious food demonstration, share ideas and enjoy a tasty treat.

Monday 15th October 2:00pm–4:00pm

Rosny Library, 46 Bligh St, Rosny

Bookings: 6165 6448 | rosny.library@education.tas.gov.au | <http://bit.ly/CookingWithSpecialGuest> (close: 15/10)

University Of The Third Age in Clarence

Clarence U3A

Clarence U3A invites interested people to attend classes on Monday 15th and Wednesday 17th October to find out what Clarence U3A may have to offer for them. To find out which classes are on and times please go to our website www.u3aclarence.com and click on “current term” to find all the relevant information re courses and times. Interested people are also invited to join us in room 6 at 10:25am for a free coffee or tea and biscuits. Clarence U3A is a co-operative learning community for retired and semi-retired people, run by volunteers on a non-profit basis. It is a great place to meet new people.

Monday 15th October 9:30am–1:00pm

Wednesday 17th October 9:30am–1:00pm

Rosny Library, Bligh St, Rosny

Small Edible Garden Planting

Rosny Library

Join us to gather ideas on how to create your own scrumptious edible garden that is easy to plant and maintain. One lucky participant will win their very own small edible garden to take home, thanks to Bunnings.

Tuesday 16th October 10:00am–12:00pm

Rosny Library, 46 Bligh St, Rosny

Bookings: 6165 6448 | rosny.library@education.tas.gov.au | <http://bit.ly/SmallGardenPlanting> (close: 16/10)

The World of Online Recipes

Rosny Library

Have you ever wanted the recipe for something and just haven't been able to find the right one? We will introduce you to the wonderful world of online, eBook and eMagazine recipes. Bring your own device or borrow one of our laptops.

Friday 19th October 10:00am–11:00am

Rosny Library, 46 Bligh St, Rosny

Bookings: 6165 6448 | rosny.library@education.tas.gov.au | <http://bit.ly/SWOnlineRecipes> (close: 19/10)

Golf for Seniors with Morning Tea and Free Coaching

YMCA of Hobart

Join us for a cuppa, a pastry and fruit platter to celebrate Seniors Week with a group of like-minded people who love their golf and enjoy a chat. Get some tips on your chipping and putting.

Wednesday 17th October 10:00am–12:00pm

Rosny Park Golf YMCA, Rosny Hill Rd, Rosny Park

Legalities for Seniors

Legal Aid Commission of Tasmania

This presentation by Legal Aid will cover the major legal issues faced by seniors, planning for your future and why, when and how to get help. Come and have a cuppa and have your questions answered!

Wednesday 17th October 2:00pm–4:00pm

Rosny Library, 48 Bligh Street, Rosny

Bookings: 6236 3800 | cle@legalaid.tas.gov.au (close: 8/10)

SANDY BAY

Croquet for Fun and Fitness



Sandy Bay Croquet Club

Join us to try the fascinating sport of croquet. Enjoy the fun and companionship of social play or the stimulation of competition – either way croquet is addictive. Equipment and instruction supplied.

Thursday 18th October 2:00pm–3:30pm

Sandy Bay Croquet Club, 4 Long Point Rd, Sandy Bay
Bookings: 0439 635 806 | sandybaycroquetclub@gmail.com (close: 15/10)

LIMBA Dance Fitness for Seniors



Limba4Life

LIMBA DanceFit is exercise disguised as FUN! The dance moves are easy-to-follow and the popular latin, pop and world tunes will have you singing along and smiling. This low-impact dance class is designed especially for seniors and people with restricted mobility. Make new friends, have a ball and improve your fitness, strength and balance. See you on the LIMBA dance floor!

Tuesday 16th October 10:00am–11:00am

Sandy Bay Senior Citizen's Hall, 23 Lambert Ave
BYO: Water bottle and non-grippy sneakers
Cost: Free for new participants
Enquiries: 0434 049 190 | limba4life@gmail.com

LIMBA Chair Stretch Class for Seniors



Limba4Life

Limba Stretch is a stretch class with a difference! We use chairs for sitting and standing balance, stretch and strength exercises that are set to enjoyable music to keep you smiling. This low-impact class is designed especially for seniors and people with restricted mobility. Improve your flexibility, energy and stability, make new friends and have fun. Let's get LIMBA!

Wednesday 17th October 10:00am–11:00am

St Stephens Church Hall, 520 Sandy Bay Rd
BYO: Yoga mat, soft blanket and water bottle (and bare feet!) Limited mats available to use – please phone beforehand to secure one.
Cost: Free for new participants
Enquiries: 0434 049 190 | limba4life@gmail.com

LIMBA Iconic Dance Class for Seniors



Limba4Life

LIMBA Iconic is a dance trip down memory lane! Learn the iconic dance moves of your favourite songs from the Fabulous 50s, Swinging 60s, Disco 70s, Rocking 80s and more. This low-impact dance class is designed especially for seniors and people with restricted mobility. Make new friends, have a ball and improve your fitness, strength and balance. At LIMBA Iconic, the focus is on FUN!

Thursday 18th October 10:00am–11:00am

Venue: St Stephens Church Hall, 520 Sandy Bay Rd
BYO: Water bottle and non-grippy sneakers
Cost: Free for new participants
Enquiries: 0434 049 190 | limba4life@gmail.com

Pétanque in the Park



Hobart Pétanque Club

Known around the world as *Boules* this fast growing sport is very popular with seniors. Pétanque is lots of fun, easy to learn and gentle on the body. Boules and helpful instruction will be provided, with a sausage sizzle to follow. Good sturdy shoes and warm clothing are recommended.

Monday 15th October 12:30pm–2:30pm

Sandy Bay Piste, Long Point Rd Sandy Bay Reserve
Bookings: 0427 437 346 | gn.mcdowall@bigpond.com (close: 12/10)
Enquiries: 6243 7346

Food, Glorious Food with Fabulous Fibre!



Cancer Council Tasmania

Join us for lunch at the new Cancer Council Tasmania's Southern Support Centre with delicious minestrone soup and bread. Check out our new centre, learn about the benefits of fibre for cancer prevention, and pick up some simple recipes. Find out about the National Bowel Cancer Screening Program, and what are the signs and symptoms of bowel cancer.

Thursday 18th October 12:00pm–2:00pm

Cancer Council Tasmania Support Centre, 15 Princes St
Bookings: 6169 1900

Open Night at the Mah Jong Club ★

Mah Jong Club of Hobart

Come to our open night and observe members at play, join in, and/or have a free lesson. Supper included!

Monday 15th October 7:00pm–10:00pm

Sandy Bay Senior Citizens Club, 23 Lambert Avenue

Enquiries: Trish Parnham on 0407 533 331

Boules at the Bay ★

Bayside Boules Pétanque Club Inc.

Come and have a game of boules or pétanque with Bayside Boules Pétanque Club. It's a game that anyone can play, requiring minimal athletic skill other than the ability to throw a ball. The game is playable for all ages. Pétanque is simple, easy to learn, and a great way to make new friends! Whether you wish to play leisurely or competitively, you're bound to have fun.

Tuesday 16th October 1:30pm–2:30pm

Pétanque Piste, Long Point Rd, Sandy Bay

SORELL

Causeway Club

Causeway Club

This is a day club held in Sorell every second Thursday. We play games, laugh, have morning tea and lunch.

Thursday 18th October 9:30am–1:30pm

Sorell RSL Rooms, Cole St, Sorell

Cost: \$8 to cover lunch costs

Bookings: 0409 047 456 | jenoates@hotmail.com
(close: 10/11)

The World of Online Recipes ★

Sorell Library

Have you ever wanted the recipe for something and just haven't been able to find the right one? This session introduces you to the wonderful world of online recipes, including Libraries Tasmania eBooks and eMagazines. Morning tea provided.

Wednesday 17th October 10:00am–12:00pm

Sorell Library, 25 Cole St, Sorell

Bookings: sorell.library@education.tas.gov.au |
6165 6452 (close: 16/10)

Mastering Your Digital Device ★

Sorell Library

Is your new device a bit of a puzzle? Learn how to use various functions on your mobile phone, iPad, tablet or other device. Classes run in small groups with friendly staff and local high school students. Morning tea provided.

Friday 19th October 10:30am–11:30am

Sorell Library, 25 Cole St, Sorell

Bookings: sorell.library@education.tas.gov.au
| 6165 6452 (close: 18/10)

Tea and Tell

Mary Eleanor Natural Funeral Care

Over a simple cup of tea and a scone we take an informal relaxed look at end of life wishes and the myriad of choices available in after death and funeral care now available in Tasmania.

Friday 19th October 10:30am–12:00pm

Sorell Bowls and Community Club, 11 Parsonage Place

Cost: Adults \$8, Seniors \$5

Bookings: 0416 222 593 | info@maryeleanor.me
(close: 15/10)

Seniors Week Luncheon ★

Sorell Council

Luncheon in collaboration with one of Sorell's community groups.

Wednesday 17th October 11:00am–3:00pm

Sorell Memorial Hall, 47 Cole St, Sorell

Bookings: sorell.council@sorell.tas.gov.au |
6269 0000 (close: 10/10)

SEC Care Community Expo 2018 ★

South Eastern Community Care

For the third year running, South Eastern Community Care (SEC Care) is proud to host a Community Expo to pay homage to our seniors, the health and community services industry, and the wider Tasmanian community. The expo will feature a free sausage sizzle, Devonshire Tea, live music, family-friendly activities, health literacy talks, and over 25 stalls from Tasmania's leading health and community organisations.

Saturday 20th October 11:00am–2:00pm

12 Somerville St, Sorell

SOUTH HOBART

Healthy Food Options Talk and Tour



Vaucluse Gardens

Enjoy a fresh morning tea with Vaucluse Garden residents and learn about creating and maintaining healthy food and lifestyle options. A stroll of the grounds and village will follow.

Wednesday 17th October 10:00am–12:00pm

Village Reception, Vaucluse Gardens, 319 Macquarie St, South Hobart

Bookings: 6221 5499 | sales@baldwinliving.com.au
(close: 12/10)

South Hobart Spinners



South Hobart Spinners

Ever wanted to try spinning? Our friendly and sociable group will be available to show you how to get started to create wonderful homemade articles for your family and friends. Knitters are also welcome.

Thursday 18th October 11:00am–2:30pm

St Francis Xavier Church Hall, Entrance off Anglesea St, South Hobart

TAROONA

Seniors Week at the Shot Tower

The Shot Tower

The Shot Tower offers seniors free entry to The Shot Tower and Museum during Seniors Week, as well as a 25% discount on fine china Devonshire Teas (consisting of a hot drink, 2 homemade scones, jams and cream), to be enjoyed in the 148 year-old Tower Tearoom or Tower Garden dining.

Thursday 18th October 10:00am–4:00pm

Friday 19th October 10:00am–4:00pm

Saturday 20th October 10:00am–4:00pm

Sunday 21st October 10:00am–4:00pm

The Shot Tower, 318 Channel Hwy, Taroonna

WARRANE

Something Different From Somewhere Different



Warrane Mornington Neighbourhood Centre

Seniors Week is all about *Food, Glorious Food*. The centre will be presenting something different from its regular lunches.

Wednesday 17th October 12:00pm–1:30pm

Warrane Mornington Neighbourhood Centre, 150a Bligh St, Warrane

Bookings: 6244 6346 | warranec@bigpond.com
(close: 7/10)

Badminton for Seniors



Badminton for Seniors

Need to refresh and sharpen up your appetite? Easy! Join our fast moving group and chase a “birdie” or two.

Tuesday 16th October 10:00am–11:30am

Sports Centre, Bligh St, Warrane

WEST HOBART

Chair Pilates Tasters



Fern Leaf Pilates

Do you have an appetite for Pilates but your knees or hips can't stomach getting down or up off the floor? Then come and try some Pilates taster sessions on and around the chair. Each session will run for 50 to 60 minutes and have a particular flavour: “Catch Your Breath” on Monday, “Explore Your Core” on Tuesday, “Unfurl Your Spine” on Wednesday, “Find Your Feet” on Thursday and “Quench Your Thirst for More Pilates” on Friday. There is no charge for participants but a donation in support of the National Breast Cancer Foundation would be appreciated. Bookings are required as classes are very small. All classes are gentle and deliberately paced to be palatable for beginners as well as those with some movement experience.

**Monday 15th–Friday 19th October,
10:00am–11:00am, 2:00pm–3:00pm**

Fern Leaf Pilates, 5a Summerhill Rd, West Hobart
Bookings: 0406 713 698 weekdays 3pm–5pm | andrea.n.pilates@gmail.com (close: 12/10)

WEST MOONAH

Heart Foundation Walking Group ★

West Moonah Community House

Join us for a lovely morning walk.

Monday 15th October 9:15am–10:15am

130 Springfield Avenue, West Moonah

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 12/10)

Paella Cooking Class

West Moonah Community House

Come and join Chef Jose for a delicious paella cooking class.

Monday 15th October 6:30pm–8:30pm

130 Springfield Avenue, West Moonah

Cost: \$15

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 8/10)

Community Quiz Luncheon

West Moonah Community House

Come along and enjoy a delicious two-course meal and have fun with Kaye our Quiz Master.

Tuesday 16th October 12:30pm–2:30pm

130 Springfield Avenue, West Moonah

Cost: \$15

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 8/10)

Mystery Bus Tour

West Moonah Community House

Join Maureen on a Mystery Bus Tour. Please bring extra money for lunch and morning tea.

Wednesday 17th October 9:30am–3:00pm

130 Springfield Avenue, West Moonah

Cost: \$10

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 1/10)

Photography 101

West Moonah Community House

Join our photography expert Sarah for Photography 101. BYO camera.

Thursday 18th October 10:00am–1:00pm

130 Springfield Avenue, West Moonah

Cost: \$15

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 8/10)

Fun up at the Community Shed

West Moonah Community House

Come along to our Community Shed and make yourself a cheese board and cheese knife.

Friday 19th October 9:00am–12:00pm

130 Springfield Avenue, West Moonah

Cost: \$10

Bookings: 6273 2362 | info@

westmoonahcommunityhouse.com (close: 8/10)

Staying Active – Group Exercise Class

Freedom Health & Wellness

The Staying Active classes at Freedom Health & Wellness are a low to moderate intensity exercise class, which may incorporate hand-held weights, balls and resistance bands.

Improves strength, coordination and balance and is a great excuse to socialise with others!

Classes are conducted with qualified and insured fitness professionals with additional older adult training. If you are looking for a fun and supportive environment to get fitter and stronger, this is the class for you! Classes at the Golden Years Club are free during Seniors Week to participants who are not already accessing these services.

Monday 15th October 11:00am–12:00pm

West Moonah Community House, 130 Springfield Ave, West Moonah

Cost: \$3

Poached eggs, avocado and feta toast

How long will it take?
10 minutes

How many will it serve?
2 people

What do I need?

- * 2 tbsp white wine vinegar
- * 2 large eggs
- * 1 avocado
- * 50g feta
- * 1 tsp chilli flakes
- * juice ½ lemon
- * 2 slices of sourdough

How do I make it?

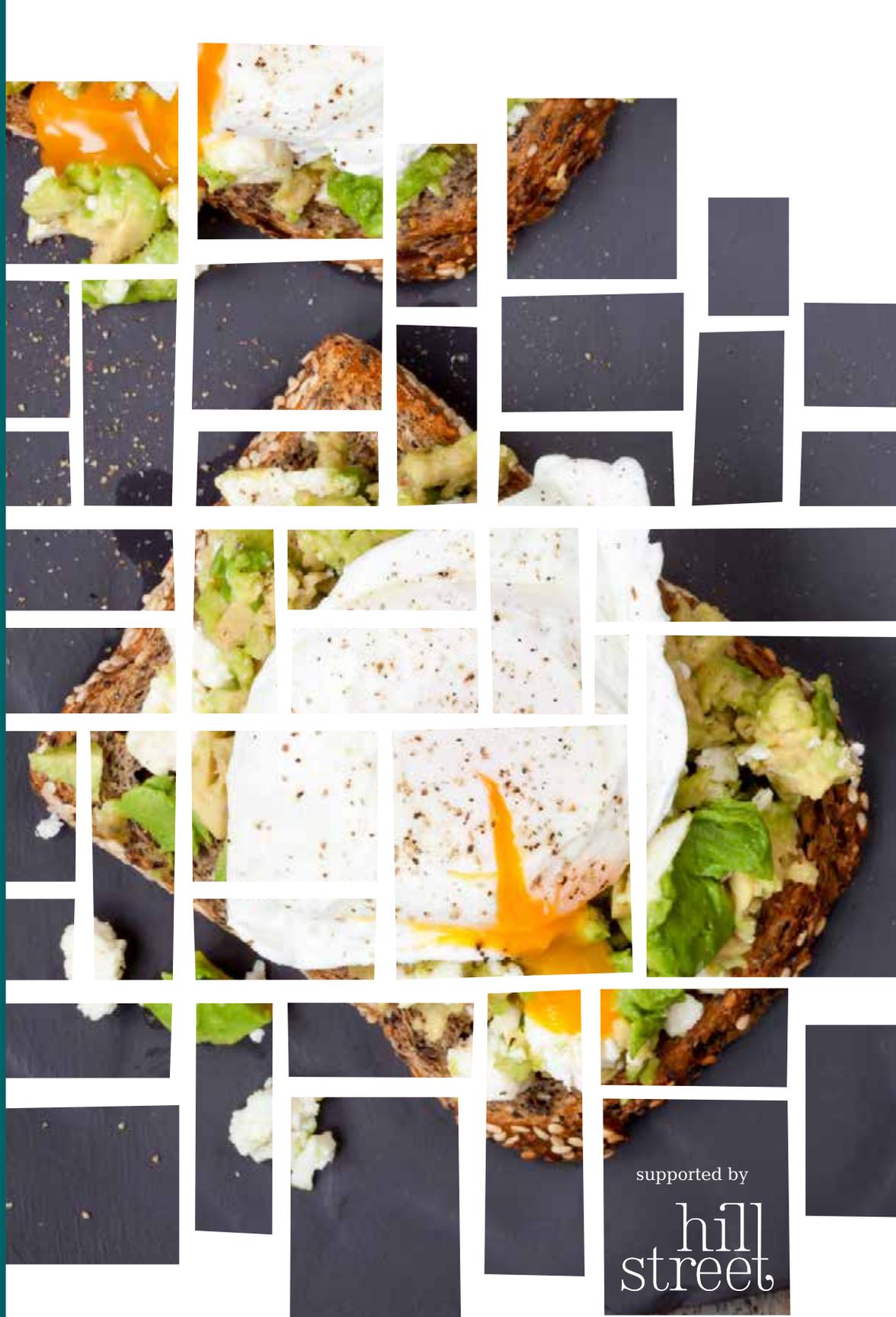
Fill a large saucepan with water, add the vinegar and bring to a hard boil over a high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl the water into a whirlpool. Crack in both eggs and cook for 2½ mins.

Meanwhile, in a small bowl, mash the avocado, feta, chilli flakes and lemon juice, and season well with black pepper. Toast the bread.

Pile the avocado and feta on the toast, then put a poached egg on top of each.

RECIPE
SUPPLIED BY

hill
street



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Events in the North

BEACONSFIELD

West Tamar Diabetes Support Group

West Tamar Diabetes Support Group

Healthy eating – find out what are the best choices, and take away some easy and quick recipes to prepare at home.

Wednesday 17th October 1:30pm–3:00pm

Beaconsfield Neighbourhood House, 33 Grubb St
Bookings: sandra.hodge1@bigpond.com |
0429 777 870 (close: 10/10)

BEAUTY POINT

Discounted Seahorse World Tour and Free Tea or Coffee

Seahorse World

Come and enjoy a guided tour of Tasmania's unique seahorse farm with 10% off full adult price *and* a free tea, coffee or hot chocolate if you mention Seniors Week.

Monday 15th October 10:00am–4:00pm

Tuesday 16th October 10:00am–4:00pm

Wednesday 17th October 10:00am–4:00pm

Friday 19th October 10:00am–4:00pm

Saturday 20th October 10:00am–4:00pm

Sunday 21st October 10:00am–4:00pm

Inspection Head Wharf, Beauty Point

Cost: Concession \$19.80; Adult \$22, Child \$9.50

BICHENO

Tiffin in the Garden – Bicheno Community Garden

Makers Creators Co-op and Community Garden

Join us for tea tastings and snacks made from herbs and produce grown in our community garden.

Sunday 21st October 10:00am–1:00pm

Makers Creators (Behind I Sea Scoops), 69D Burgess St
Enquiries: 0413 411 714

BRIDPORT

Making Melodies in Bridport Melody Makers

A fun afternoon of singing with a slap-up afternoon tea.

Tuesday 16th October 1:00pm–3:00pm

Uniting Church, Main St, Bridport

CAMPBELL TOWN

Tastes from Around the World Luncheon Campbell Town Health & Community Service

Staff from a variety of diverse backgrounds at Campbell Town Health & Community Service will provide a wonderful cultural dining experience for community members by making international dishes.

Wednesday 17th October 11:30am–2:30pm

Campbell Town Health & Community Service,
70 High St, Campbell Town

Cost: \$10 Bookings: 6774 8000 (close: 15/10)



CHILDREN DON'T JUDGE PEOPLE
BY HOW OLD THEY ARE

#RethinkAgeing

this is me playing marbles with granny.

COLES BAY

Wineglass Bay Cruise

Wineglass Bay Cruises

Experience the exquisite beauty of Wineglass Bay on the Freycinet Peninsula aboard the *Schouten Passage 11*, a 150 seat catamaran, on this 4.5 hour eco-cruise with award-winning Wineglass Bay Cruises. The journey is spectacular – you will experience stunning scenery including sheer granite cliffs, abundant wildlife and a rare, intimate perspective of one of Tasmania's most extraordinary places. At anchor in Wineglass Bay, you'll have time to absorb the true peace of this beautiful place as you are served a Tasmanian seasonal grazing platter for lunch. Taste local beverages and cool climate wines for purchase in nature's best wine bar in the wilderness. The Vista Lounge boasts floor-to ceiling windows, comfortable indoor and spacious outdoor viewing decks. The tour includes sight-seeing: dolphins seals, migrating whales and interesting commentary of the area's history. Vista Lounge: Lunch included. Drinks and snacks can be purchased from the bar/galley. Sky Lounge: Morning and afternoon tea. Tasmanian seafood tasting platter– Tasmanian seasonal grazing platter (lunch), Tasmanian East Coast wines and beers, access to the bridge to speak with the skipper (recommended good mobility as stairs involved). Please check-in at the office by 9:30am. Free parking is available and warm jackets are provided if needed.

Monday 15th October 10:00am–2:30pm

Tuesday 16th October 10:00am–2:30pm

Wednesday 17th October 10:00am–2:30pm

Thursday 18th October 10:00am–2:30pm

Friday 19th October 10:00am–2:30pm

Saturday 20th October 10:00am–2:30pm

Sunday 21st October 10:00am–2:30pm

Office 1, The Jetty, Coles Bay

Cost: Vista – Seniors \$112.50, Adults \$150

Sky Lounge – Seniors \$165, Adults \$220

Bookings: 6257 0355 | info@wineglassbaycruises.com (close: 21/10)

DELORAINE

Seniors Week Discount at Cycles @ the Empire Hotel



Seniors Week discount at Cycles @ the Empire Hotel available for lunch during Seniors Week. Wednesday night is seniors discount night every week at Cycles @ the Empire.

Tuesday 16th October 11:30am–2:30pm

Wednesday 17th October 11:30am–2:30pm

Thursday 18th October 11:30am–2:30pm

Friday 19th October 11:30am–2:30pm

Saturday 20th October 11:30am–2:30pm

Sunday 21st October 11:30am–3:00pm

Cycles @ the Empire, 19 Emu Bay Rd, Deloraine

Yarns Artwork in Silk

Great Western Tiers Visitor Centre

Be amazed and inspired by this textile treasure. A story of the Meander Valley told in 4 silk panels based around the four seasons.

Monday 15th October 9:30am–4:00pm

Tuesday 16th October 9:30am–4:00pm

Wednesday 17th October 9:30am–4:00pm

Thursday 18th October 9:30am–4:00pm

Friday 19th October 9:30am–4:00pm

Saturday 20th October 9:30am–4:00pm

Sunday 21st October 9:30am–4:00pm

Great Western Tiers Visitor Centre,
100 Emu Bay Road, Deloraine

Cost: \$8 (includes entry to the Deloraine & Districts Folk Museum)

FLINDERS ISLAND

Beachfront Shack Holiday

Sawyers Bay Shacks

Sawyers Bay Shacks is offering 25% off our full rate for seniors during seniors week (and for all dates prior). Come and see why everyone is talking about Flinders Island, this little unknown gem in Bass Strait.

Monday 15th October–Sunday 21st October

Bookings: 0411 255 179 | sawyersbayshacks@bigpond.com | www.sawyersbayshacks.com.au (close: 31/10)

FRANKFORD

Variety Concert

Frankford Memorial Hall

A fun musical afternoon featuring singalong of well known songs, exciting local talent and much more. Includes a home-made afternoon tea.

Thursday 18th October 1:30pm–3:30pm

Frankford Memorial Hall, Frankford Rd, Frankford

Cost: \$10 includes afternoon tea

Bookings: 6396 1295 (close: 15/10)

GEORGE TOWN

Seniors Week Concert

George Town Council

An afternoon of fun entertainment from local community members, organisations and the Council. Guests will be fully entertained with a program of song and dance routines. All guests will be invited to remain for afternoon tea.

Thursday 18th October 1:30pm–3:00pm

George Town Memorial Hall, Macquarie St

Cost: \$5

GRAVELLY BEACH

Reiki Therapy

Wellness on Tamar

Reiki is a complementary 'hands-on' therapy which aims to support and enhance the quality of life of a person through improving their well-being. It works holistically addressing body, emotion, mind and spirit. It is simple and unobtrusive and is mostly experienced as a gentle tingling warmth. It strengthens the body's flow of energy. Reiki is quiet, gentle, safe and leaves one feeling relaxed and more at peace, often allowing one to experience greater clarity of mind and a sense of empowerment.

Wednesday 17th October 9:00am–11:55am

Thursday 18th October 9:00am–11:55am

Home therapy room, 313 Gravelly Beach Rd

Bookings: 0422 981 698 (close: 30/9)



GRINDLEWALD

Buffet Lunch with Words and Wine

West Tamar Arts Group Inc

A glass of bubbles and a delicious leisurely buffet lunch accompanied by a reading and talk from a local author who has written two books about her life in Tasmania and the establishment of a farm that produces a delicious product – and the sometimes comedic and sad moments that eventuate from this venture.

Friday 19th October 12:00pm–2:30pm

Alpenrose Lakeside Bistro, & Waldhorn Drive

Cost: \$40

Bookings: 0418 271 903 | wtag1194@gmail.com

(close: 10/11)



*it starts with
a smile...*

AT HILL STREET WE DO ALL
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HAPPY ONE.

FROM A WARM, WELCOMING
SMILE TO CARRYING YOUR
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GENUINE, FRIENDLY, REAL
CUSTOMER SERVICE SO YOU
LEAVE US FEELING HAPPY.

BECAUSE MAKING YOUR
SHOPPING EXPERIENCE EASY,
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IT STARTS WITH HILL STREET.

LONGFORD | 9 WELLINGTON ST | 63911409



HILLSTREETGROCER.COM

hill
street

KINGS MEADOWS

Hearing Help for Out and About! Australian Hearing

Want to experience the technology available around hearing loss? We have a big range to show you – from telephones to alerting systems, headphones for TV to personal amplifiers and much more! Come and talk to our friendly team and enjoy a morning tea on us!

Monday 15th October 11:30am–1:00pm

Australian Hearing Kings Meadows, 149B Hobart Rd
Bookings: 6340 3400 (close: 8/10)

Mindful of Your Medication Older Persons Reference Group (OPRG)

Come and hear from a pharmacist about safe storage and disposal of medications. You are welcome to ask the pharmacist questions.

Tuesday 16th October 10:00am–12:00pm

Launceston Community Health Centre, Joan Marshall Wing, McHugh Street, Kings Meadows

Active Ageing Exercise Class Active Ageing

Enjoy easy, low-impact exercises to music with friendly seniors. Strengthen your muscles; improve your balance and co-ordination – get started on your fitness again.

Tuesday 16th October 3:30pm–4:30pm

Kings Meadows Health Centre, McHugh St
Cost: \$10
Bookings: 6330 1572 (close: 10/12)

YMCA Senior Sports Spectacular YMCA of Launceston Inc

Participants will form teams and compete in various activities for the Mind, Body & Soul! This is the 3rd year for this annual event and its guaranteed to make you smile amongst friends! Soup and sandwiches for lunch included.

Wednesday 17th October 10:30am–2:30pm

YMCA, 8a Blaydon St, Kings Meadows
Cost: \$10
Bookings: 6344 3844
| reception@ymcalaunceston.org (close: 11/10)

LAUNCESTON

Food for Thought Care Forward

Do you find preparing nutritious meals or accessing your local supermarket a challenge? Do you have positive experiences or problem solving tips you would like to share? Your thoughts, hints, tips and ideas will be collated to produce a handy information booklet for senior Tasmanians, family members, and carers in our community.

Tuesday 16th October 9:00am–2:30pm

Meadow Mews Plaza, Hobart Rd, Kings Meadows
Enquiries: anita.gray@careforward.com.au |
1300 364 876

Celebrating Seniors Morning Tea and Information Session City of Launceston

Come and enjoy a cuppa and hear about what the Council offers seniors in Launceston.

Thursday 18th October 10:00am–11:30am

Civic Square, Launceston
Bookings: 6323 3381 | community.development@
launceston.tas.gov.au (close: 8/10)

Australian Hearing Bus at Bunnings Australian Hearing

Having trouble hearing your loved ones in the cafe or restaurant? Do you have trouble hearing people unless they are facing you? If you answered yes to any of the questions, celebrate Seniors Week 2018 on the Australian Hearing Bus – hop aboard for a free 15 minute hearing check and chat about your hearing health. Suitable for all adults over 18 years old. Wheelchair access available.

Monday 15th October 10:00am–3:00pm

Bunnings North Launceston, Corner Lindsay St & Goderich St, Launceston

Knit and Nibble

Needles Knits and Wool

Join us to knit or sew together squares to make blankets for the ABC Giving Tree. Home-cooked food and hot drinks provided. Bring knitting and sewing needles and crochet hooks. If you are a knitter, start knitting squares now – 25 cm squares and 8 ply wool. Wool and squares will be available on the day.

Tuesday 16th October 10:00am–4:00pm

Needles, Knits and Wool, 150 Charles St



Getting Started Researching Your Family History

Tasmanian Family History Society Inc., Launceston Branch

Register for a one-on-one, 1 hour appointment, to help get you started with your family history research.

Thursday 18th October 10:00am–3:00pm

City Park Stables, 45 Tamar St, Launceston
Bookings: 6326 1399 | lnttasfh@bigpond.com
(close: 10/10)



Free Hearing Test or 7 Day Trial

Maria Brown Hearing Clinic

Some things are worth too much to lose. Join us this Seniors Week to learn about your hearing with a free hearing test, and get information on the next generation of solutions to hearing loss. Plus, the first 25 participants will receive a free 7 day trial of the incredible new Nx platform.

Thursday 18th October 9:00am–5:00pm

9 Innes St, Launceston
Bookings: 1300 797 519 | team.mbhc@live.com.au
(close: 19/10)



Afternoon Tea with Your Smart Phone

Launceston Community FM Group Inc (City Park Radio)

Visit City Park Radio for your opportunity to learn a little more about your smart phone – Android or Apple – some tips about the phone and various phone plans (sessions at 1:30pm and 2:30pm)... and perhaps enjoy a slice of apple cake and tea as well.

Saturday 20th October 1:00pm–4:00pm

City Park Cottage, 43 Tamar St, Launceston
Bookings: 6334 3344 (close: 19/10)



Croquet – Come and Try

East Launceston Croquet Club

An introduction to croquet an easy to learn, enjoyable sport, suitable for all ages. Groups welcome. All equipment available, need to wear flat soled shoes. Refreshments provided after session.

Monday 15th October 10:00am–12:00pm

East Launceston Croquet Club, Cnr. High and Adelaide St, Launceston
Enquiries: lee-tee@bigpond.com | 0439 310 070



Legalities for Seniors

Legal Aid Commission of Tasmania

This presentation by Legal Aid will cover the major legal issues faced by seniors, planning for your future and why, when and how to get help. Come and have a cuppa and have your questions answered!

Tuesday 16th October 10:00am–12:00pm

Launceston Conference Centre, 50 Glen Dhu Street
Bookings: 6236 3800 | cle@legalaid.tas.gov.au
(close: 8/10)



Hearing Help for Out and About

Australian Hearing

Want to experience the technology available around hearing loss? We have a big range to show you – from telephones to alerting systems, headphones for TV to personal amplifiers and much more! Come and see us at Australian Hearing – Launceston to talk to our friendly team and enjoy a morning tea on us!

Tuesday 16th October 11:00am–12:30pm

Australian Hearing Launceston, 63-65 Cameron St,
Bookings: 6332 4700 (close: 9/10)



Are you interested in Getting Connected?

COTA Tasmania is offering free sessions to older Tasmanians on how to choose a phone/tablet/laptop or computer and a corresponding plan (telephone or data). Call Keree Rose or Annette Horsler on 6231 3265.

Life is Short, Be Prepared: Day Long Symposia with a Solicitor Launceston Community Legal Centre

Join us for a day of talks – *Wills/Before Death after Death* (Sarah House, Solicitor with Launceston Community Legal Centre), *What exactly is Palliative Care?* and *Advanced Care Directives* (Sharon King, Palliative Care Tasmania), and *Succession planning/ Centrelink considerations* (David Murray, Financial Information Service Officer with the Department of Human Services (Centrelink). Morning and afternoon tea provided.

Thursday 18th October 10:00am–3:30pm
Cancer Care Centre, Howick St, Launceston
Bookings: 6334 1577 (close: 16/10)

Guided Walking Tour at Cataract Gorge

Walk Cataract Gorge

Enjoy the fresh air and a stroll around First Basin. Learn about the geological formation of the basin, the unique flora including a foliage tasting, and the native and exotic fauna. Hear about European exploration into the gorge and the transformation into the picturesque grounds of today.

Every day 11:30am–12:30pm
First Basin, 74-90 Basin Rd, West Launceston
Bookings: www.walkcataractgorge.com.au |
0434 359 818 (please leave a message) |
info@walkcataractgorge.com.au (bookings close at
10:00am on the day prior to each walk)

LEGANA

Line Dancing for Beginners Peter O'Shea Line Dancing

Learn the basics of line dancing. Easy step by step instruction. Your first step to fun, fitness and friendship.

Tuesday 16th October 10:30am–11:30am
Legana War Memorial Hall, 43 Fulton St, Legana



LILYDALE

Speed Chats Morning Tea City of Launceston

Join students from Lilydale District School and older people at the Speed Chats Morning Tea. Chat to others about what is important living, working or going to school in Lilydale and be treated to a morning tea hosted by Lilydale District School and Lilydale CWA.

Wednesday 17th October 10:30am–11:30am

Lilydale District School Performing Arts Centre,
1947 Main Rd, Lilydale
Bookings: 6323 3381 | community.development@launceston.tas.gov.au (close: 8/10)



LONGFORD

Rhododendron/Camellia/Azalea Growing with Neil Hardstaff Longford Uniting Church

Learn all about growing Rhododendrons, Camellias and Azaleas and get answers for your problems with these plants. Light supper to follow.

Wednesday 17th October 7:30pm–9:00pm

Longford UCA Hall, 3 High St, Longford
Bookings: 0417 526 346 | tmtymms@gmail.com
(close: 12/10)



Woolmers Estate Rose Garden Woolmers Estate

Come and view our wonderful Rose garden which is located on site at Woolmers Estate. The Rose garden is located on the site of a former orchard with literally thousands of roses. This garden displays one of the most spectacular collections within Tasmania.

Monday 15th–Sunday 21st Oct 9:30am–4:00pm

Woolmers Estate, 658 Woolmers Lane, Longford
Cost: Self-guided tour of outbuildings, grounds and gardens – \$16 Adult, \$14 Seniors, \$5 Children, \$10 Student, \$35, Family (2 adults + 2 children), \$14 group over 10



I choose Community Based Support because...

"THESE PEOPLE HAVE BECOME FRIENDS AND MAKE A HUGE DIFFERENCE TO OUR LIVES"

Harry, 78 & Nella, Community Based Support Worker



PROUDLY TASMANIAN
for 30 years

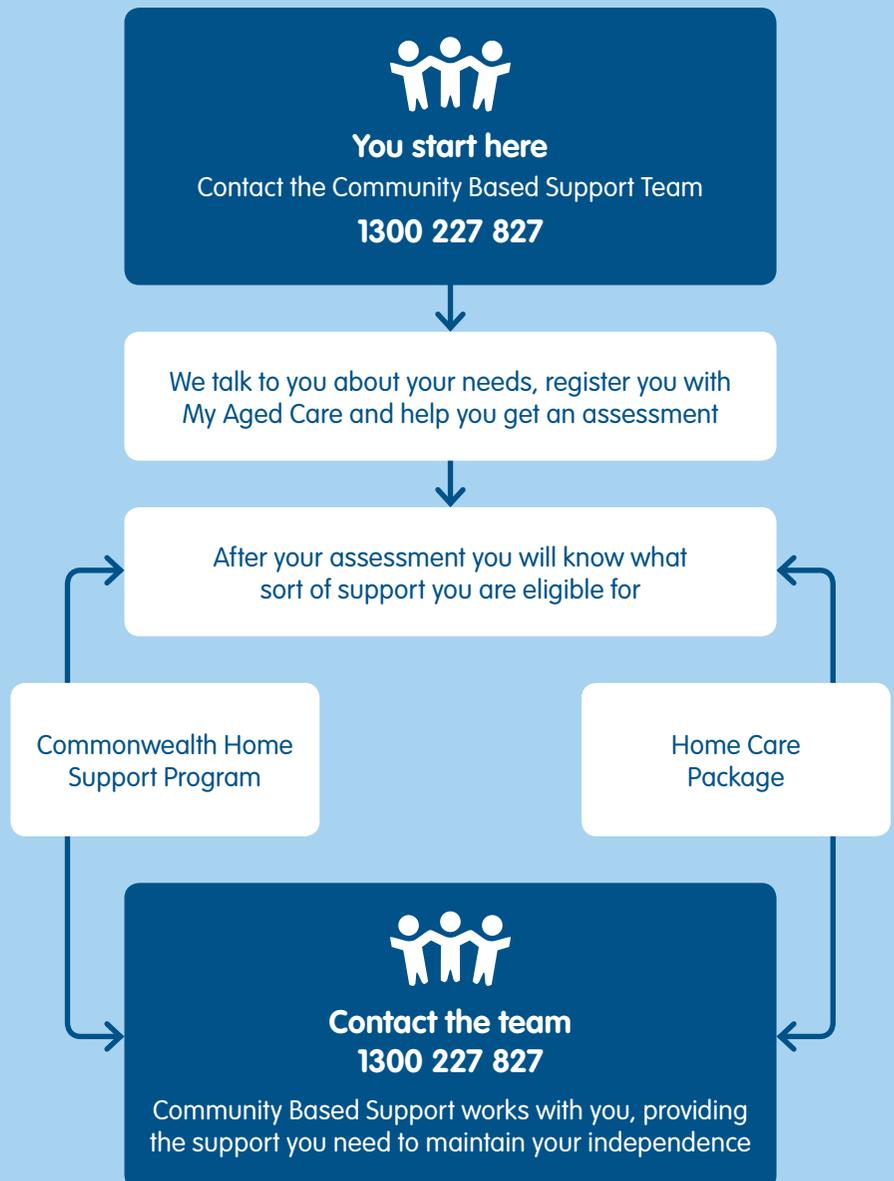
Home Care Packages

A Home Care Package provides individually planned and coordinated support to meet you daily care needs.

At Community Based Support we will work with you to achieve the best results. From making the initial My Aged Care referral to designing a package tailored to meet your individual needs, we will be with you through your journey.

Call Nikole or the Community Based Support Team

1300 227 827
(1300 CBS TAS)
cbsaust.org.au



Healthy Hearts

Health Revival Longford

Healthy Hearts is an exercise class held at Health Revival Longford. This class has been designed around what our 45+ year old members wanted... fun, fitness and low impact! The class assists you with toning, heart health, brain stimulus and balance through grooving to some older tunes and throwing in a few exercises to increase every day strength! Come along 10 minutes before your first class to fill in a Pre-Exercise Screening Form. We are situated across the road from Longford Primary School.

Monday 15th October 10:00am–11:00am

Wednesday 17th October 10:00am–11:00am

Friday 19th October 10:00am–11:00am

Health Revival Longford, 8 Burghley St, Longford
Cost: \$5, first class free!

Woolmers Estate Guided and Self-Guided Tours

Woolmers Estate

Enjoy a guided tour through the main house and experience a journey through time and marvel at the variety of possessions accumulated over six generations by the Archer family. Or you can wander the grounds and gardens at your own leisure with the assistance of an informative illustrated guide.

Monday 15th October 9:30am–4:00pm

Tuesday 16th October 9:30am–4:00pm

Wednesday 17th October 9:30am–4:00pm

Thursday 18th October 9:30am–4:00pm

Friday 19th October 9:30am–4:00pm

Saturday 20th October 9:30am–4:00pm

Sunday 21st October 9:30am–4:00pm

Woolmers Estate, 658 Woolmers Lane, Longford
Cost: Guided house tour of main house and self-guided tour of out-buildings, grounds and gardens – Adult \$22, Seniors \$20, Children \$7, Student \$14, Family (2 adults + 2 children) \$50, \$20 Group over 10
Self-guided tour of outbuildings, grounds and gardens – \$16 Adult, \$14 Seniors, \$5 Children, \$10 Student, \$35 Family (2 adults + 2 children), \$14 Group over 10



MAYBERRY

Mole Creek Caves

Parks and Wildlife Service

Take a tour of Marakoopa or King Solomons Cave and experience the majestic world below our feet. You will see beautiful crystal formations, underground river systems and see amazing creatures that have evolved to live in a world without light. With 3 different tours on offer you can select which one best suits your level of fitness. Additional information at www.parks.tas.gov.au.

Monday 15th October 9:30am–4:00pm

Tuesday 16th October 9:30am–4:00pm

Wednesday 17th October 9:30am–4:00pm

Thursday 18th October 9:30am–4:00pm

Friday 19th October 9:30am–4:00pm

Saturday 20th October 9:30am–4:00pm

Sunday 21st October 9:30am–4:00pm

Mole Creek Caves, 330 Mayberry Rd, Mayberry
Cost: Adults \$19, Seniors \$15.50, Children \$9.50

NORWOOD

Regis St Party Celebration

Regis Tasmania

To celebrate Seniors Week 2018, we are kicking off with a Street Party! Join us at this free, family-friendly community event. Wander through the retirement village 'street', grab a bite from the various food vans and stalls. Sit back and enjoy the live entertainment featuring Adam Page. Browse our cake, local produce, jewellery and art and craft stalls. Take advantage of free, private hearing tests from the Australian Hearing Van. View our resident art and craft exhibition or tour our new look aged care facility. Tours scheduled for 12:00pm, 1:30pm and 3:30pm – no bookings required.

Thursday 18th October 11:00am–4:00pm

Regis Norwood, 8 Blenheim St, Norwood



PROSPECT VALE

Australian Hearing at the Casino

Australian Hearing

Having trouble hearing your friends and family? Do you have trouble hearing people unless they are facing you? If you answered yes to any of the questions, drop by the Australian Hearing table at the Casino for a chat about your hearing health.

Friday 19th October 11:00am–2:00pm

Country Club Tasmania, Country Club Avenue

RIVERSIDE

Tasmania Zoo

Tasmania Zoo

Tasmania Zoo hosts the largest number of rare, exotic and native species in the state. Exhibiting the second largest collection of Primates in a private zoo including monkeys and apes from the Americas, Asia and Africa. From the world's largest rodent to the world's smallest monkey, there's something for everyone. You'll have a devil of a time.

Monday 15th–Sunday 21st Oct 9:00am–4:30pm

Tasmania Zoo, 1166 Ecclestone Rd, Riverside

Cost: Seniors \$25

Seniors Expo

Senior Helpers Northern Tasmania

Live, Eat, Life: an exhibition that includes a variety of services, activities and interests to seniors in Launceston.

Tuesday 16th October 10:00am–3:00pm

Tailrace Centre, 1 Waterfront Drive, Riverside

Neighbour Day

West Tamar Council

Free activities for the whole family – native walking trail, BBQ, local music & stacks of children's activities. Presented by the West Tamar Seniors Advisory Group & Youth Advisory Council. Kids' activities and music commencing at midday. Coffee and cold drinks available for purchase.

Sunday 21st October 10:30am–2:00pm

Windsor Community Precinct, 1 Windsor Drive

Active Ageing Exercise Class

Active Ageing

Enjoy easy, low-impact exercises to music with friendly seniors. Strengthen your muscles; improve your balance and co-ordination; get started on your fitness again.

Wednesday 17th October 1:00pm–2:00pm

Windsor Community Hall, Windsor Medical Precinct, Windsor Drive, Riverside

Cost: \$10

Bookings: 03 6330 1572 (close: 10/12)

RACT Years Ahead Driver Refresher Course

West Tamar Seniors Advisory Group

The Years Ahead workshop provides information and education on road safety for older drivers. The main objective is to discuss safe driving tips, the importance of choosing a safe vehicle, pedestrian safety and the importance of being physically fit to drive.

Tuesday 16th October 9:30am–10:30am

Tamar Function Centre, Windsor Community Precinct, 1 Windsor Drive, Riverside

Bookings: 6323 9200 (close: 10/10)

An Introduction to Computers and Mobile Technology

West Tamar Seniors Advisory Group

Sit back while Windsor Computer Hub tutor, Nigel Burch, introduces you to all the basics of computing. Nigel will be answering questions like "What is the internet?" and "How can it help you in your everyday life?" as well as explaining the most common functions of computers themselves.

Tuesday 16th October 11:00am–12:00pm

Tamar Function Centre, Windsor Community Precinct, 1 Windsor Drive, Riverside

Bookings: 6323 9200 (close: 10/10)

Wills and Estate Planning – Have You Planned Ahead? Public Trustee

Come along to our free seminar and get the right information on the documents you will need to make your future legal, health and financial decisions. We will discuss what you need to know about Wills, enduring powers of attorney and enduring guardianship. Don't miss out estate planning is too important to ignore.

Tuesday 16th October 10:30am–12:00pm

Tailrace Centre, 1 Waterfront Drive, Riverside
Bookings: marketing@publictrustee.tas.gov.au |
www.publictrustee.tas.gov.au/seniorsweek2018 |
1800 068 784 (close: 11/10)

Australian Hearing Bus is Coming to Riverside!

Australian Hearing

Having trouble hearing your loved ones in the cafe or restaurant? Do you have trouble hearing people unless they are facing you? If you answered yes to any of the questions, celebrate Seniors Week 2018 on the Australian Hearing Bus – hop aboard for a free 15 minute hearing check and chat about your hearing health. Suitable for all adults over 18 years old. Wheelchair access available.

Wednesday 17th October 10:00am–3:00pm

Windsor Community Precinct, 1 Windsor Dr, Riverside

ROWELLA

Variety Concert

Rowella Memorial Hall

A fun musical evening featuring singalong of well known songs, exciting local talent and much more. Includes a home-made supper.

Friday 19th October 7:30pm–9:30pm

Rowella Hall, 422 Rowella Rd, Rowella

Cost: \$10 includes supper

Bookings: 6396 1295 (close: 15/10)



ST LEONARDS

Croquet, Cuppa and Cake

St Leonards Croquet Club

This is a great opportunity to make new friends, learn a new sport and enjoy a game of croquet. Join the members of St Leonards Croquet Club for fun, laughter and a good time. Please wear flat shoes.

Wednesday 17th October 10:00am–11:30am

Wednesday 17th October 1:30pm–3:00pm

Northern Tasmanian Croquet Centre, St Leonards Sports Complex, St Leonards



Croquet – Come and Try

East Launceston Croquet Club

An introduction to croquet - an easy to learn, enjoyable sport, suitable for all ages. Groups welcome. All equipment available, need to wear flat soled shoes. Refreshments provided after session.

Monday 15th October 1:00pm–2:30pm

Thursday 18th October 10:00am–2:30pm

Northern Tasmania Croquet Centre, St Leonards Sports Complex, St Leonards

Enquiries: lee-tee@bigpond.com | 0439 310 070



YOUNGTOWN

Celebrating the Journey and Understanding the Pathway into Aged Care Services

Southern Cross Care (Tas) Inc

This event commences with an enriching play focusing on sharing the journey with loved ones. A local playwright will take you on a journey of discovery, followed by a presentation on the pathway through the maze of aged care services, finishing with a morning tea and the opportunity for questions. Book ahead or come along on the day to enjoy this interesting play seen from the family perspective and hear an informative presentation on aged care services.

Thursday 18th October 10:00am–12:00pm

Gordon Dell Auditorium, Glenara Lakes, 390 Hobart Rd
Bookings: 6343 0240 | carol.taylor@scctas.org.au
(close: 17/10)



MERSEYLINK

FREE BUS TRAVEL FOR SENIORS
CARD HOLDERS DURING SENIORS WEEK!



Bus services for Devonport, Port Sorell, Ulverstone, Latrobe, Ambleside, Spreyton, Sheffield, Quoiba and Stoney Rise

Merseylink operates commuter buses throughout Devonport, Spreyton, Latrobe, Port Sorell, Sheffield and Ulverstone and connections to Metro Burnie, Monday to Saturday.

Save money and time with one of our great value fares.

Timetables are available from:
merseylink.com.au

Devonport, Sheffield or Ulverstone Visitor Centres, ask any of our friendly drivers, or call 6427 7626.

Older customers
are friendly.



Every time Peter walks
through the door, he lifts
everyone's spirits.

STAVROS, HILL STREET GROCER

#RethinkAgeing

COTA
TASMANIA
for older Australians

SUPPORTED BY
Tasmanian
Government

hill
street

Grilled potato salad with onions, capsicum and rocket

How long will it take?

20 minutes prep
25 minutes cooking

How many will it serve?

6 people

What do I need?

- * 1 kg Nicola potatoes
 - * 2 tbsps olive oil
 - * 1 tbsp coarse sea salt
 - * 2 cloves garlic, minced
 - * ground black pepper
 - * 1 red onion, sliced into ½cm rings
 - * 2 yellow capsicum, sliced into ½cm rings
 - * ½ cup feta cheese
 - * 4 cups rocket
 - * 2 tbsps fresh parsley, chopped
 - * 2 tbsps chives, chopped
- Lemon Parsley Vinaigrette:
- * 2 tbsps olive oil
 - * 2 tbsps white wine vinegar
 - * 1 tbsp honey
 - * 1 tbsp fresh lemon juice
 - * ¼ tsp Dijon mustard
 - * 2 tbsps water
 - * ¼ tsp salt
 - * ¾ cup loosely packed parsley

How do I make it?

Add potatoes to a large pot, cover with water and bring to a boil. Cook for 12-15 minutes, or until a fork can easily go into the potatoes (but not overly soft). Drain potatoes and set aside.

Heat grill to medium high heat. While grill is heating, cut the potatoes in half (for smaller potatoes) or quarters (for larger potatoes). Toss in a large bowl with 2 tablespoons of olive oil, 1 tablespoon of sea salt, garlic and black pepper. In a separate large bowl, combine the onion slices and capsicum with 1 tablespoon of olive oil, and salt and pepper to taste.

Place the potatoes (cut side down) over direct heat on the barbecue, and arrange the onion slices and capsicum over indirect heat. Cover and cook for 5 minutes. Check the potatoes and turn if necessary. Check the capsicum and onions frequently after this. Capsicum and onions will need only 3 or so more minutes on the grill (8 min total). Continue checking the potatoes every 2 or so minutes, turning frequently until golden and slightly charred.

Blend together all vinaigrette ingredients using a blender, and toss with remaining salad ingredients.

Serve immediately.

RECIPE
SUPPLIED BY

hill
street



Events in the
North
West

BURNIE

Free Hearing Checks

Australian Hearing

Australian Hearing will be offering free hearing checks over Seniors Week! Contact the Australian Hearing Burnie Team to arrange an appointment on 6432 6500.

Monday 15th–Friday 19th Oct 8:30am–5:00pm

Australian Hearing, Shop 2/87-91 Wilson St, Burnie
Bookings: 6432 6500 | Burnieadmin@hearing.com.au | <https://www.hearing.com.au/Get-help/Find-a-hearing-centre/TAS/Burnie> (close: 19/10)



Afternoon Tea with Australian Hearing

Australian Hearing

The Australian Hearing Team invites you to join them for an afternoon tea to celebrate Seniors Week! There will be free hearing checks available with Audiologists, tea, coffee, snacks, balloons, a few freebies as well as devices available to trial, such as TV devices, phones etc. Bring your friends and family – we look forward to seeing you there.

Wednesday 17th of October 1:30pm–3:30pm

Australian Hearing Burnie Shop 2 / 87–91 Wilson St
Bookings: BurnieAdmin@hearing.com.au | 6432 6500 (or come along on the day)



Country Music Afternoon

Burnie City Council

The North West Country Music Club invite you enjoy four hours of great country music. We endeavor to have a guest artist, usually a prominent Tasmanian country music artist, joining our regular club entertainers.

Sunday 21st October 12:00pm–5:00pm

Burnie Senior Citizens Club, 6 Jones St, Burnie
Cost: \$4 + lunch \$6 (12:00pm to 1:00pm), plate of scones \$3.50, desserts \$4
Bookings: 0417 576 149 | janenne50@yahoo.com (close: 5/10)

Live @ The Point

Burnie City Council

Come along and enjoy an afternoon of great music.

Sunday 21st October 2:30pm–5:00pm

The Point, West Park, Bass Highway, Burnie
Cost: \$5

Morning Melodies

Burnie City Council

Enjoy a morning of singing, instrumental, recitals and musical performances from individual and group artists.

Thursday 18th October 10:00am–12:00pm

Burnie Arts & Function Centre, 77-79 Wilmot St



TasArt 2018 High Tea

Burnie City Council

The Burnie Coastal Art Group hosts High Tea, and talks about winning entries, a highlight of the TasArt 40th Birthday Exhibition.

Wednesday 17th October 2:00pm–4:00pm

Burnie Regional Art Gallery, 77-79 Wilmot St, Burnie
Cost: \$25
Bookings: 0409 363 271 | karenmcoles@gmail.com (close: 10/10)

Quiz Night

Burnie City Council

Every Thursday is Quiz Night at the Beach Hotel. Get a group of friends together for a fun filled evening. Book a table to secure your spot.

Thursday 18th October 7:30pm–11:00pm

Beach Hotel, 1 Wilson St, Burnie
Bookings: 6431 2333 (close: 12/10)



The BIG Sing!

Burnie City Council

One BIG vocal workshop (10:00am to 5:00pm), open to all members of the community to create one massive community choir. Learn 3 new songs with local and national vocal professionals. Community Performance at 6:30pm.

Saturday 20th October 10:00am–10:00pm

Burnie Arts & Function Centre, 77-79 Wilmot St
Bookings: 6432 3919 | encore@live.com.au | <http://www.trybooking.com/WDIO> (close: 5/10)



World Gin & Tonic Day

Burnie City Council

A celebration of the world's favourite drink featuring 12 of Tasmania's finest gins. Try an expression board of mixed gins for just \$20. Great locally produced food platters to accompany your gins.

Friday 19th October 3:00pm–11:00pm

Burnie Arts & Function Centre, 77-79 Wilmot St

Cost: \$25

Bookings: info@spiritbartasmania.com.au | 0427 492 625

Death by Soprano

Burnie City Council

Death by Soprano satirically catalogues operatic death scenes in an A-Z cabaret romp through Operatic Occupational Hazards. It's high art with a fun sensibility that doesn't take itself too seriously. Utilising slapstick, absurdism, dark-clowning and a healthy dose of prop humour.

Friday 19th October 7:30pm–11:00pm

Burnie Arts & Function Centre, 77-79 Wilmot St

Cost: \$25

Bookings: 6430 5850 | boxoffice@burnie.net (close: 5/10)

CORINNA

Pieman River Cruise

Corinna Wilderness Experience

Join us for a wonderful cruise down the Pieman River to the Pieman heads on board the beautiful Arcadia 2 vessel. Enjoy morning tea and light lunch along with the spectacular scenery that the Tarkine and Pieman river provides. Cruise days subject to availability.

Monday 15th October 10:00am–2:30pm

Wednesday 17th October 10:00am–2:30pm

Friday 19th October 10:00am–2:30pm

Saturday 20th October 10:00am–2:30pm

Corinna Wilderness Experience, Corinna Rd, Corinna

Cost: Adults \$90, Seniors \$80, Child \$50

Bookings: 6446 1170 | sales@corinna.com.au | www.corinna.com.au (close: 21/10)



CRADLE MOUNTAIN

Devils@Cradle

Devils@Cradle

Come and explore the mysterious world of the Tasmanian devil at Devils@Cradle, Tasmania's premier devil sanctuary – located just 500m from the entrance to the Cradle Mountain National Park. This unique alpine conservation sanctuary houses Tasmania's three largest unique and threatened carnivorous marsupials; the Tasmanian devil along with the Spotted-tail and Eastern quoll. A visit to the sanctuary day or night will provide you with an unforgettable experience and an opportunity to observe these extraordinary animals up close whilst one of our Keepers will give you an understanding of the dedicated conservation work we do to support these species. Guided Day Keeper Tours offered at 10:30am, 1:00pm and 3:00pm (45mins duration) and are included in admission fees.

Monday 15th October 10:00am–5:00pm

Tuesday 16th October 10:00am–5:00pm

Wednesday 17th October 10:00am–5:00pm

Thursday 18th October 10:00am–5:00pm

Friday 19th October 10:00am–5:00pm

Saturday 20th October 10:00am–5:00pm

Sunday 21st October 10:00am–5:00pm

Devils@Cradle, 3950 Cradle Mountain Rd

Cost: Adults \$20, Seniors \$16, Children \$12

Additional *After Dark Feeding Tours* operate of an evening at 5:30pm and 8:30pm (1.25hrs). Adults \$29.50, Seniors \$24.50, Children \$15

(Bookings required)

Enquiries: 6492 1491 | info@devilsatcradle.com

DEVONPORT

Editing with Photoshop

Devonport Online Access Centre

Get to know about some of the tools and techniques for editing photos in Adobe Photoshop.

Tuesday 16th October 9:00am–11:00am

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Samsung Galaxy Tablet Basics

Devonport Online Access Centre

Bring along your Samsung Galaxy tablet and learn the basics of how to use it, download apps and more.

Tuesday 16th October 1:00pm–3:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Understanding Your Mobile Phone

Devonport Online Access Centre

Are you sick of asking others how to do something on your mobile phone? Learn how to do it yourself instead!

Tuesday 16th October 3:00pm–5:00pm

Friday 19th October 9:00am–11:00am

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Using Photoshop for Old Photo Repairs

Devonport Online Access Centre

Learn how to fix up scratches and other marks on old photographs using Adobe Photoshop.

Wednesday 17th October 9:00am–11:00am

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Manipulate Photos with Photoshop

Devonport Online Access Centre

Have you ever seen a photo that is fake and wondered how they did it? Find out how using Adobe Photoshop.

Wednesday 17th October 1:00pm–3:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Introduction to Linux

Devonport Online Access Centre

Find out what Linux is, how it differs from Windows and Mac, download it and learn how to use it.

Wednesday 17th October 3:00pm–5:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

i-Pad Basics

Devonport Online Access Centre

Bring along your i-Pad and learn the basics of how to use it, download apps and more.

Friday 19th October 1:00pm–3:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Introduction to Email

Devonport Online Access Centre

Don't have your own email address yet? Or perhaps you have one but don't know how to use it. We can help.

Friday 19th October 3:00pm–5:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Make Your Own Calendar

Devonport Online Access Centre

Use the computer to make your own personalised calendar. Great to keep or give as a gift.

Thursday 18th October 9:00am–11:00am

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

High Tea with Friends

Baptcare Orana

Friday 19th October 2:00pm–3:00pm

Baptcare Orana, 31 Murray St, East Devonport

Enquiries: 6421 8000

Digital Camera Basics

Devonport Online Access Centre

Learn how to use a digital camera, change the settings, download photos onto a computer, burn to CD, email or print.

Thursday 18th October 1:00pm–3:00pm

Level 1, paranapple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Converting Video Tapes to DVD

Devonport Online Access Centre

Learn about converting your old VHS video tapes into digital format to save on DVD.

Thursday 18th October 3:00pm–5:00pm

Level 1, paranapple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

General Computer Maintenance

Devonport Online Access Centre

Learn how to do some basic computer maintenance to keep your computer running smoothly.

Saturday 20th October 10:00am–12:00pm

Level 1, paranapple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Find Out About Facebook

Devonport Online Access Centre

We can help you to setup Facebook and learn how to use it.

Sunday 21st October 3:00pm–5:00pm

Level 1, paranapple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Scone & Cuppa

East Devonport Community House

Do you dream of a Monday morning devouring some freshly baked scones with jam and cream with some wonderful company? If this sounds like your "cup of tea," join us at the House for a scone, cuppa and a chat. If you're lucky, there may even be an old fashioned sing-along.

Monday 15th October 10:00am–11:00am

East Devonport Community House, 106 David St

Cost: \$2.50

Mahjong

East Devonport Community House

Mahjong is an enticing game of skill, strategy and chance. New players and beginners always welcome.

Tuesday 16th October 9:30am–12:00pm

East Devonport Community House, 106 David St

Cost: \$3

Devonport Men's Shed Open Day

Devonport Men's Shed Inc

Free workshop displays – come along and have a look at what you could do using the equipment, chat to the members, have a coffee and biscuit and see what fun they have.

Monday 15th October 9:30am–12:30pm

Tuesday 16th October 9:30am–12:30pm

Thursday 18th October 9:30am–12:30pm

Devonfield, 133 Middle Rd, Devonport

Lunch at the New Devonport Library

Devonport Library

Bring your own lunch and come and visit us in our lovely new library in the paranapple centre. If you haven't been to the library for a while, this is a great opportunity to rejoin and benefit from the wonderful range of books, ebooks, dvds, magazines that you can borrow for free, and find out about activities you may be interested to participate in. Tea and coffee available for a small charge.

Monday 15th October 12:00pm–2:00pm

paranapple centre, 137 Rooke St

Bookings: <https://devlibrary-lunch.eventbrite.com.au>

| devonport.library@education.tas.gov.au |

6478 4230 (close: 15/10)

Tour the New Devonport Library

Devonport Library

Join us for a guided tour of our new library. See your old favourites in our new setting, or find out about what we offer if you haven't been in for a while. (Bookings will be limited to 20 people). You may also wish to bring your own lunch and stay on to attend the 'Lunch in the library' event which follows. Please do a separate booking for this.

Monday 15th October 11:00am–11:45am

paranaple centre, 137 Rooke St

Bookings: <https://devlibrary-tour.eventbrite.com.au>
| 6478 4230 | devonport.library@education.tas.gov.au
(close: 15/10)

Author talk with Rees Campbell

Devonport Library

Join us at the Devonport Library for a talk with author Rees Campbell. Rees will demystify southern Australian bush food as she discusses her recent book 'Eat Wild Tasmanian'. Find out where the wild plants grow and how to cook them. Rees will bring plants and samples of produce to tempt you.

Tuesday 16th October 1:00–2:30pm

paranaple centre, 137 Rooke St

Bookings: <https://rees-campbell.eventbrite.com.au>
| 6478 4230 (close: 16/10)

Ageing Stronger, Active Longer Turns One

Devonport City Council

One-year anniversary celebration and an opportunity to join Council's program. The aim is to provide physical activity and an opportunity to promote good health and enhanced quality of life with exercise and sharing of food and conversation.

Tuesday 16th October 1:00pm–2:00pm

Devonport Recreation Centre, Table Tennis Room,
34 Forbes St, Devonport

Sunday Lunch on a Wednesday

Baptcare Orana

Roast lamb and vegies followed by self-saucing pudding.

Wednesday 17th October 12:00pm–1:00pm

Baptcare Orana, 31 Murray St, East Devonport
Enquiries: 6421 8000

Shine & Dine

Don College

Spend the morning being pampered by Don College Salon Assistant Students and then enjoy High Tea prepared by the Hospitality students in the college restaurant.

Monday 15th October 10:30am–12:30pm

Thursday 18th October 10:30am–12:30pm

Don College, 87-121 Watkinson St, Devonport

Cost: Seniors \$10

Bookings: Don.College@education.tas.gov.au |
6424 0200 (close: 11/10)

Let the Trifles Entertain You

Devonport City Council

Sing – dance – clap your hands to the girls' hilarious miming sketches. Free event with afternoon tea provided.

Friday 19th October 1:00pm–3:00pm

Devonport Soccer Club, 34-44 Lovett St

Bookings: chardy@devonport.tas.gov.au |
0408 142 518 (close: 28/9)

Care Forward – Exercise, Health, Wellbeing and Home Care

Care Forward

Free exercise and information group sessions to help you stay active at home – includes discussions around aids and equipment. Free information sharing with a dietician around your health and ongoing wellbeing. Free information sharing with the social worker to talk about My Aged Care, services that are available in your area and help offered. Bookings required for daily exercise sessions each but drop in between 1:00pm–3:00pm to speak to a dietician and social worker. Afternoon tea to celebrate Seniors Week is on Thursday 18th October at 3:00pm – bookings required for catering purposes please.

Tuesday 16th October 1:00pm–3:00pm

Wednesday 17th October 1:00pm–3:00pm

Thursday 18th October 1:00pm–3:00pm

Care Forward, 11-15 Steele St, Devonport

Bookings: claire.williams@careforward.com.au
| 6423 7900 (close: 5/10)

Buying and Selling Online

Devonport Online Access Centre

Learn more about buying and selling online using e-Bay, Gumtree, TassieCars and PayPal.

Monday 15th October 9:00am–11:00am

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Meals on Wheels Open Day



Meals on Wheels Tasmania

Meals on Wheels Tasmania invites community members, volunteers and service providers to visit our branch and see what Meals on Wheel can offer you. There will be a variety of meals to view, information available and staff on hand to answer questions. Morning tea is also provided.

Tuesday 16th October 10:00am–12:00pm

Meals on Wheels, 113 Don Rd, Devonport

Bookings: 03 6423 3272 (close: 12/10)

Photoshop (Collage)

Devonport Online Access Centre

Combine your photos into a collage using Adobe Photoshop. Great to use as a desktop background or for card making.

Monday 15th October 1:00pm–3:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Converting Old Audio Media to CD

Devonport Online Access Centre

Learn about converting your old vinyl records or audio cassette tapes into digital format to save on CD or USB.

Monday 15th October 3:00pm–5:00pm

Level 1, paranaple centre, 137 Rooke St

Cost: \$12

Bookings: devonport.oac@education.tas.gov.au | 6424 9413 (close: 12/10)

Legalities for Seniors



Legal Aid Commission of Tasmania

This presentation by Legal Aid will cover the major legal issues faced by seniors, planning for your future and why, when and how to get help. Come and have a cuppa and have your questions answered!

Monday 15th October 10:00am–12:00pm

Devonport Magistrates Court, 8 Griffith Street

Bookings: 6236 3800 | cle@legalaid.tas.gov.au (close: 8/10)

Singing Session



Sing Australia Devonport

Join a group of ordinary folk who love to sing. Everyone has a voice and no judgments are made, so you have nothing to lose – come along. Songbooks, a conductor, piano accompanist and a break for supper. You will be pleased you came and we guarantee you will leave singing!

Wednesday 17th October 7:00pm–9:00pm

Baptist Lifeway Church, William St

Wills and Estate Planning



Public Trustee

Come along to our free seminar and get the right information on the documents you will need to make your future legal, health and financial decisions. We will discuss what you need to know about Wills, enduring powers of attorney and enduring guardianship. Don't miss out estate planning – it's too important to ignore.

Monday 15th October 10:30am–12:00pm

Devonport Surf Lifesaving Club, 41 Bluff Rd

Bookings: marketing@publictrustee.tas.gov.au | www.publictrustee.tas.gov.au/seniorsweek2018 | 1800 068 784 (close: 11/10)

Join a Choir Rehearsal



Devonport Senior Citizens Club

Come and listened to our choir practising and have a free cuppa and bickies.

Tuesday 16th October 9:30am–11:30am

Devonport Senior Club Inc, 8 Victoria Parade

Bingo

Devonport Senior Citizens Club Inc

Come and play Bingo. All money coming in goes back as prizes. Commences 1:00pm and includes afternoon tea. Buy a game or two or whatever the budget allows. Entry is free but game cards are charged.

Tuesday 16th October 1:00pm–3:30pm

Devonport Senior Citizens Club Inc, 8 Victoria Parade
Bookings: 6427 0161 | bevanded23@gmail.com
(close: 15/10)



Carpet Bowls for Beginners

Devonport Senior Citizens Club Inc

Are you interested in learning to play indoor Carpet bowls? Come along for free lessons and have a cuppa. Bookings essential.

Friday 19th October 1:00pm–3:00pm

Devonport Senior Citizens Club, 8 Victoria Parade
Bookings: 6427 0161 | bevanded23@gmail.com
(close: 18/10)



Carpet Bowls

Devonport Senior Citizens Club Inc

Come and play Indoor Carpet Bowls and have a cuppa. All visitors welcome. No charge.

Thursday 18th October 1:00pm–4:00pm

Devonport Senior Citizens Club, 8 Victoria Parade
Bookings: 6427 0161 | bevanded23@gmail.com
(close: 18/10)



Tai Chi

East Devonport Community House

Classes concentrate on the basics of Tai Chi and Qigong. Breathing, balance and relaxation, moving slowly and smoothly to enjoy the full health benefits available from this amazing art form and exercise system. Individual attention is provided in a non-competitive environment. Come and try Tai Chi, beginners are welcome at any time.

Tuesday 16th October 10:45am–11:45am

Wednesday 17th October 9:30am–10:30am

East Devonport Recreation Centre, Caroline St
Cost: \$7

Film Night: *The 100 Year-Old Man Who Climbed Out the Window and Disappeared*

The North West Film Society & Devonport City Council

The North West Film Society & Devonport City Council are showing the Swedish comedy *The 100 Year Old Man Who Climbed Out the Window and Disappeared*. Instead of attending his 100th birthday party, Allan begins a whole new unplanned adventure. For a century, he's been surprising the world, and now he's on the loose again! Donations welcome – and how about joining our film club too?

Wednesday 17th October 6:30pm–9:15pm

CMax Cinemas, 5/7 Best St, Devonport
Enquiries and bookings: 6423 6907 | 0475 796 384 |
nwfs@nwfs.org.au | www.nwfs.org.au (close: 16/10)



Rock'in the 50s & 60s

Munnew Day Centre

Munnew Day Centre warmly invites the community to join us for an afternoon of Rock & Roll. Come and celebrate with music, dancing, and afternoon tea.

Monday 15th October 1:00pm–2:30pm

Devonport Football Club, James St, Devonport
Bookings: 0408 103 033 | munnew@meercroft.org
(close: 10/8)



Free Hearing Checks

Australian Hearing Devonport

Australian Hearing are excited to announce that we will be holding free hearing checks for all seniors during Seniors Week. Contact your Local Australian Hearing to make an appointment on 131 797.

Monday 15th–Friday 19th Oct 8:30am–5:00pm

Australian Hearing, Shop 1/39 Steele St, Devonport
Bookings: devonport@hearing.com.au |
www.hearing.com.au/Get-help/Find-a-hearing-centre/TAS/Devonport | 6421 3200 (close: 19/10)



Scrabble

East Devonport Community House

Join us for a friendly game or two of scrabble. New players always welcome.

Friday 19th October 1:30pm–4:00pm

East Devonport Community House, 106 David St
Cost: \$3

Painting Circle

East Devonport Community House

Bring your own painting art projects and share skills, experience and inspiration with others. Our very talented watercolour painters will offer support and guidance to beginners.

Thursday 18th October 10:00am–4:00pm

East Devonport Community House, 106 David St
Cost: \$5 whole day, \$3 half day

Craft

East Devonport Community 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.

Thursday 18th October 9:30am–12:30pm

East Devonport Community House, 106 David St
Cost: \$3

Cards – 500

East Devonport Community House

If you are looking for a fun way to fill your Wednesday afternoons, come along and join us for a friendly card game of 500. New players and beginners always welcome.

Wednesday 17th October 1:00pm–4:30pm

East Devonport Community House, 106 David St
Cost: \$3

Tai Chi for Arthritis

East Devonport Community House

Our instructor is qualified in The Paul Lam training. Tai Chi is recognised as the best activity for people with Parkinsons, and helps restore balance for people with conditions such as MS. The class is also suitable for people with arthritis and other mobility and movement issues. It is taught with the option to be seated or standing and is an enjoyable and relaxing way to move.

Tuesday 16th October 9:30am–10:30am

East Devonport Recreation Centre, Caroline St
Cost: \$7

Afternoon Tea with Australian Hearing



The Australian Hearing Team invites you to join them for an afternoon tea to celebrate Seniors Week! There will be free hearing checks available with Audiologists, tea, coffee, snacks, balloons, a few freebies as well as devices available to trial, such as TV devices, phones etc. Bring your friends and family – we look forward to seeing you there.

Thursday 18th of October 1:30pm–3:30pm

Australian Hearing Devonport Shop 1/39 Steele St
Bookings: DevonportAdmin@hearing.com.au |
6421 3200 (or come along on the day)



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LATROBE

Introduction to Golf Croquet



Latrobe Croquet Club Inc

Golf Croquet is a non-strenuous form of exercise played at a leisurely pace that can be enjoyed by people of all ages. All equipment will be supplied by the club – all you need is a pair of flat-soled shoes and a good sense of humour!

Wednesday 17th October 10:00am–3:00pm

Thursday 18th October 10:00am–3:00pm

Latrobe Croquet Club, 70 George St, Latrobe

Making the Best Coffee

The Crowded Lounge

Learn about coffee and how to make it well. Brian Wilson is the Head Barista at The Crowded Lounge in Latrobe and will take you through a journey from green beans to beautiful long blacks, lattes, cappuccinos and other strange mixtures you may not have heard of. Enjoy a morning of learning, dining and experimenting! Learn to make an expert coffee to have with your *Food, Glorious Food!*

Tuesday 16th October 10:00am–11:30am

Thursday 18th October 10:00am–11:30am

The Crowded Lounge, 129 Gilbert St, Latrobe

Cost: \$20 per head, morning tea included

Bookings: 0417 367 128 (close: 14/10)

Gong Relaxation Session and Afternoon Tea

The Quiet Cone

Relax in the Quiet Cone to the sounds of the Symphonic Gongs and Tibetan Healing Bowls. No experience in meditation is required, just allow the vibration frequency to lull you into a deep state of peace and relaxation. Afterwards enjoy a herbal tea and some healthy, but delicious cake for afternoon tea.

Monday 15th October 1:30pm–3:00pm

Friday 19th October 1:30pm–3:00pm

The Quiet Cone, 298 Coal Hill Rd, Latrobe

Cost: \$20

Bookings: 0476 168 622 | relax@thequietcone.com.au | www.thequietcone.com.au/book (close: 19/10)

Gong Relaxation Session and Light Lunch

The Quiet Cone

Relax in the Quiet Cone to the sounds of the Symphonic Gongs and Tibetan Healing Bowls. No experience in meditation is required, just allow the vibration frequency to lull you into a deep state of peace and relaxation. Afterwards enjoy a bowl of housemade soup & delicious bread.

Wednesday 17th October 10:30am–12:00pm

The Quiet Cone, 298 Coal Hill Rd, Latrobe

Cost: \$20

Bookings: 0476 168 622 | relax@thequietcone.com.au | www.thequietcone.com.au/book (close: 16/10)

Strong and Stable Exercise



Strong and Stable

Strong and Stable is a group exercise session where participants use body weight and hand weights for strengthening, aerobic moves for fitness, balance exercises to help reduce risk of falling and range of movement for improved flexibility. This session is suitable for participants who are low to moderate fitness and also for those who are living with a stable, chronic health condition (it is advisable to speak with your health care provider if you are unsure). This is a friendly, supportive, non-competitive group. Free for first time participants. There is a ramp entrance available.

Monday 15th October 9:30am–10:15am

Friday 19th October 9:30am–10:15am

Latrobe Memorial Hall, Side Entrance, Gilbert St

Bookings: 0409 502 120 (close: 12/10)

Fitter Sitters



Strong and Stable

This is a chair based exercise group suitable for very unfit participants or those who have mobility issues. The exercises mostly focus on strengthening muscles and increasing range of motion. This is an excellent way to start exercise if you have any health issues (please check with your healthcare provider if necessary) or you have been told to exercise, but don't know where to start. Free for new participants. There is a ramp entrance available.

Friday 19th October 10:30am–11:15am

Latrobe Memorial Hall, Side Entrance, Gilbert St

Bookings: 0409 502 120 (close: 12/10)

MORIARTY

Zumba Gold with Jackie

Zumba with Jackie

Zumba Gold is great for all active older people. Let the music move you in a fun environment. A great way to keep yourself healthy and mobile. Come and join the zumba party with us.

Monday 15th October 10:00am–11:00am

Wednesday 17th October 10:00am–11:00am

Friday 19th October 10:00am–11:00am

Moriarty Hall, 1 Bonneys Lane, Moriarty

Cost: \$5

PARKLANDS

Creative Paper Tasmania

Makers' Workshop, Creative Paper

Paper – it is used every day; writing, reading, information, creativity – have you ever thought about what goes into something you use so frequently?

Be introduced to the ancient art of papermaking by hand at Creative Paper. The 30-minute guided tour takes visitors on the illuminating journey of a commonplace material that is used in everyday life.

Monday 15th–Sunday 21st Oct 9:00am–5:00pm

Makers' Workshop, 2 Bass Highway, Parklands

Cost: Adults \$15, Children \$8, Concession \$12

PENGUIN

Yoga for Seniors

Central Coast Council

Catering for all ability levels. Come and try, see how yoga can benefit you.

Thursday 18th October 10:30am–11:30am

Dial Park Function Room, Sports Complex Ave

Bookings: andrea.carey@centralcoast.tas.gov.au | 6429 8900 (close: 15/10)



Heart Foundation Walking Group



Central Coast Council

Come along for a gentle to moderate walk through Penguin. Meeting at Penguin Visitor Information Centre – don't forget your water!

Wednesday 17th October 9:00am–9:30am

Penguin Visitor Information Centre, 44 Main Rd

Seventy and Over Luncheon



Lions Club of Penguin

The Lions Club of Penguin celebrate the contributions of residents over the age of 70 who live in the 7316 postcode area by providing a luncheon. By invitation only – any residents that believe they are eligible are encouraged to call the Lions Club of Penguin on 6349 1048.

Sunday 21st October 12:30pm–2:00pm

Penguin Sports and Services Club, 11 Sports

Complex Avenue, Penguin

Bookings: 6349 1048 | penguin@lionstasmania.org (close: 12/10)

Enquiries: 0417 211 073

Penguin History Group



Central Coast Council

Come and explore the written history of Penguin and surrounds from yesteryear. A comprehensive history is available regarding the families that have lived in the area over the years. Free entry.

Wednesday 17th October 10:00am–12:30pm

Wednesday 17th October 7:00pm–9:00pm

Penguin Railway Station, 44 Main Rd

Penguin Men's Shed



Central Coast Council

Open day and BBQ lunch. Just drop in, have a look around, meet some new faces and have a chat with some local men. Open every Wednesday & Saturday 9am to 12 noon, with a social bbq lunch on the first Saturday of each month.

Saturday 20th October 9:00am–2:00pm

5 Sports Complex Ave, Penguin

Enquiries: penguinmensshed@gmail.com

PORT SORELL

Port Sorell Spring Fair



Port Sorell Spring Fair Steering Committee

There is something for everyone at this community event – food, including Devonshire Teas (freshly baked scones, home made jam and tea and coffee served in real cups and saucers!) There are displays of beautiful spring flowers, many plants for sale from specialist growers, gifts for children and adults, art and a huge white elephant stall where you are sure to find just what you've been looking for! This venue takes place in the lovely grounds and hall of our primary school. There are covered walkways linking stallholders so even if it is raining everything is under cover. There are plenty of places to sit and eat and stallholders more than happy to mind your purchases while you browse.

Sunday 21st October 10:00am–2:30pm

Port Sorell Primary School, Pitcairn St, Port Sorell

QUEENSTOWN

Centrelink: Financial Information Service Free Seminar



Department of Human Services (Centrelink)

Understanding Your Pension: hear about choices and consequences; making the most of your pension; Centrelink assessment issues; rights and obligations.

Wednesday 17th October 2:00pm–4:00pm

West Coast Community Services Hub, 9-13 Driffield St

Bookings: 6422 3503 | robert.kewley@

humanservices.gov.au (close: 11/10)

West Coast Wilderness Railway – Rack and Gorge Half Day Tour

West Coast Wilderness Railway

This half-day tour departs Queenstown Station travelling steep grades using the Abt rack & pinion system that the West Coast Wilderness Railway is renowned for. The King River Gorge and old growth rainforest complete the experience. Steam buffs will be impressed by the section of the line between Queenstown and the King River Gorge, which features the “rack” section of the railway track (a rare working example of the Abt Rack and Pinion railway system) which makes this the steepest railway in the Southern Hemisphere. Please note: Seniors Card discount is available on direct bookings by phone or in person only.

Monday 15th October 9:00am–1:00pm

Tuesday 16th October 9:00am–1:00pm

Wednesday 17th October 9:00am–1:00pm

Thursday 18th October 9:00am–1:00pm

Friday 19th October 9:00am–1:00pm

Saturday 20th October 9:00am–1:00pm

Sunday 21st October 9:00am–1:00pm

1 Driffield St, Queenstown

Cost: Wilderness Carriage Adults \$179 (less 10% discount on presentation of your Seniors Card)

Heritage Carriage Adults \$110 (less 10% discount on presentation of your Seniors Card)

Bookings: reservations@wccwr.com.au |

www.wccwr.com.au | 6471 0100 (close: 31/10)

RIDGLEY

Burnie District Gemstone Gems & Jewellery Open Day



Burnie City Council

Open day with demonstrations including jewellery making, cutting and polishing gemstones, faceting and cabochons. General information on fossicking for local rocks and gems and polishing your finds.

Tuesday 16th October 10:00am–2:00pm

Thursday 18th October 10:00am–2:00pm

Highclere Community Hall, 1558 Ridgley Highway

ROMAINE HEIGHTS

Cherry Blossom Celebration

Burnie City Council

A celebration of our cherry blossoms, Japanese inspired displays: bonsai, ikebana, traditional tea ceremonies, Aikido martial arts. Other food and beverage stalls plus our volunteer run tea room and homemade burgers. Bring a picnic and choose a spot by one of the three lakes.

Saturday 20th October 10:00am–4:00pm

Emu Valley Rhododendron Gardens, Breffny Rd, Romaine Heights

Cost: \$8 Seniors

Emu Valley Rhododendron

Garden's 'Garden Walk'

Burnie City Council

See over 22,000 rhododendrons and other select plants set among 11ha with a series of "countries" from which the wild rhododendrons originate, within authentic built environments.

Monday 15th–Sunday 21st Oct 10:00am–4:00pm

Emu Valley Rhododendron Gardens, Breffny Rd, Romaine Heights

Cost: \$8 Seniors

SMITHTON

Centrelink: Financial Information Service Free Seminar

Department of Human Services (Centrelink)

Learn about accommodation options in retirement: comparison of accommodation types; financial advantages and disadvantages; Centrelink assessment; aged care fees and charges.

Tuesday 16th October 1:00pm–3:00pm

Wyndarra Centre, 43 Smith St, Smithton

Bookings: 6422 3503 | robert.kewley@humanservices.gov.au (close: 11/10)



Cooking Adventures

Smithton Library in partnership with Rural Health Tasmania

Join us for *Cooking Adventures* with a celebrity chef! We'll also find out about cooking apps and how to find and save recipes online. Entertainment and lunch will be provided.

Thursday 18th October 10:30am–12:30pm

Emmerton Park Clubhouse, Upper Grant St, Smithton



Bus Trip to Emu Valley

Rhododendron Garden

Circular Head Council

Come take the bus with us to the Emu Valley Rhododendron Garden in Burnie. Tour around the beautiful Gardens and see the beautiful Spring blooms and enjoy lunch in the function room. Bus leaving from Council at 10:00am.

Monday 15th October 10:00am–3:00pm

Circular Head Council, Goldie St, Smithton

Cost: \$10 includes bus, lunch, and entry to Gardens.

Bookings: apower@circularhead.tas.gov.au |

6452 4864 (close: 11/10)

Enquiries: 6452 4864

Seniors Afternoon Tea

Circular Head Council

Come and celebrate Seniors Week with a scrumptious afternoon tea and great entertainment. Supported by Soroptimist International of Circular Head.

Wednesday 17th October 2:00pm–4:00pm

Circular Head Community and Recreation Centre, Grant St, Smithton

Bookings: apower@circularhead.tas.gov.au |

6452 4864 (close: 12/10)



Seniors Exercise Program

Circular Head Senior Citizens Club

Come and enjoy some light exercise whilst having great fun!

Friday 19th October 10:00am–11:00am

Senior Citizens Centre, Gardner Ave, Smithton

Enquiries: 6452 2089



Seniors Singing Class

Circular Head Senior Citizens Club

Come and sing some of our favourites and have a great time!

Friday 19th October 1:00pm–2:00pm

Senior Citizens Centre, Gardner Ave, Smithton
Enquiries: 6452 2089



West Coast Wilderness Railway – Queenstown Explorer Full Day Tour West Coast Wilderness Railway

Our full day tour includes the King River Gorge, the “rack” section of the railway track (steepest steam rail in the southern hemisphere) the magnificent rainforest and all stations along the way. The train stops in Queenstown for one hour allowing passengers to explore the historic mining town and discover the region’s rich history with a guided or self guided tour. Built in 1896 to transport ore from Queenstown’s mines to the port of Strahan, the West Coast Wilderness Railway now carries visitors through Tasmania’s western wilderness in style aboard historic carriages pulled by meticulously restored steam engines. Please note: Seniors Card discount is available on direct bookings by phone or in person only.

Thursday 18th October 8:30am–5:30pm

Friday 19th October 8:30am–5:30pm

Regatta Point Station, 62 Esplanade, Strahan

Cost: Wilderness Carriage Adults \$245 (less 10% discount on presentation of your Seniors Card)

Heritage Carriage Adults \$185 (less 10% discount on presentation of your Seniors Card)

Bookings: reservations@wcwr.com.au |

www.wcwr.com.au | 6471 0100 (close: 31/10)

STRAHAN

West Coast Wilderness Railway – River and Rainforest Half Day Tour

West Coast Wilderness Railway

Enjoy a relaxing half day journey departing the original harbour side Regatta Point Station in Strahan. Take in the fabulous harbour views as the train follows the harbour foreshore and King River taking you deep into the rainforest. Please note: Seniors Card discount is available on direct bookings by phone or in person only.

Monday 15th October 2:15pm–6:15pm

Tuesday 16th October 2:15pm–6:15pm

Wednesday 17th October 2:15pm–6:15pm

Saturday 20th October 2:15pm–6:15pm

Regatta Point Station, 62 Esplanade, Strahan

Cost: Wilderness Carriage Adults \$179 (less 10% discount on presentation of your Seniors Card)

Heritage Carriage Adults \$110 (less 10% discount on presentation of your Seniors Card)

Bookings: reservations@wcwr.com.au |

www.wcwr.com.au | 6471 0100 (close: 31/10)

ULVERSTONE

Woodcraft Guild Open Days



North West Woodcraft Guild Inc.

Come and look! Come and try! Experienced woodworkers are here to help you. Have you an interest in woodworking; wood turning, box making, joinery, marquetry, wood carving, scroll sawing, pyrography or intarsia? The woodcraft gallery and workshop will be open and welcoming for seniors to view and try out a new skill. Free parking accessed from Main St, behind the history museum.

Tuesday 16th October 10:30am–3:30pm

Thursday 18th October 10:30am–3:30pm

Saturday 20th October 10:30am–3:30pm

Woodcraft Guild, 109 Reiby St, Ulverstone

Elder Abuse Helpline

1800 44 1169

9am–4pm Monday to Friday
(not public holidays)

[eahelpline@](mailto:eahelpline@advocacytasmania.org.au)

advocacytasmania.org.au

www.elderabuse.tas.gov.au

Heart Foundation Walking Group

Central Coast Council

Come along for a gentle to moderate walk through the parks of Ulverstone. Meeting at Otto's Grotto – don't forget your water!

Monday 15th October 9:30am–10:30am

Otto's Grotto, Dial St, Ulverstone

Leven to Forth Bike Ride and Feast

Bicycle Network Tasmania
(North West Recreational Riders)

A bicycle ride from Bicentennial Park (Otto's Grotto) in Ulverstone to The Berry Patch at Turners Beach for lunch. Includes a look at the Forth River swing bridge, to be incorporated into the Coastal Pathway. Return the same way, via the shared pathway and Beach Rd.

Tuesday 16th October 11:00am–2:30pm

Bicentennial Park (Otto's Grotto), Ulverstone
Enquiries: sarncon@gmail.com | 6425 9566

Ulverstone History Museum

Central Coast Council

Open day (free entry for Seniors). Check out the research library. The museum is a delightful walk down memory lane. With so many photographs and family historical records it is a treasure chest of discovery. Bring the grandchildren and family to experience the Ulverstone of yesteryear.

Monday 15th October 1:30pm–4:00pm

Tuesday 16th October 1:30pm–4:00pm

Wednesday 17th October 1:30pm–4:00pm

Thursday 18th October 1:30pm–4:00pm

Friday 19th October 1:30pm–4:00pm

Ulverstone History Museum, Main St, Ulverstone

Yoga for Seniors

Central Coast Council

Catering for all ability levels. Come and try, see how yoga can benefit you. Free session – registration essential.

Tuesday 16th October 10:30am–11:30am

Montgomery Room, Carpark Lane, Ulverstone
Bookings: 6429 8900 | andrea.carey@centralcoast.tas.gov.au (close: 15/10)

Men's Shed

Central Coast Council

Open day and BBQ. Whether you're into making things out of wood or making new friends, come down and meet everyone at the Shed.

Friday 19th October 11:30am–1:00pm

Ulverstone Community Shed, Flora St, Ulverstone

The Mayor's Cup: Social Indoor Bowls

Ulverstone Senior Citizens Club

Join us for indoor bowls - a fun social competition in warm and pleasant surroundings.

Tuesday 16th October 12:45pm–3:30pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Centrelink: Financial Information

Service: Two Free Seminars

Department of Human Services (Centrelink)

We will cover: 'Accommodation Options in Retirement' – comparison of accommodation types, financial advantages and disadvantages, Centrelink assessment and aged care fees and charges. We will also speak about 'Understanding Your Pension' – looking at choices and consequences, making the most of your pension, Centrelink assessment issues and rights and obligations.

Saturday 20th October 10:00am–3:00pm

Beachway Motel, 1 Heathcote Rd, Ulverstone

Bookings: 6422 3503 | robert.kewley@humanservices.gov.au

(close: 11/10)

Meals on Wheels Open Day

Meals on Wheels Tasmania

Meals on Wheels Tasmania invites community members, volunteers and service providers to visit our branch and see what Meals on Wheels can offer you. There will be a variety of meals to view and information available and staff on hand to answer questions. Morning tea will be supplied.

Thursday 18th October 10:00am–2:00pm

Meals on Wheels, 15-19 Eastlands Drive, Ulverstone

Bookings: 6425 1331 (close: 12/10)

Seniors' Forum



Ulverstone Senior Citizens Club

The session begins with sharing jokes and reading aloud of a popular novel, encouraging participation and discussion. This is followed by a lighthearted quiz creating much hilarity and fun.

Tuesday 16th October 9:45am–12:00pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Choir – Note Worthy



Ulverstone Senior Citizens Club

Our choir will be practising choral and drama items for the monthly social. We welcome new members to our lively and friendly group.

Wednesday 17th October 1:30pm–3:30pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Cards – Crib



Ulverstone Senior Citizens Club

If you enjoy or are interested in crib please come along to our friendly group.

Wednesday 17th October 1:00pm–3:00pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Indoor Bowls



Ulverstone Senior Citizens Club

Join us for indoor bowls – a fun social competition in warm and pleasant surroundings.

Thursday 18th October 12:45pm–3:30pm

Saturday 20th October 12:45pm–3:30pm

Saturday 20th October 6:45pm–9:45pm

Senior Citizens Club, 16 King Edward St

Cards – 500



Ulverstone Senior Citizens Club

Interested in 500? Come along to our friendly group.

Friday 19th October 1:00pm–3:00pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Seniors Unmasked Concert



Ulverstone Senior Citizens Club

Enjoy an afternoon of entertainment from local and coastal artists. Refreshments will be provided.

Sunday 21st October 1:30pm–3:30pm

Senior Citizens Club, 16 King Edward St, Ulverstone

Community Shed:

Ladies Open Day



Central Coast Council

Improve your skills and knowledge in woodworking; learn how to use tools and machinery correctly/safely. A fun, friendly and informative program just for ladies. Morning/Afternoon tea provided.

Tuesday 16th October 10:00am–3:00pm

Ulverstone Community Shed, Flora St

WYNYARD

Tastes of the Wild – Native Edible Plants in Our Garden and Kitchen



U3A Wynyard

Participants will be able to assist or observe instructor Rees as we make, bake, talk and eat tastes of the wild.

Thursday 18th October 10:00am–12:00pm

Wynyard Showground Hall, Jackson St, Wynyard

Online Shopping



Libraries Tasmania

Get your groceries delivered! Learn to buy your groceries online and avoid the queues in the supermarket. Come along to our free event at Wynyard library. Includes light afternoon tea.

Wednesday 17th October 1:30pm–3:00pm

Wynyard Library, 13 Exhibition link, Wynyard
Bookings: 6442 2769 (close: 8/10)

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