

## SPRING September – November 2024



**This spring we have a lot to celebrate, particularly Seniors Week 14–20 October.**

This year's theme is Connecting Generations, and we're excited to continue expanding our intergenerational programming. We believe that our positive agers have a wealth of experience to share not just with each other but with the broader community. Finding opportunities for these meaningful exchanges can greatly benefit our overall well-being.

In the coming months, we have a line-up of exciting events planned: a stand-up comedy show, a disco, an intergenerational art project along with a long table lunch with service and entertainment provided by students from St Michael's Collegiate.

Looking ahead, we have Floral Shows at Town Hall in September. In November The Breed will perform at Mathers House, and the Australian Army Band at the City Hall.

This season, we're encouraging everyone to get involved, join in the festivities and let us know you're here.

So, here's a question for you:  
**When was the last time you did something for the first time?**

According to PsychCentral, "every new experience has the potential to enhance your brain". Even simple new challenges like brushing your teeth with a non-dominant hand and standing on one leg can enhance neuroplasticity and provide benefits like:

- Increased capacity for healing
- Enhanced cognitive ability
- Clarity and inner calm
- Planning and achieving goals
- Adaptability and flexibility

Consider this your invitation to take a leap and try something new. Let's embrace the rhythms, colours and rebirth of spring as we transition out of the slumber of winter's icy solitude.

**IMPORTANT MAILOUT UPDATE: SEE BACK PAGE**



## Message from the Mathers House Coordinator

We are getting on the Maggie Beer's bandwagon or should I say food wagon with her latest initiative "Make every mouthful count" showing on ABC.

We are so lucky in Tasmania to have an abundance at our finger tips of fresh, seasonal, protein and nutritional rich food but we also need to educate ourselves on the importance it has for our health outcomes. Having worked in aged care for the last eight years and now at Mathers House I understand the importance and joy that food brings to our client base alongside the building of strong relationships through the sharing of food.

Good nutrition is crucial in maintaining a strong immune system, reducing the risk of chronic diseases such as diabetes and cardiovascular disease and promotes longevity. Being malnourished increases your risk of falls, slows your rate of healing and increased risk of infection.

Understanding the impact is essential not only for our own wellbeing but also for those we care about. Come in to Mathers House and be a part of our family with great tasting food, fun activities and special events.

We open our dining room Monday to Friday 12 pm–1.30 pm and Deep our 'new' chef cooks daily alongside our wonderful volunteers preparing balanced, quality and affordable meals that provide important health benefits.

### Recent Survey Results

As we like to continuously strive to improve our services, in July we sent out a survey for those who receive our What's On newsletter

via email and also conducted face-to-face discussions with customers inhouse. I am pleased to share some of the results.

We had 65 respond with the two main reasons for coming being activities and lunch. Importantly 92% of the participants said it helped them make social connections, and 98% indicated they would continue to come which is a wonderful outcome.

Encouragingly, 84% said they are satisfied with existing programs and we received lots of ideas for new activities, some of which we will be implementing in this issue. We are also exploring ways to encourage more men to attend our programs and considering running activities outside the centre as the weather improves, such as trips to art galleries, walks and more musical entertainment.

We asked for suggestions regarding improving communications especially around event changes and upcoming special events thus encouraging respondents to join our Facebook group for timely updates.

Regarding the café's menu, 75% of responses were positive and they found the service and cost of food meet their needs. We conduct regular inhouse surveys to get feedback on the day and action where possible.

Thank you for your valuable feedback. If you haven't responded to the survey yet please scan the QR code so we can continue on our journey of improvement thus better servicing our wonderful community.



## Calendar highlights



**Coming to you from 14–20 October. Look out for your COTA catalogue in mid-September!!!**

### Mid-Seniors-Week Disco



Grab your dancing shoes, a friend and a drink (when you arrive) and come dance along to your favourite songs from the 60s onward. Enjoy this social event with your community during the biggest week of our calendar year!

**When:** Wed 16 October, 2 pm  
**Where:** Criterion House  
**Cost:** \$10

### Long Table Lunch

4 Course meal with first drink free.

In collaboration with St Michael's Collegiate students providing service and entertainment.



Payment and Booking Required

**When:** Wed 18 October, 12 noon – 2 pm  
**Where:** Mathers House Dining Room  
**Cost:** \$25

### Silvertones

The Silvertones are a men's chorus singing in four-part close harmony, a cappella in barbershop style.



**When:** 8 November, 1 pm  
**Where:** Criterion House  
**Cost:** Gold Coin Donation



### Dementia Friendly Café

On the last Wednesday of each month Mathers House partners with Libraries Tasmania and Dementia Australia to

create a safe and supportive space for those living with dementia and their carers offering meaningful engagement with others. Please join us for refreshments, participate in creative and playful activities whilst being supported by professionals.

**When:** Last Wednesday of the month (check calendars for occasional changes)  
**Where:** Mathers Dining Room  
**Cost:** \$5pp includes morning tea

### Film Fridays



On the second-last Friday of the month, the library provides a showing from their online movie collection. You can also learn how to stream from home.

**When:** Second last Friday of the month at 1 pm  
**Where:** Lower Mathers  
**Cost:** Free

**Weekly activities**

- Lifelong learning
- Fitness
- Health and wellbeing
- Creative arts and crafts
- Games
- Themed lunch
- Performance/Film

Day	Activity	Description	Time	Location	Cost	Booking
<b>Monday</b>	<span style="color: cyan;">●</span> Zumba	Low intensity exercise with easy-to-follow choreography. With Ashley.	10–11 am	CH	\$8	Not required
	<span style="color: darkred;">●</span> Meditation and Mindfulness	An inclusive and accessible approach to meditation and mindfulness.	1–1.45 pm	CH	\$8	Not required
	<span style="color: cyan;">●</span> Stronger for Longer	Exercise class suitable for all levels. Cardio, resistance and strength. With Manu.	1–1.45 pm	CH	\$10	Not required
	<span style="color: darkred;">●</span> Digital/ IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Rosa.	1–3 pm	MDR	Free	Required
	<span style="color: yellow;">●</span> Mah Jong Monday	Skilled game played with tiles.	1.30–3.30 pm	MDR	\$5 to join, free ongoing	Initial session required
	<span style="color: yellow;">●</span> Five Crowns	A card game to help improve memory. Easy to learn. With Priscilla.	2–4 pm	MDR	Free	Not required
	<span style="color: darkred;">●</span> Hobart Ukulele Group	Any ability welcome. Request in advance to borrow a uke. Paul	6.45–8.30 pm	MDR	Gold coin donation	Required
<b>Tuesday</b>	<span style="color: darkred;">●</span> Digital/ IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Richard.	10 am – 12 noon	MDR	Free	Required
	<span style="color: cyan;">●</span> Pilates, Balance and Stretch	Working on mind-body connection. With Manu.	10–11 am	LM	\$10	Not required
	<span style="color: cyan;">●</span> T'ai Chi	Improve health, wellbeing, balance and mobility. With John.	11 am – 12 noon	CH	\$2	Not required
	<span style="color: olive;">●</span> Art	Art classes with Ileg covering different artists' styles each week. Supplies included. With Ileg.	1.30–3.30 pm	CH	\$15	Not required
	<span style="color: olive;">●</span> Knitting Group	Casual group working on their own projects. Social event.	2–4 pm	MDR	Free	Not required
<b>Wednesday</b>	<span style="color: cyan;">●</span> T'ai Chi	Improve health, wellbeing, balance and mobility. With John.	10–11 am	CH	\$2	Not required
	<span style="color: yellow;">●</span> Scrabble with Friends	Friendly game. Players usually meet at 12 for lunch (at own cost).	1–3 pm	MDR	Free	Not required
<b>Thursday</b>	<span style="color: darkred;">●</span> The Ukulele Experience	Learn the basics of playing and singing. With Sally, Te' and Marley.	9.30–11 am	LM	\$5	Not required
	<span style="color: orange;">●</span> Broadway Boogie	Low impact musical theatre movement. With Ashley.	10–11 am	CH	\$8	Not required
	<span style="color: cyan;">●</span> Pilates	A great start or continuation to your fitness journey. With Hiroko.	11.10 am – 12 noon	CH	\$10	Not required
	<span style="color: darkred;">●</span> Guided Meditation	Half an hour of guided meditation. With Helen.	12.30–1 pm	LM	Free	Not required
<b>Friday</b>	<span style="color: darkred;">●</span> Midcity School for Seniors	Popular speakers' program. With Margaret. Includes morning tea.	10 am – 12 noon	CH	\$30 Annual fee + \$2 weekly	Not required
	<span style="color: darkred;">●</span> Digital/ IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Brian.	10 am – 12 noon	MDR	Free	Required

**LM** = Lower Mathers, **MDR** = Mathers Dining Room, **CH** = Criterion House

**September program**

- Lifelong learning
- Fitness
- Health and wellbeing
- Creative arts and crafts
- Games
- Themed lunch
- Performance/Film

Date	Activity	Description	Time	Location	Cost	Booking
6	● IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
6	● Book Club	A new book to discuss each month (limited spaces).	1–3 pm	LM	\$2	Required
16	● Quiz	Put your knowledge to the test. With Francis and Paula.	11 am – 12 noon	LM	Free	Not required
19	● Walking Group	Meet at C3 Church Carpark South Hobart. With Heather	11 am	Offsite	Free	Not required
20	● Film Fridays	A Libraries Tasmania collaboration – Delfin (English Subtitles).	1–3 pm	LM	Free	Tickets from eventbrite.com.au
20	● IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
25	● Dementia Friendly Cafe	Creative and social activities that benefit people with dementia. With Anne.	10 am – 12 noon	MDR	\$5	Not required

LM = Lower Mathers, MDR = Mathers Dining Room, CH = Criterion House



School for Seniors is a voluntary, not-for-profit charitable organisation offering a wide range of speakers and topics covering Tasmanian history, gardening and travel for its members. Their mission is to provide diverse subjects in a supportive-friendly environment.

All classes are organised and conducted by members ensuring a community-driven and collaborative approach to education and enrichment. If you would like to join please discuss with Margaret on the day.

**Accept our invitation to come and try your first session for free.**

**Community Program Spotlight**



Mathers House is proud to support community organizations that make a difference. For the past three years, Shrimad Rajchandra Mission Dharampur (SRMD) Australia has been a beacon of kindness with their "Circle of Love and Care" program.

Every Monday and Tuesday, from 4.15–5.15 pm, they offer free food service to those in need at Criterion House, located adjacent to Mathers House. Whether you're looking for a meal or just a warm, welcoming space, everyone is invited to experience the compassion and generosity of the Circle of Love and Care.

We encourage you to spread the word and join us in supporting this remarkable initiative. Let's come together to celebrate the spirit of giving and strengthen our community bonds.

**Event Details:**  
**When:** Every Monday and Tuesday, 4.15–5.15 pm  
**Where:** Criterion House  
**What:** Free food service for those in need

**Book Club Surprise**  
 Local Tasmanian Noir crime fiction author Stephen Brown, known for his acclaimed Detective Inspector Mahoney novels, is joining us for a special session on 4 October. Stephen has generously donated 20 copies of his latest book to our book club, and he'll be returning to share insights, discuss his work, and mingle with readers.

We have a few spare copies left, and we invite you to drop by the office to pick up a copy (while supplies last) and join this unique event. This is a wonderful chance to dive into



the world of Detective Inspector Mahoney and engage directly with the author.

Don't miss out on this one-off session!  
**When:** 4 October, 1 pm  
**Where:** Lower Mathers  
**Cost:** \$2

October program

- Lifelong learning
- Fitness
- Health and wellbeing
- Creative arts and crafts
- Games
- Themed lunch
- Performance/Film

Date	Activity	Description	Time	Location	Cost	Booking
4	<span style="color: red;">●</span> IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
4	<span style="color: red;">●</span> Book Club	A new book to discuss each month (limited spaces).	1–3 pm	LM	\$2	Required
14	<span style="color: yellow;">●</span> Quiz	Put your knowledge to the test. With Francis and Paula.	11 am – 12 noon	LM	Free	Not required
14	<span style="color: green;">●</span> Intergenerational Art Workshop	Create a collaborative art piece over conversations and afternoon tea. 44 Collins Street, Hobart.	2–3 pm	Youth Arc	Free	Preferred
14	<span style="color: orange;">●</span> Stand-up Comedy – Daryl Peebles	Stand-Up for Ageing, But Not on a Bus!	2–3 pm	MDR	Donation	Not required
15	<span style="color: red;">●</span> Conquer Anxiety	Strengthen your mind in this hour-long session. With Helen.	1–2 pm	Offsite	Free	Not required
15	<span style="color: red;">●</span> Legal Aid	Safeguarding our future as we age	2 pm	MDR	Free	Not required
16	<span style="color: red;">●</span> Mid-seniors-Week Disco	Drinks, Nibbles and tunes for a mid-seniors-week pick-me-up	2–4 pm	MDR	\$10	Payment and booking required
17	<span style="color: red;">●</span> Walking Group	Meet at C3 Church Carpark South Hobart. With Heather	11 am	Offsite	Free	Not required
18	<span style="color: red;">●</span> IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
18	<span style="color: orange;">●</span> Friday Films	<i>Mr Holmes</i> – an introspective journey into the mind of one of literature’s greatest crime-solvers.	10 am – 12 noon	LM	Free	Not required
18	<span style="color: purple;">●</span> Long Table Lunch	4 courses and a bit of a show by the Collegiate students	12 noon – 2 pm	MDR	\$25	Payment and booking required
24	<span style="color: red;">●</span> Dementia Friendly Café	Creative and social activities that benefit the health and wellbeing of those affected by dementia.	10 am – 12 noon	MDR	\$5 (includes morning tea)	Not required

LM = Lower Mathers, MDR = Mathers Dining Room, CH = Criterion House

**Meditation and mindfulness**

Chloe from EverZen provides a welcoming and accessible approach to meditation and mindfulness suitable for individuals of all abilities and experience levels.



By engaging in her guided sessions, you’ll embark on a journey aimed at reducing stress and anxiety, improving sleep quality, and fostering overall well-being and relaxation. Each session is crafted to support a deep sense of connection and personal growth.

**Standing up for laughs**

After nearly 50 years in the Tasmanian entertainment scene, local comedian Daryl Peebles is bringing his unique flair to the stage with his stand-up comedy routine, *Stand Up for Ageing – But Not on a Bus*.



This routine offers a humorous take on the ageing process, blending comedy with a powerful message about the health benefits of laughter and a good sense of

humour. Daryl’s performance promises to be enlightening, inspirational, and thoroughly entertaining. It’s a delightful reminder that laughter truly is the best medicine!

**Preparation for ageing: insights from Australian research**

Current research on ageing preparation predominantly comes from Europe and North America, reflecting their specific systems and social norms. However, understanding how different regions, like Australia, approach

ageing is crucial. National Seniors Australia, for instance, incorporated questions on ageing preparedness into their National Social Survey, allowing participants to provide both structured and detailed free-text responses. This approach offers a comprehensive view of how Australians prepare for later life.

In an ABC interview, Dr. Diane Hosking, National Seniors’ Head of Research, addressed whether a positive attitude can impact life outcomes. Dr. Hosking noted that while a positive attitude can enhance feelings

November program

- Lifelong learning
- Fitness
- Health and wellbeing
- Creative arts and crafts
- Games
- Themed lunch
- Performance/Film

Date	Activity	Description	Time	Location	Cost	Booking
1	<span style="color: red;">●</span> IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
1	<span style="color: red;">●</span> Book Club	A new book to discuss each month.	1–3 pm	LM	\$2	Required
8	<span style="color: orange;">●</span> Silvertones	Barbershop style singers light up the room with their tunes.	1 pm	CH	Gold coin donation	Required
10	<span style="color: orange;">●</span> Australian Army Band Tasmanian Concert	Come to listen to the Army Band at Hobart City Hall.	2–3 pm	Offsite	Free	Not required
14	<span style="color: cyan;">●</span> Walking Group	Meet at C3 Church Carpark South Hobart. With Heather.	11 am	Offsite	Free	Not required
15	<span style="color: orange;">●</span> Film Fridays	Check the Libraries Tas website for updates.	1–3 pm	LM	Free	Not required
18	<span style="color: yellow;">●</span> Quiz	Put your knowledge to the test. With Francis and Paula.	11 am – 12 noon	LM	Free	Not required
27	<span style="color: darkred;">●</span> Dementia Friendly Café	Creative and social activities that benefit the health of those affected by dementia. With Anne.	10 am – 12 noon	MDR	\$2	Not required
29	<span style="color: red;">●</span> IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am – 12 noon	LM	\$2	Required
29	<span style="color: orange;">●</span> Wine, Savoury and Song	An afternoon soiree with rocking beats from The Beatles to The Monkees.	2.30–4 pm	MDR	\$10	Bookings and payment in advance please

LM = Lower Mathers, MDR = Mathers Dining Room, CH = Criterion House

From page 9 ►

of preparedness, it is not the sole factor. Individuals who felt prepared also tended to have better health and financial resources, which significantly influence preparedness.

Key findings from the 2023 National Seniors Social Survey<sup>1</sup> include:

- **68%** of older Australians feel prepared for ageing.
- **57%** have concerns about ageing.
- **31%** find nothing positive about it.

The survey revealed that those who perceive ageing positively are **340%** more likely to feel prepared. Conversely, those with concerns about ageing are **60%** more likely to feel unprepared or unsure about their readiness.

1. <https://nationalseniors.com.au/research/health-and-aged-care/ageing-preparation-report>

### The role of neuroplasticity in ageing

Neuroplasticity, the brain's ability to form new connections and adapt, plays a crucial role in ageing. Dr Celeste Campbell emphasises that neuroplasticity is ongoing and can be stimulated through various activities, contributing to cognitive health as we age.

#### Recommendations for improving ageing preparedness:

##### 1. Promote Positive Attitudes

Initiatives that highlight the benefits of ageing can improve older Australians' outlook and preparedness. Community programs, media campaigns, and educational resources can help shift perceptions.

##### 2. Enhance Resources

Support in areas such as financial

planning, health management, and social engagement is vital. Improving access to these resources can significantly boost individuals' preparedness for ageing.

##### 3. Stimulate Neuroplasticity

Encourage activities that challenge the brain, such as learning new skills, engaging in cognitive exercises, and maintaining social connections. Lifelong learning and mental engagement are key to sustaining cognitive health.

By focusing on both psychological attitudes and practical resources, and leveraging insights from neuroplasticity, we can better support Australians in preparing for a fulfilling later life.<sup>2</sup>

2 (Campbell, C. (2009) What is neuroplasticity? BrainLine. Retrieved from <https://www.brainline.org/author/celeste-campbell/qa/what-neuroplasticity>).

### Recommended TED Talks on neuroplasticity:

**After watching this, your brain will not be the same – Lara Boyd**

<https://www.youtube.com/watch?v=LNHBMFCzznE>

**Growing Evidence of Brain Plasticity – Michael Merzenich**

<https://www.youtube.com/watch?v=Z41BTeAU7DI>

**The most important lessons from 83,000 brain scans – Daniel Amen**

<https://www.youtube.com/watch?v=esPRsT-lmw8>

## Go digital and stay up to date with what's on at Mathers House

Stay up to date by joining our email newsletter.

You'll receive:

- New events that didn't make it into print
- Updates to any major changes to the activities listed
- A PDF of the program you can view on your device or print at home

Fill in the form at:

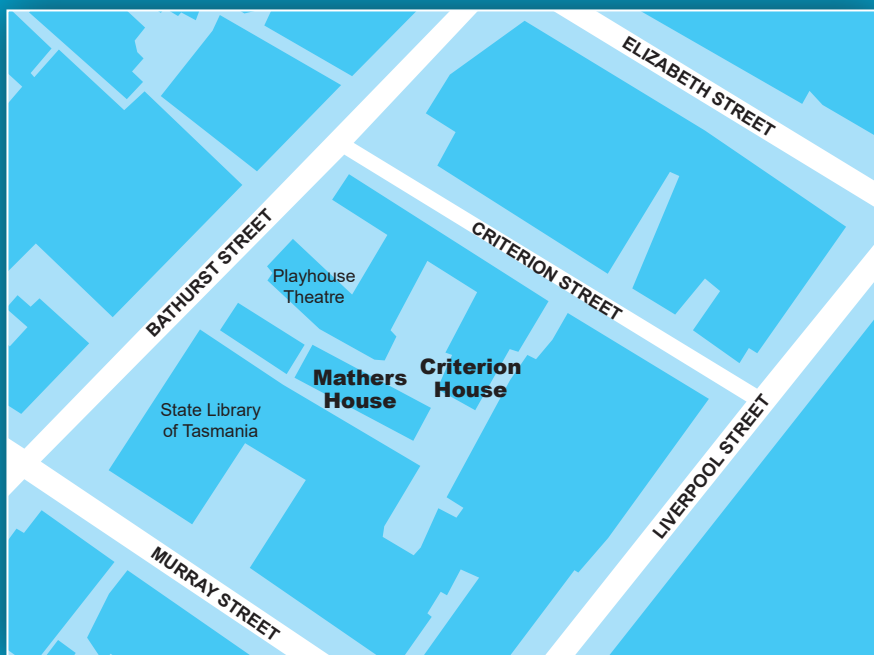
[hobartcity.com.au/positive-ageing](http://hobartcity.com.au/positive-ageing)

or email:

[mathersplace@hobartcity.com.au](mailto:mathersplace@hobartcity.com.au)

If you have already gone digital please let us know so we can remove you from the hard copy post list.

The trees will thank you.



### IMPORTANT MAILOUT UPDATE

#### Action needed: Opt-In to continue receiving hard copies of our newsletter

To help us reduce our environmental impact and lower our carbon footprint, we are transitioning to a more sustainable approach. If you wish to continue receiving a hard copy of our What's On newsletter, you will need to **OPT IN**.

Please contact us to confirm your preference by calling **03 6234 1441** or emailing [mathersplace@hobartcity.com.au](mailto:mathersplace@hobartcity.com.au)

Thank you for your support and commitment to a greener future!

Room bookings available for community groups, commercial groups and individuals. Visit [hobartcity.com.au/venues](http://hobartcity.com.au/venues)

Opening hours: 9.30 am – 3 pm,  
Monday to Friday  
Mathers House  
Mathers Lane  
108 – 110 Bathurst Street  
Hobart

T 03 6234 1441

E [mathersplace@hobartcity.com.au](mailto:mathersplace@hobartcity.com.au)  
[www.hobartcity.com.au](http://www.hobartcity.com.au)