

SUMMER December 2024 – February 2025

Wishing you a wonderful Christmas and a joyful New Year. We hope 2025 brings you happiness and cherished moments with your loved ones!

– From Denise, Aisha, Deep and all of our wonderful volunteers



Welcome to Summer

It's Summer at Mathers House!

With daylight saving time here, it's the perfect season for fun, family and friendship. Our café is the perfect cosy spot to relax, enjoy a delicious meal, or grab a coffee with friends – old and new alike.

Here, everyone is known by name, and we've fostered a warm community filled with connection and laughter. It's a wonderful place to share experiences and interests,

helping to ease feelings of isolation, especially as we age and navigate through changes in our families.

Whether you're a regular or it's your first visit, we invite you to settle in and check out our latest edition of What's On for exciting events and activities. We can't wait to welcome you!

Below is a snippet of what some of our regular customers say about their experience here:

You can say that again



"It gives me a reason to stay upright and give back to my community." **John**



"I come for the friendly staff, excellent food and great value for money." **Victor**



"I've always been a people person so Mathers gives me the opportunity to still be around lots of people in my retirement." **Shelah**



"We love the food, the atmosphere and the people we share our meal with." **Jen and Trevor**

CENTRE HOURS DURING THE HOLIDAY PERIOD

- Closing Thursday 19 December until Monday 6 January
- Reopening Tuesday 7 January
- Closed for Regatta Day Monday 10 February



Message from the Mathers House Coordinator

Reflecting on my time at Mathers House, I am pleased to have been here for just over a year now and am excited about the new year ahead. The work we do in providing space for events, organising activities and creating community is important, and it fills me with a sense of pride.

'Reframing ageing' seems to be the new catchphrase these days. The concept is that ageing is an evolving process, with each generation having their own life stories. We want to honour these stories through the events and activities we provide. This is why we strongly encourage you to provide feedback on your experiences here and what you would like to attend. Our door is always open if you would like to speak to us.

Staying mentally and physically active is the key to healthy aging. Engaging in regular exercise, pursuing hobbies, and maintaining social connections can all contribute to overall well-being. Activities like reading, puzzles, or learning new skills stimulate the mind, while physical activities, whether it's walking, dancing, or exercise classes, keeps the body strong. Finding a balance between these aspects can help enhance mood, cognitive function, and quality of life as we age.

‘It's never too late to reinvent yourself... Fall in love at 50.
Learn to dance at 60.
Start a whole new life at 70.
Stop saying you can't – you can and you should. Dreams don't have an expiration date.’
– Silver Raven Wolf

Also, trying new things can lead to unexpected joy and growth, regardless of your age or stage in life. This is what we want to offer you here.

Be digital-ready and get connected in-home assistance

This is a brand-new free program designed for people who have low digital literacy. This unique program has been designed by Mathers House to help build confidence, skill and online safety for people over 50.

Good Things Foundation: Fixing the Digital Divide have assisted with funding to help us bring unique digital benefits to thirty individuals who are struggling to get connected.



If you have a device, access to the internet and can commit to one home visit and two Mathers House visits, and you are happy to complete a brief survey, we would love to hear from you on 6234 1441. You can also help someone you know register for this program.

Calendar highlights



Christmas Long Table Lunch

The last long table lunch of the year will be celebrated with a themed Christmas lunch. This is a great chance to call your friends and book in for a four-course feast with a drink and some light entertainment. Why not stay for the variety concert afterwards?

When: 4 December, 12 noon – 1.30 pm

Where: Mathers Dining Room

Cost: \$30



POP Variety Concert

Performed by our own acting group. Facilitated by the wonderful teacher, writer, director and performer John Adkin

When: Wednesday, 4 December, 2–3 pm

Where: Mathers House

Cost: Gold coin donation

Quizzes

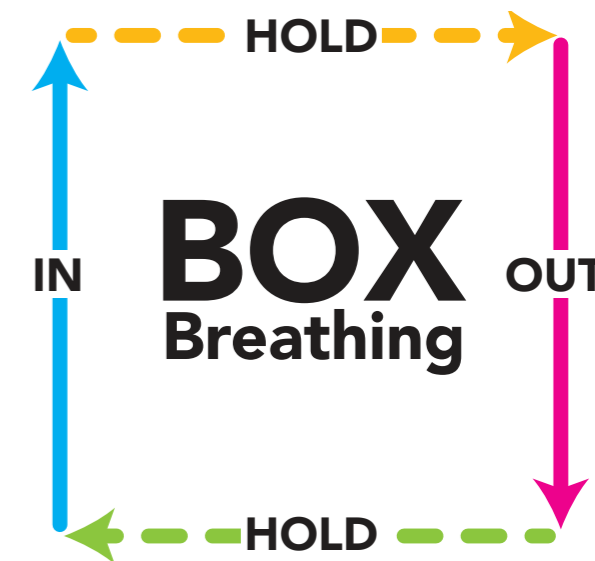
Come along to our monthly quiz sessions with Paula and Francis and put your general knowledge to the test. Stay for lunch after if you can.



When: Monday 9 December 2024
Monday 13 January 2025
Monday 10 February 2025
(All sessions from 11 am – 12 noon)

Where: Lower Mathers

Cost: Free



Box Breathing with Dr Joanna de Burgh

Joanna has been playing and learning the Feldenkrais method since 1980. Now in her 70s she attests to her increased need to change and keep her flexibility. Breathing slowly allows us to slow down, which means we can think and respond better to whatever is happening in our lives.

When: Wednesday, 11 December, 1–2 pm

Where: Criterion House

Cost: Free

Happy Valentine's Day

Join us for a romance film and chocolates.



When: Friday, 14 February 2025

Where: Lower Mathers

Cost: \$5



Weekly activities

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

Day	Activity	Description	Time	Location	Cost	Booking
Monday	● Zumba	Low intensity exercise with easy-to-follow choreography. With Ashley.	10–11 am	CH	\$8	Not required
	● Stronger for Longer	Exercise class suitable for all levels. Cardio, resistance and strength. With Manu.	1–1.45 pm	CH	\$10	Not required
	● Digital/IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Rosa.	1–3 pm	UM	Free	Required
	● Mah Jong Monday	Skilled game played with tiles.	1.30–3.30 pm	UM	\$5 join. Free ongoing	Initial session required
	● Five Crowns	A card game to help improve memory. Easy to learn. With Priscilla.	2–4 pm	UM	Free	Not required
	● Hobart Ukulele Group	Any ability welcome. Request in advance to borrow a uke. With Paul (Breaking from 9/12 – 20/1).	7 pm	UM	Gold coin donation	Required
Tuesday	● Digital/IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Richard.	10 am – 12 noon	UM	Free	Required
	● Pilates, Balance & Stretch	Working on mind-body connection. Balance, stretch and lengthen. No class on 7 January. With Manu.	10–11am	LM	\$10	Not required
	● T'ai Chi	Improve health, wellbeing, balance and mobility. With John.	11–12 noon	CH	\$2	Not required
	● Knitting Group	Casual group working on their own projects.	2–4 pm	UM	Free	Not required
Wednesday	● Fundamentals of Acting	Develop your acting skills and work towards a unique end of term performance. With John.	10 am –12 noon	LM	\$30 for the term – late entry reduced rates	Not required
	● T'ai Chi	Improve health, wellbeing, balance and mobility. With John.	10–11am	CH	\$2	Not required
	● Scrabble with Friends	Players usually meet at noon for lunch (at own cost).	1–3 pm	UM	Free	Not required
Thursday	● The Ukulele Experience	Learn the basics of playing and singing. Includes morning tea. Sally & Te' & Marley.	9.30–11am	LM	\$5	Not required
	● Broadway Boogie	Low impact musical theatre style movement class. With Ashley.	10–11am	CH	\$8	Not required
	● Serenity in the City	Take time out and give yourself the gift of peace and serenity. 30–minute guided meditation. With Helen.	12.30–1pm	LM	Free	–
	● Pilates	A great start or continuation to your fitness journey. The class on 9 January will be run by Manu.	11.10 am –12 noon	CH	\$10	Not required
Friday	● Midcity School for Seniors or S4S	Popular speakers' program. Includes morning tea. Participants often stay on for lunch in the cafe afterwards. With Margaret (Breaking 18/12 – 7/2).	10 am –12 noon	CH	\$30 Annual Fee + \$2 weekly	Not required.
	● Digital/IT Basics	One-on-one basic technology coaching. 1 hour sessions. With Brian.	10 am –12 noon	UM	Free	Required

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

December Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Tues 3	● Healthy Business ETP (supported by Primary Health Tasmania)	14-week exercise program to improve activity levels and quality of life.	TBC	LM	Free	Expressions of interest
Wed 4	● Long Table Christmas Lunch	A four-course meal and drink with friends new and old.	12–1.30 pm	UM	\$25	Payment and booking required
Wed 4	● Performance – by POP Fundamentals of Acting Class	A variety concert by our very own acting group. Facilitated by wonderful teacher, writer, director and performer John Adkin.	2–4 pm	UM	Gold coin donation	Drop-ins welcome
Fri 6	● Book Club	A new book each month, coffee and a snack.	1–3 pm	LM	\$5	Bookings required
Mon 9	● Quiz	Put your knowledge to the test. With Frances and Paula.	11–12 noon	LM	Free	Drop-ins welcome
Wed 11	● Box Breathing	Breathing slowly allows us to slow down, which means we can think better, feel calmer and respond better in our lives.	1–2 pm	CH	Free	Preferred but not necessary
Thurs 12	● Uke Christmas Performance	Sally, Te & Marly will be leading a fun session playing their ukes and having a singalong for all to enjoy.	11.45 am	Outside MH	Gold coin donation	Not required

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

Join the Big Blue Table at Mathers House



Enjoy a meal at Mathers House café and connect with others while fighting the stigma of mental health, which is estimated to affect 45 per cent of people in Australia in their lifetime.

To support this worthwhile cause, Mathers House has introduced the “Big Blue Table”, a communal space designed to reduce social isolation and promote conversations around mental health.

Open to everyone, especially older community members or those sitting on their own, this table will be set up for the next three months. Any money raised will help start a conversation between a trained professional and someone in need.

Mathers House is committed to building an Australia that is more supportive of mental health.

“ Getting old is like climbing a mountain; you get a little out of breath, but the view is much better! ”
– Ingrid Bergman



Congratulations to Sajini

We are proud to recognise Sajini Sumar for her remarkable contributions to our community. With over 25 years of service, Sajini has been a driving force in fostering inclusivity and harmony within the Mathers community.



Sajini plays a pivotal role as a member of the Hobart Older Persons Reference Group (HOPRG), offering valuable feedback to the City of Hobart on the Positive Ageing Program. Her passion for bringing people together is evident in the many vibrant community events she organises, including Diwali festivals, Women’s Day celebrations, and multicultural Christmas events.

Earlier this year, Asianet News, in partnership with the Victorian Government, honoured Sajini with the Star of Tasmania – Healthcare Excellence Award for her exceptional commitment to supporting the Indian diaspora in healthcare.

We extend our heartfelt congratulations to Sajini Sumar for this well-deserved recognition and thank her for her tireless dedication to the community.



January Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Thurs 9, 16, 23 & 30	● Lap Quilt Workshop	Learn how to assemble your own lap quilt in this 9-week program. All materials are provided, but you can bring your own too!	2–4 pm	UM	\$75 for everything or \$10/week	Preferred
Mon 13	● Quiz	Put your knowledge to the test. With Frances and Paula.	11 am – 12 noon	LM	Free	Drop-ins welcome
Thurs 16	● Walking Group	Meet at Botanical Gardens front gate. With Heather.	11 am	RBG	Free	Required
Fri 17	● Line Dancing	Fun for all ages, grandkids welcome too!	11–11.45 am	CH	\$2	Required
Wed 22	● Dementia Friendly Café	Creative and social activities that benefit the health and wellbeing of those affected by dementia.	10 am – 12 noon	UM	\$5 per person	Drop-ins welcome

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

Join One of Our Ukulele Groups!

Did you know we have two Ukulele groups in the Mathers community? Whether you're a beginner or an experienced player, both sessions are open to all music enthusiasts. Both groups provide a warm welcoming environment. If you don't have a ukulele yet, no worries – we have a few available to borrow, come and give it a try!

Monday evenings
6.45 – 8.30 pm
Thursday mornings
9.30–11.00 am

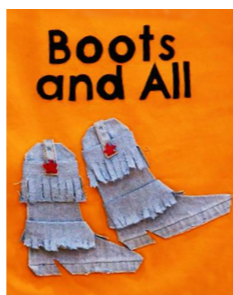


For more details, check the program or feel free to call us to enquire or book.

New classes

Line Dancing with Laura

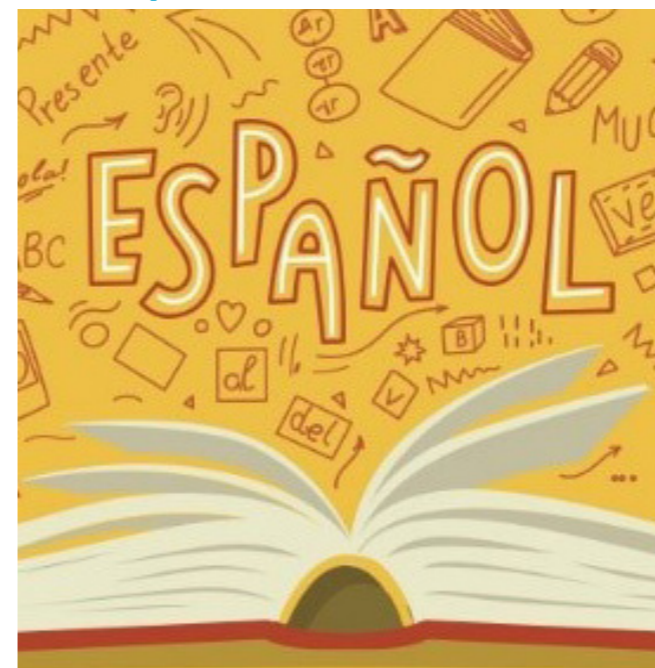
Here's your chance to achieve a New Year's resolution; by joining Boots and All Line Dancing (a Bucaan Community House program) to get some exercise and have a whole lot of fun! This session is run during the school holidays so if your grandkids (or kids, parents, siblings, friends...) are interested in trying a few easy line dances, bring them along. Please arrive early to fill out the waiver for the class.



“ I have no fear of getting older and having more lines. I just want to be at ease and to be totally present to my world and with the people around me. To me that is the ultimate beauty.”
– Margaret Osler



Hola! Spanish classes



We are excited to announce that we have found an instructor for our Spanish classes! While we are still finalising the details, the classes are tentatively scheduled for Mondays from 11 am to 12 noon. The cost will be \$5 per person. We are currently gathering expressions of interest to confirm our tutor. If you are interested in committing to weekly sessions, please let us know!

Exercise Treatment Program – Individually Tailored – Expressions of Interest

A free 14-week program to improve activity levels and quality of life for older people who have or are at risk of long term health conditions. To find out more please email etp@healthybusiness.net.au
Potential start date:
3 December 2024.

Scan the QR code for more details.



Exercise Treatment Program

A **FREE** 14-week program to improve activity levels and quality of life for older people who have – or are at risk of – long-term health conditions.



February Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Fri 7, 14	● Lap Quilt Workshop	Learn how to assemble your own lap quilt in this 9-week program with all materials provided (you can bring your own too!).	2-4 pm	UM	\$75 for everything or \$10/week	Preferred
Fri 7	● Book Club	A new book each month, coffee and a snack.	1-3 pm	LM	\$5	Bookings required
Thurs 13	● Quiz	Put your knowledge to the test with Frances and Paula.	11 am - 12 noon	LM	Free	Drop-ins welcome
Fri 14	● Valentine Afternoon Film	Chocolate and a Love Affair, what a way to spend Valentine's Day.	11-11.45 am		\$5	Preferred
Thurs 20	● Walking Group	Meet at The Boat House Restaurant. With Heather.	11 am	Cornelian Bay	Free	Required

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

Quilting Bee Celebrations

Over the last six months, a team of around eighteen participants came together to create handmade blocks that showcase different perspectives on happiness representing their shared experiences. With the guidance of program leader Sue, they learnt about colour, stitching, applique, couching, pressing and contrast.



The team hand-stitched everything together over several months, including adding the batting, backing and pole inserts.

The act of stitching together not only created a beautiful piece but Sue's dedication and the efforts of everyone involved have clearly woven more than just fabric – it's a tapestry of connection, joy, and shared memories. Displaying the quilt in the dining room will certainly make it a cherished reminder of the warmth and creativity that thrives within our community.

Beginning in January, Sue will be running a nine-week lap quilting workshop, where materials and guidance will be provided to create a personalised quilt using a variety of quilt making techniques. Check the January program for more information.

Reflections on Seniors Week

What an amazing week. We squeezed in more than 50 hours of programming into our busiest week of the year making it a festival

of fun and connection. We laughed, danced, meditated, balanced, sang, played, stretched, knitted, painted, boogied, scrabbled, mah jonged and boy did we eat.



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:

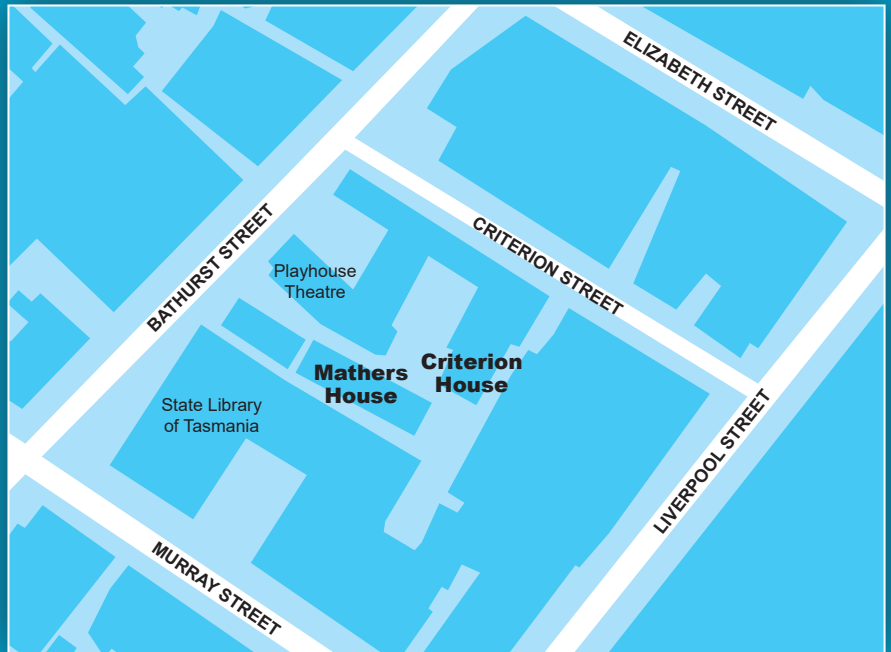
- New events that didn't make it into print
- Updates to any major changes to the activities listed
- A PDF of the program you can view on your device or print at home

Fill in the form at:
hobartcity.com.au/positive-ageing
or email:
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 MAIL-OUT 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**

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

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
W hobartcity.com.au