

AUTUMN March – May 2025

Dancing through life



Mathers House regular Judith Ker.

With Judith Ker

By Julia Bryan

"I always say to people, never be told you can't do something. If you know you can".

At the grand age of 96, Judith Ker has no plans of retirement, currently teaching ballet classes for adults and seniors.

Despite being told that she was "entirely unsuited for a stage career" during her education at Sadler's Wells Ballet School, Judith never let it stop her from chasing her lifelong dream of becoming a ballerina.

Judith joined the International Ballet Company, dancing across Europe and England before returning to Australia when she joined the Borovansky Ballet Company in Melbourne and to her great surprise Rudolph Nureyev was in the class.

When asked how she persisted with her dream, she simply said "I just kept going".

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PUBLIC HOLIDAY CLOSURES

- Eight-hour Day – Monday March 10
- Easter Break – Friday 18 – Tuesday 22 April
- Anzac Day – Friday 25 April
- Mathers House Office Hours – Monday to Friday 9 am – 3 pm
- Mathers House Café Hours – Monday to Friday 10 am – 1.30 pm



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Judith's determination has never faltered, even after she lost the role of Wendy for a ballet production of Peter Pan in Hobart, she took the role of Peter without a single rehearsal. Having a minor role in several seasons of Peter Pan in Sydney as an early teenager, Judith knew the role backwards.

After years of running her own ballet school in Hobart, Judith continues to do what she loves best by running an adult ballet and 'keep fit' class.

"I think it's important to keep doing what you are capable of for as long as you can".

What keeps Judith motivated? "Life, I suppose... I don't want to retire unless I have to".

When she's not teaching, Judith keeps herself busy in her garden or collecting shells along the beach. Even while listening to the radio, she keeps her hands busy by crafting boxes out of paper, "I don't like to sit doing nothing, I'm always making something".

A long-time patron of Mathers House, Judith calls it "an oasis".

"I come here for the peace and quiet, just to recuperate and get away from the hustle and bustle of the city".

What advice does she give to those wanting to reboot their day-to-day life?

"Go at your own pace and do what you can, and you'll find after a while you can do a bit more."

Wise words from a wise lady.

Message from the Mathers House Coordinator

In a recent report, *The Cost of Living Longer Report 2024* commissioned by Australian Seniors in partnership with research group MyMavins, shed light on the severe impact of rising costs on older Australians. (*The Senior Tasmania – February 2025*).

With many facing financial hardships we invite you to visit Mathers House, meet our amazing team, and experience the welcoming atmosphere firsthand. You'll have the opportunity to participate in activities such as free IT help, meditation classes, card and board games, to affordable exercise and craft classes, music and special events.

Our café is open to the public. It offers budget friendly, nutritious and best of all, delicious meals (soup and desserts \$4, mains \$5 for a half size and \$9 for a full size). Monday to Friday incorporating essential nutrients into your diet or pop in for a coffee and chat.

We believe that every person brings something unique, so come on in, take a tour, and let's discover if Mathers House is the right place for you.

Be digital-ready and get connected in-home assistance

This free program has been designed by Mathers House to 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

New Class

Great Balls of Fibre

Join Great Balls of Fibre – a group for men who love knitting, crochet, quilting, and all things crafty.

Whether you're a seasoned pro or exploring your creative side, crafting is a proven way to improve mental health and build connections.



Bring your current project, start something new, or just connect with fellow creators.

When: First Sunday of the month, 1–4 pm

Where: Lower-Level Mathers House

Cost: Free

New Class

Line Dancing

Line Dancing Starts in March with Ngaire! Discover why Line Dancing is so popular! It's a fun way to get moving, and it's suitable for all skill levels. No partner needed; you will dance as a group! Invite family and friends and HAVE FUN!

Class Tips:

- Wear supportive shoes and comfortable clothing.
- Bring a water bottle to stay hydrated.
- Enjoy the social vibe and meet new people.
- Stay positive, mistakes are part of the fun!
- Line dancing is all about having fun and moving at your own pace!
- Bookings are essential. Limited to 20 people per class.

When: Tuesday 1.30–2.15 pm

Where: Criterion House

Cost: \$5 per class

New Class

Spanish

It's never too late to learn something new, and 2025 is the perfect time to enrich your life with the second most spoken language in the world.



When: Wednesdays 2–3.30 pm

Where: Lower-level Mathers House

Cost: \$6/class or \$55/10 classes

New Class

Yoga

Jenn has been practicing yoga for over 15 years and has been a Registered Yoga Alliance teacher since 2023.



She has a passion for teaching yoga that is accessible yet offers students' creative challenges.

Jenn is passionate about the ability of yoga to calm the mind, regulate the nervous system, and improve strength and mobility.

She loves to help students find strength and space in their bodies they didn't know was there.

If you're thinking to yourself 'I can't do yoga', you're certainly not alone.

Jenn offers a welcoming space for all abilities and encourages you to remember the first step of yoga: 'begin where you are'.

When: Tuesday 1.30–2.15 pm

Where: Lower Mathers House

Cost: \$8 per class

Special event bookings essential. Call 6234 1441 or email mathershous@hobartcity.com.au

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 Ashley. No class on 26 May.	10 – 11 am	CH	\$8	Not required
	● Stronger for Longer	Exercise class. All levels. With Manu.	1 – 1.45 pm	CH	\$10	Not required
	● Digital/ IT Basics	1:1 Basic technology coaching. 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	An easy card game 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.	6.45 – 8.30 pm	UM	Gold coin donation	Required
Tuesday	● Digital/ IT Basics	1:1 Basic technology coaching. With Richard.	10 am – 12 noon	UM	Free	Required
	● Pilates, Balance & Stretch	1:1 Balance, stretch and lengthen. With Manu and Hiroko.	10 – 11 am	LM	\$10	Not required
	● Mahjong	A tile-based game of skill. From March 18. Away all of April.	10 – 11.30 am	UM	\$5	Bookings essential. Text Anne 0427 342 730
	● T'ai Chi	Improve health, wellbeing, balance and mobility. With John	11 am – 12 noon	CH	\$2	Not required
	● Line Dancing	Fun, low impact aerobic workout. All levels. With Ngaire. No classes 15 and 22 April.	1.30 – 2.15 pm	CH	\$5	Required – Limit 20
	● Yoga	Improve your physical and mental health. With Jenn. Starting 8 March.	1.30 – 2.15 pm	LM	\$8	Required – Limit 10
	● Knitting Group	Casual group working on their own projects.	2 – 4 pm	UM	Free	Not required
Wednesday	● Fundamentals of Acting	Develop your acting skills. With John.	10 am – 12 noon	LM	\$30 for the term – late entry reduced rates	Not required
	● Spanish Class	Learn a new language. With Richardo.	2 – 3.30 pm	LM	\$6 or 10 classes for \$55	Required
	● T'ai Chi	Improve health and wellbeing. With John.	10 – 11 am	CH	\$2	Not required
	● Scrabble with Friends	Players meet at noon for lunch (at own cost).	1 – 3 pm	UM	Free	Not required
Thursday	● Broadway Boogie	Low impact musical theatre. With Ashley. No classes on 22 and 29 May.	10 – 11 am	CH	\$8	Not required
	● Pilates	Great for your fitness journey. With Hiroko.	11.10 am – 12 noon	CH	\$10	Not required
	● Serenity in the City	30 minute of guided meditation. With Helen.	12.30 noon – 1 pm	LM	Free	Not required
	● Digital/IT Basics	1:1 Basic technology coaching. With Brendon.	10 am – 12 noon	UM	Free	Required
Friday	● The Ukulele Experience	Learn the basics. Includes morning tea. With Sally, Te and Kate.	8.45 – 9.45 am	LM	\$5	Not required
	● Midcity School for Seniors or S4S	Popular speakers' program. Includes morning tea. With Margaret.	10 am – 12 noon	CH	\$30 Annual Fee + \$2 weekly	Not required.

LM = Lower Mathers, **UM** = Upper Mathers, **CH** = Criterion House

March Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Sun 2	Great Balls of Fibre	A group of men who enjoy knitting, crochet, quilting, in fact any sort of craft.	1–4 pm	CH	Free	Not required
Mon 3	Introduction to Hypnotherapy	Helping people resolve challenges gently in a safe, compassionate space. With Tracey.	1.30–2.30 pm	LM	Gold Coin	Preferred
Frid 7	International Women’s Day High Tea	This year’s campaign is ‘Accelerate Action’. It encourages decisive steps to achieve gender equality. Uplifting Speaker to be announced.	2–3.30 pm	UM	\$15	Booking essential
Fri 7	Book Club	A new book to discuss each month.	1–3 pm	LM	\$5pp	Required
Fri 7 & Fri 21	IT Learning Club	App technology, smart phones and tablets. With Rosa.	10 am–12 noon	LM	\$2pp (includes morning tea)	Required
Mon 10	CLOSED	Eight Hour Day				
Thurs 13	Quiz	Put your knowledge to the test. With Francis and Paula.	11 am–12 noon	LM	Free	Not required
Thurs 13	Coffee Walk	Meet at C3 Church outside café then walk along Rivulet Track.	10 am –12 noon	Off Site	Free	Not required
Fri 14	Justus Laughter Class	An actor and director’s uplifting and entertaining class. With Justus.	2–3.30 pm	UM	\$10 incl afternoon Tea	Preferred
Wed 19	Karaoke	A fun afternoon with any song you want. With Trish.	1.30 – 3.30 pm	CH	Gold coin	Preferred
Fri 21	World Harmony Day & Long Table Lunch	3 x course Around the World menu with first drink.	12 noon – 1.30 pm	UM	\$25	Booking essential
Fri 21	Friday Films	A Libraries Tasmania collaboration – <i>Free to Run</i> .	1–3 pm	LM	Free	Not required
Wed 26	Dementia Friendly Cafe	Creative and social activities that benefit the health and wellbeing of those affected by dementia or memory loss.		UM	\$5pp (included morning tea)	Not Required

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Community Program Spotlight

Mathers House is a place for seniors but we also provide a space for community organisations running outreach and support programs.

We have four different groups offering free meals to those in need on the following days and times: Monday and Tuesday 4 pm in Criterion House, 1 pm Saturdays in Criterion House and 12 pm in Mathers House main dining room.

The following donations can also be dropped off at Mathers House:

Toothbrush and toothpaste, soap, bodywash, shampoo, conditioner, wet wipes, canned food (in date) cleaned and non-strained clothing.

Thank you for your support and generosity helping those in need.

Justus Laughter Class

This workshop features a series of fun and engaging exercises combining laughter, improvisational singing, dancing and spontaneous storytelling – perfect for anyone looking to boost their mood, reduce stress, and explore a sense of joy!

Backed by science, laughter therapy offers numerous benefits by



reducing stress hormones, elevating dopamine and endorphins, boosting immune system, lowering blood pressure and helping to manage depressive and anxious states.

Let’s share a laugh and make life a little brighter. Justus is looking forward to meeting you and sharing the joy of laughter!

April Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Fri 4	● IT Learning Club	App technology, smart phones and tablets with Rosa.	10 am – 12 noon	LM	\$2pp (includes morning tea)	Required
Fri 4	● Book Club	A new book to discuss each month.	1–3 pm	LM	\$5pp	Required
Sun 6	● Great Balls of Fibre	A group of men who enjoy knitting, crochet, quilting, in fact any sort of craft.	1–4 pm	CH	Free	Not required
Sun 13	● Tune Up @ 2 Concert Australian Army Band Tasmania	Join us as the AABT bring the majestic City Hall to life, with the first of this year's highly entertaining Tune Up @ 2 concerts.	2–3pm	Hobart City Hall	Free (gold coin donation)	Not required
Mon 14	● Quiz	Put your knowledge to the test. With Francis and Paula.	TBC	LM	Free	Not required
Thurs 17	● Coffee Walk	Meet outside Seagrass Long Point, Sandy Bay then walk to Blac Fig for coffee and return.	10 am–12 noon	Off Site	Free	Not required
Thurs 17	● St Patricks Day Irish Themed Lunch	3 Course set menu of favourite Irish food.	12 noon	UM	Normal prices	Not required
Fri 18	Good Friday	Public Holiday	CLOSED			
Mon 21	Easter Monday	Public Holiday	CLOSED			
Tues 22	Easter Tuesday	Public Holiday	CLOSED			
Fri 25	Anzac Day	Public Holiday	CLOSED			
Wed 30	● Dementia Friendly Cafe	Creative and social activities that benefit the health and wellbeing of those affected by dementia or memory loss.	10 am	UM	\$5pp (included morning tea)	Not required

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Act Your Age

Those wishing to have a crack at acting or have experience are invited to join the Fundamentals of Acting & Performance. John Adkins will conduct workshops as well as performances at the end of term. Looking for performers (acting, singing, mime etc.) and anyone who would rather be in the back helping. Helps to build confidence and opportunities to present your own works. Workshops are on Wednesdays from 10 am–12 noon at Mathers House.

Volunteering opportunities at Mathers House

Make a difference, connect to your community and receive wonderful benefits such as making new friends, improved mental and physical health and boosting your social skills.

Are you interested in volunteering in Mathers House café? We have roles in the kitchen cooking, food prep or both (depending on your skills) or serving in the dining room where you get to chat to our wonderful customers.

Kitchen rosters are 9 am – 1.30 pm and dining service from 10.30 am – 1.30 pm. We are open Monday to Friday so if interested and want more information call 03 6243 1441 during business hours to chat with Denise.

Current Police Check and Food Safety Certificate are required.

Reboot your Life!

As we grow older, daily life can become monotonous. Every so often, we are in need of a refresh. Here are a few steps you can take to reboot your life at Mathers House!

Learn a new skill or hobby: Try your hand at quilting, learn new computer skills or try learning an instrument like the ukulele. And with Mah Jong lessons now starting on Tuesdays from 10–11.30 am in the Mathers dining room, it's the perfect time to start something new and stimulating – it can be great for rebooting the mind!

Connect with community: Spending time with others can be a great way to reboot your social life, join our book club, knitting group, or attend our popular Scrabble with Friends.

Get active: Getting the body moving is key to feeling revitalised. Signing up to classes for T'ai Chi, Zumba or Pilates could be the perfect way to find your low-impact exercise activity.

Start your reboot journey at Mathers House today. It's never too late to tweak or reinvent yourself!

May Program

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

Date	Activity	Description	Time	Location	Cost	Booking
Fri 2	● Book Club	A new book to discuss each month.	1–3 pm	LM	\$5pp	Required
Fri 2,	● IT Learning Club	Basic technology coaching. With Rosa.	10 am – 12 noon	LM	\$2pp (includes morning tea)	Required
Sun 4	● Great Balls of Fibre	A group of men who enjoy knitting, crochet, quilting, in fact any sort of craft.	1–4 pm	CH	Free	Not required
Tues 6	● Choose to Be Calm	A course on positive thinking and an introduction to a simple form of meditation. With Helen.	11.30 am – 1 pm	LM	Free	Required 0408 872 258
Fri 9	● Mother's Day High Tea	Celebrate motherhood in all its forms and learn how to make a flower table setting.	2–3 pm	UM	\$5pp (includes afternoon tea)	Not required
Mon 12	● Quiz	Put your knowledge to the test. With Francis and Paula.	11 am – 12 noon	LM	Free	Not required
Tues 13	● Choose to Be Calm	A course on positive thinking and an introduction to a simple form of meditation. With Helen.	11.30 am – 1 pm	LM	Free	Required 0408 872 258
Thurs 15	● Coffee Walk	Meet at C3 Church outside café then walk along Rivulet Track.	10 am – 12 noon	Off Site	Free	Not required
Fri 16	● Friday Films	A Libraries Tasmania collaboration – <i>Janis: Little Girl Blue</i>	1–3 pm	LM	Free	Not required
Fri 16	● IT Learning Club	Basic technology coaching. With Rosa.	10 am – 12 noon	LM	\$2pp includes morning tea)	Required
Tues 20	● Choose to Be Calm	A course on positive thinking and an introduction to a simple form of meditation. With Helen.	11.30 am – 1 pm	LM	Free	Required 0408 872 258
Thurs 22	● First Aid for Seniors	A 45-minute class on First Aid for Seniors. With Phil from First Aid Centre of Tasmania.	1.45 – 2.30 pm	UM	Gold Coin	Not required
Wed 28	● Dementia Friendly Cafe	Activities that benefit the health and wellbeing of those affected by dementia or memory loss.	10 am – 12 noon	UM	\$5pp (includes morning tea)	Not required
Wed 28	● The Bridal Salon	Variety Performance with POP (Playing Our Part) acting group run by John Adkins.	1.30–3 pm	CH	Gold Coin	Not required
Fri 30	● IT Learning Club	Basic technology coaching. With Rosa.	10 am – 12 noon	LM	\$2pp (includes morning tea)	Required
Fri 30	● Salty Jam (Sally & Te) Music Concert	Bring your dancing shoes along for a dance and fun.	2–3.30 pm	UM	Gold Coin	

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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

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Opening hours: 9.30 am – 3 pm,
Monday to Friday
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