

WINTER June – August 2024

Warm hearts this winter at Mathers House

Our winter program is packed full of classes and activities designed to help you grow your connections and stay active this winter.

There is a little something for everyone from fitness, mental health, games, music and performances, creative classes, long table lunches and so much more. We hope that Mathers House can provide a little bit of happiness to everyone who comes.

How to play:

The first twenty people who attend all classes on the bingo card during winter (June to August) get a free lunch at Mathers House. Ensure the instructor signs for your class then bring to us when completed.

Laughter Yoga 1 – 1.45 pm Tuesdays Lower Mathers Free	Quilting Bee 2 – 4 pm Thursdays Upper Mathers Free	Midcity School for Seniors 10 am – 12 noon Fridays First session \$2
Any Wine Savoury and Song Last Friday of each month. \$15	Any Film Friday 1 – 3 pm The third Friday of each month. Lower Mathers Free	Yoga 12.30 – 1.15 pm Wednesdays Criterion House \$8
Guided Meditation 12.30 – 1 pm Thursdays Free	Any Quiz Dates in Calendar Lower Mathers Free	Do a survey with Sue Lacey Tuesdays or Thursdays. Please book Free

FULL AUTUMN ACTIVITIES PROGRAM INSIDE



Message from the Mathers House Coordinator

This edition's theme is 'Happiness'. To me it means to have a sense of well-being and joy in the present, and optimism for the future.

Why have I chosen happiness as the theme? Recently I had two falls within two weeks and both times I hurt myself. This meant treatment at a physio \$\$\$ and some time off work. One minute I was going along happily, and in a moment, everything changed. I was no longer able to move freely and it was very painful.

These falls reminded me that if I want to live a life which is happy I need to look after my body and mind better. This means exercising more to build my core strength and taking more time and care to live in the moment and be aware of my surroundings.

As we age we become wiser, however ageing ushers in new health considerations. Being connected to others and feeling healthy can contribute to our wellbeing so come join us at Mathers House and start your journey to a happier you.

How can we be happier?

Some advice from Eliza Hartley:

People who stay upbeat and positive as they get older usually adopt these 9 daily habits:

1. Embrace Change

– change is the heartbeat of life itself.

2. Practice Gratitude

– keep a journal and jot down 3 things you are grateful for each day.

3. Regular physical exercise

– helps keep us healthy and flexible.

4. Maintain social connections

– decreases feelings of loneliness and increases feelings of wellbeing.

5. Prioritize self-care

– You're the most important person you know.

6. Cultivate a positive mindset

– focus on the positives in your life.

7. Practice mindfulness

– live in the present.

8. Keep learning

– helps us to feel pumped and curious about life.

9. Laugh often

– lightens your mood, reduces stress and boosts your immune system.

Welcome Sue



We are excited to welcome Sue Lacey to Mathers House to complete her 120 hours for her Cert IV in Leisure & Health study with Open College.

Sue was a doctor for 30 years but more recently has become interested in creative art and health as she saw the connection between being creative and her own mental health and wellbeing. She has completed her Fine Arts Degree with Honours & a Diploma in Creative Arts & Health at UTAS.

Sue will be running a collaborative quilt making program which will be themed around happiness on Thursdays from 2 – 4 pm. The finished product will be hung in Mathers House cafe. Her sock making classes will be Tuesdays from 2 – 4 pm starting in July in the dining room. Sue will also be conducting surveys about your experiences of Mathers House and what you'd like to see in the future. Call to book in and share your feedback.

Calendar highlights



Joan and Judy Show

Terrapin's Joan & Judy Show is a funny, moving experience that captures the essence of family and stimulates memories of old-world items and events. Live music and afternoon tea included.

When: 10 July, 2 – 3 pm

Where: Criterion House

Cost: \$10 (incl afternoon tea)

Go Orange for Muscular Dystrophy

Help us raise money for people with Muscular Dystrophy by attending our three-course lunch where all profits will be donated.

The theme is **Go Orange**, and we will have a prize for the best dressed on the day.

When: Friday 7 June, 12 pm

Where: Main Dining Room Mathers House

Cost \$25.00 (\$15 donated per person)

Walk Against Elder Abuse

Wear purple and join the public walk from Elizabeth Street Mall. The walk will end at Mathers House where speeches and food will be available at 10.45am.

When: Friday 14 June, 10 am

Where: Elizabeth St Mall 10 am

Cost: Free

Wine, Savoury and Song events

Wine, Savoury and Song events include nibblies and a drink.

Where: Mathers House Dining Room

Cost: \$25

Older and Older!

Playing soft rock

When: Friday 28 June, 2.30 – 4 pm

Band From Bruny + Sally and Te'

Singing folk classics

When: Friday 23 August, 2.30 – 4 pm

Long Table Lunch

Four course meal and a drink. Mingle and celebrate with your Mathers House community.

When: 27 August, 12 noon

Where: Mathers House Main Dining Room

Cost: \$25.00

Let's talk about happiness with John Atkins

What is happiness?

Where do we find it?

How do we keep it? Is it everlasting? Why do we need it?

When: 27 August, 1.45 pm

Where: Mathers House Main Dining Room

Cost: Gold coin donation with afternoon tea (free if you attended the long table lunch)



All special events – bookings essential.

Call 6234 1441 or email























mathersplace@hobartcity.com.au

Weekly activities

 Lifelong learning

 Fitness

 Health and wellbeing

Day	Activity	Description
Monday	 Zumba	Low intensity, easy to follow steps with Ashley (No classes 22, 29 July).
	 Stronger for Longer	Exercise class suitable for all levels with Manu.
	 Digital/ IT Basics	One-on-one basic technology coaching. One-hour sessions with Rosa.
	 Mah Jong Monday	Skilled game played with tiles.
	 Five Crowns	Easy to learn card game. With Priscilla.
	 Hobart Ukulele Group	Any ability welcome. Ukes available on advance request. With Paul.
Tuesday	 Digital/ IT Basics	One-on-one basic technology coaching. 1 hour sessions with Richard.
	 Pilates, Balance and Stretch	Working on mind-body connection with Manu.
	 T'ai Chi	Improve health, wellbeing, balance and mobility with John.
	 Laughing Yoga	Combines laughter, clapping and breathing into an exercise with Lois.
	 Art	Art classes with llegh covering different artists' styles each week. Supplies included.
	 Knitting Group	Casual group working on their own projects. Social event.
Wednesday	 T'ai Chi	Improve health, wellbeing, balance and mobility with John.
	 Yoga	Beginner to intermediate class with Shannon. Improve balance and mobility.
	 Scrabble with Friends	Friendly game. Players usually meet at 12 for lunch (at own cost).
Thursday	 The Ukulele Experience	Learn the basics of playing and singing with Sally, Te' and Marley.
	 Broadway Boogie	Low impact musical theatre style movement with Ashley. (No classes 18, 25 July and 1 August).
	 Pilates	A great start or continuation to your fitness journey with Hiroko.
	 Guided Meditation	Half an hour of guided meditation with Helen.
	 Quilting Bee	A community quilt making workshop for display with Sue.
Friday	 Midcity School for Seniors	Popular speakers' program with Margaret. Includes morning tea.
	 Digital/ IT Basics	One-on-one basic technology coaching. 1 hour sessions with Brian.

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

 Creative arts and crafts

 Games

 Themed lunch

 Performance/Film

Time	Location	Cost	Booking
10 – 11 am	CH	\$8	Not required
1 – 1.45 pm	CH	\$10	Not required
1 – 3 pm	MDR	Free	Required
1.30 – 3.30 pm	MDR	\$5 joining/training. Free ongoing	Initial session required
2 – 4 pm	MDR	Free	Not required
7 – 8.30 pm	MDR	Gold coin donation	Required
10 am – 12 noon	MDR	Free	Required
10 – 11 am	LM	\$10	Not required
11 am – 12 noon	CH	\$2	Not required
1 – 1.45pm	LM	Free	Not required
1 – 3.30 pm	CH	\$15	Not required
2 – 4 pm	MDR	Free	Not required
10 – 11 am	CH	\$2	Not required
12.30 – 1.15 pm	CH	\$8/class or a term pass for \$50	Not required.
1 – 3 pm	MDR	Free	Not required
9.30 – 11 am	LM	\$5	Not required
10 – 11 am	CH	\$8	Not required
11.10 am – 12 noon	CH	\$10	Not required
12.30 – 1 pm	LM	Free	Not required
2 – 4 pm	MDR	Gold coin donation	Not required
10 am – 12 noon	CH	\$30 Annual Fee + \$2 weekly	Not required.
10 am – 12 noon	MDR	Free	Required

June program

● Lifelong learning

● Fitness

● Health and wellbeing

Date	Activity	Description
7	● IT Learning Club	App technology, smart phones and tablets with Rosa.
7	● Muscular Dystrophy Lunch	3 course meal. Fundraiser for Muscular Dystrophy. Wear Orange. Best dressed prize.
7	● Book Club	A new book to discuss each month (limited spaces).
10	CLOSED FOR KING'S BIRTHDAY HOLIDAY	
11	● Choose to be Happy	A course to lead a happier life and overcome anxiety with Helen.
14	● World Elder Abuse Day	10 am Elizabeth Mall walk to Mathers House for speeches and morning tea at 10.45 am.
17	● Quiz	Put your knowledge to the test with Francis and Paula.
18	● Choose to be Happy	A course to lead a happier life and overcome anxiety with Helen.
19	● Coffee Walk	Car park at GASP Trail (foreshore Road at Elwick Bay) 45 minute walk. BYO drink/coffee. Weather permitting.
21	● Film Fridays	A Libraries Tasmania collaboration – Delfin (English Subtitles).
21	● IT Learning Club	App technology, smart phones and tablets with Rosa.
25	● Choose to be Happy	A course to lead a happier life and overcome anxiety with Helen.
25	● Acting Class Performance	A term of practice is distilled into this once only performance.
26	● Dementia Friendly Cafe	Creative and social activities that benefit people with dementia with Anne.
28	● Wine, Savoury and Song	Older and Older! Soft rock classics served with a brew and some nibblies.

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Movement with Manu

Stronger For Longer

A mix of cardio, resistance, strength and balance. Suitable for all levels of fitness.

Mondays 1 – 1.45 pm



Pilates, Balance and stretch

A mix of pilates, yoga, balance and full body stretches. Suitable for all levels of fitness.

Tuesdays 10 – 11 am

● Creative arts and crafts

● Games

● Themed lunch

● Performance/Film

Time	Location	Cost	Booking
10 am – 12 noon	LM	\$2	Required.
12 – 2 pm	LM	\$25	Required
1 – 3 pm	LM	\$2	Required
11 am – 12.30 pm	LM	Free	Preferred: Call Helen on 0408 872 258
10 am	Offsite	Free	Not required
11 am – 12 noon	LM	Free	Not required
11 am – 12.30 pm	LM	Free	Preferred: Call Helen on 0408 872 258
11 am	Offsite	Free	Not required
1 – 3 pm	LM	Free	Tickets from eventbrite.com.au
10 am – 12 noon	LM	\$2	Required
11 am – 12.30 pm	LM	Free	Preferred: Call Helen on 0408 872 258
2.30 – 3.30 pm	MDR	Gold coin donation	Not required
10 am – 12 noon	MDR	\$5	Not required
2.30 – 4 pm	MDR	\$15	Bookings and payment in advance please.



Choose to be happy with Helen

A free short course helping you overcome anxiety and lead a happier life. It will include an introduction to a simple form of meditation.

When: Tuesday, June 11, 18, 25, 11.00am-12.30pm

Where: Mathers House, Lower Level.

July program

● Lifelong learning

● Fitness

● Health and wellbeing

Date	Activity	Description
5	● Book Club	A new book to discuss each month (limited spaces).
10	● Terrapin presents 'Joan & Judy'	Funny, moving, immersive puppetry experience.
15	● Quiz	Put your knowledge to the test with Francis and Paula.
18	● Coffee Walk	Meet at Lions Gate, St David's Park, cnr Davey and Salamanca Place. Walk through Salamanca Place to your favourite cafe. Weather permitting.
19	● Friday Films	A Libraries Tasmania collaboration – Giants of Fortune: The Whale Sharks of Oslob
23	● Sock Knitting	Knit your own sock over 6 weeks with Sue. Materials not included. Call for list.
24	● Dementia Friendly Café	Creative and social activities that benefit the health and wellbeing of those affected by dementia.
26	● IT Learning Club	App technology, smart phones and tablets with Rosa. w
30	● Sock Knitting	Knit your own sock over 6 weeks with Sue. Materials not included. Call for list.

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Laughter Yoga

Laughter Yoga is an exercise program that links the two-way body-mind link to change the state of mind through physical movement, clapping of hands, and chanting together with laughter and breathing exercises. It brings together the joyful act of voluntary laughter with the calming breathwork of yoga. Laughing Yoga is a self-care intervention that supports the mind and body whilst having fun.

Tuesdays 1 – 1.45 pm



● Creative arts and crafts
 ● Games
 ● Themed lunch
 ● Performance/Film

Time	Location	Cost	Booking
1 – 3 pm	LM	\$2pp	Required
2 – 3 pm	CH	\$10 (includes afternoon tea)	Required
11 am – 12 noon	LM	Free	Not required
11 am	Offsite	Free	Not required
1 – 3 pm	LM	Free	Tickets from eventbrite.com.au
2 – 4 pm	MDR	Free	Required
10 am – 12 noon	MDR	\$5pp (includes morning tea)	Not required
10 am – 12 noon	LM	\$2pp (includes morning tea)	Required
2 – 4 pm	MDR	Free	Required

Community Program Spotlight

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

Mutual Aid Kitchen

Every Sunday afternoon from 2.30 – 4.30 pm a group of volunteers coordinated by Matt from Mutual Aid Community Kitchen provide companionship and a free meal at Mathers House. They regularly cater to between 30 – 60 people. “We wanted to create something that wasn’t charity, that was more secular in nature, but also about everybody supporting one another”.

The food is gathered in a variety of ways – from produce grown in the on-site veggie patch to donations from businesses and individuals, including some of the stall holders at the Sunday Farmers Market. “The cost-of-living crisis was a big part of it, but we also got together because there were a few of us who believe in the concepts around mutual aid,” Matt said.


For more information phone 0484 860 255.

August program

 Lifelong learning

 Fitness

 Health and wellbeing

Date	Activity	Description
2	 Book Club	A new book to discuss each month
6	 Sock Knitting	Knit your own sock over 6 weeks with Sue. Call for materials list.
9	 IT Learning Club	App technology, smart phones and tablets with Rosa.
12	 Quiz	Put your knowledge to the test with Francis and Paula.
13	 Sock Knitting	Knit your own sock over 6 weeks with Sue. Call for materials list.
15	 Community Choir from ESK	This touring singing group will sing for their supper.
16	 Friday Films	A Libraries Tasmania collaboration – Film to be confirmed
20	 Sock Knitting	Knit your own sock over 6 weeks with Sue. Call for materials list.
21	 Coffee Walk	Meet at Long Beach and walk to Black Fig Cafe (formerly Lipscombe Larder) 13 min flat walk each way. Weather permitting.
23	 IT Learning Club	App technology, smart phones and tablets with Rosa.
23	 Wine, Savoury and Song	Band From Bruny! + Sally & Te' play folk classics includes nibblies and a drink.
27	 Long Table Lunch	Four course meal, including first drink. Mingle with your Mathers community.
27	 Let's Talk About happiness	Insight and wisdom from a man with many life experiences with John Atkins.
27	 Sock Knitting	Knit your own sock over 6 weeks with Sue. Call for materials list.
28	 Dementia Friendly Cafe	Creative and social activities that benefit people with dementia with Anne.

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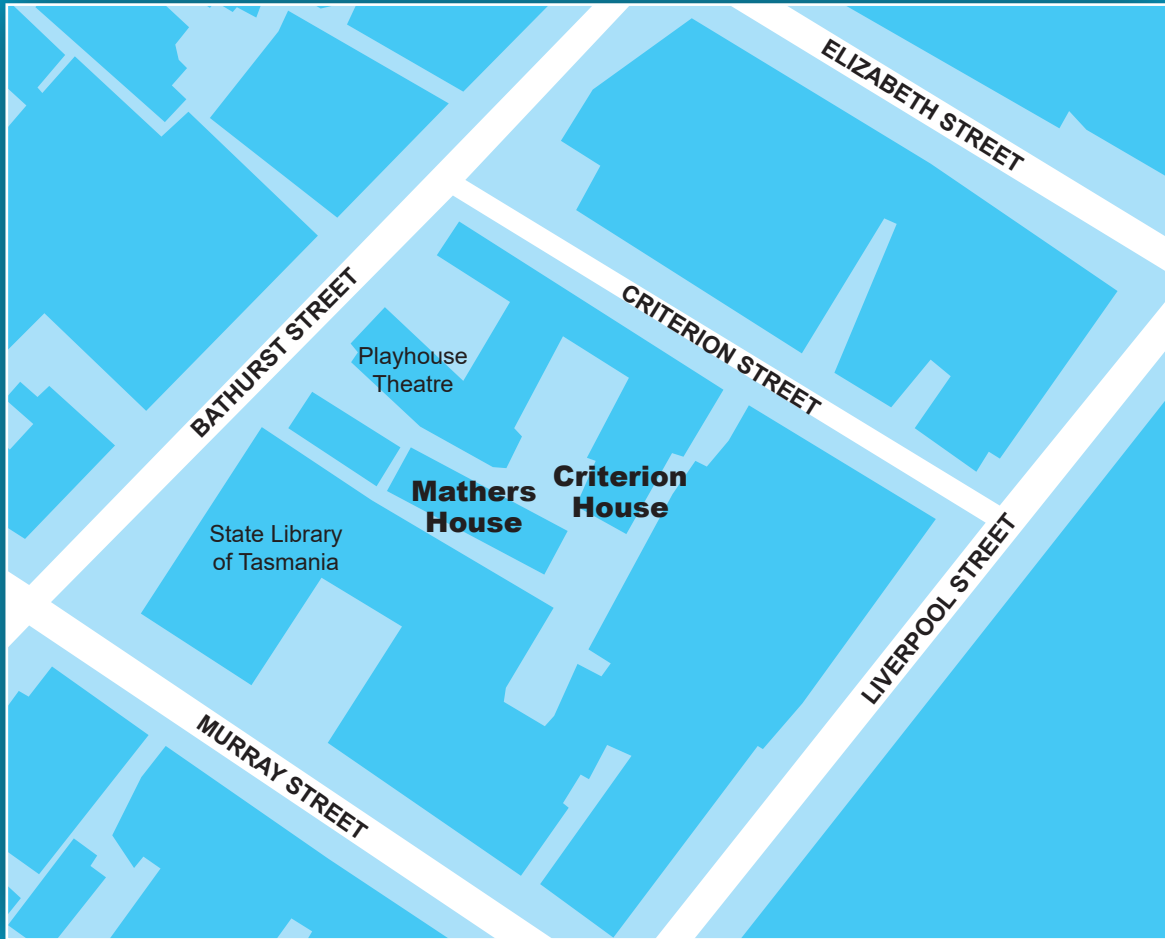
 Creative arts and crafts

 Games

 Themed lunch

 Performance/Film

Time	Location	Cost	Booking
1 – 3 pm	LM	\$2pp	Required as limited spaces
2 – 4 pm	MDR	Free – materials not included	Required as spaces are limited
10 am – 12 noon	LM	\$2 (includes morning tea)	Bookings required
11 am – 12 noon	LM	Free	Not required
2 – 4 pm	MDR	Free – materials not included	Required as spaces are limited
11 am – 12 noon	MDR	Donations	Not required
1 – 3 pm	LM	Free	Required
2 – 4 pm	MDR	Free – materials not included	Required as spaces are limited
11 am	Offsite	Free	Not required
10 am – 12 noon	LM	\$2 (includes morning tea)	Bookings required
2.30 – 4 pm	MDR	\$15pp	Bookings and payment in advance please.
12 – 1.30	MDR	\$25pp	Bookings and payment in advance please.
1.45 – 2.45 pm	MDR	Gold Coin donation – free if going to lunch	Not required
2 – 4 pm	MDR	Free – materials not included	Required as spaces are limited
10 – 12 noon	MDR	\$5pp (includes morning tea)	Not required



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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Email mathersplace@hobartcity.com.au

The trees will thank you.

Room bookings available for community groups and individuals.

Visit hobartcity.com.au/venues

Opening hours: 9.30am-3pm,
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