

# spotlight onseniors



an age friendly city and community

## Seniors Week in Clarence 15–21 October 2018

**21st Annual Seniors Week!** COTA Tasmania has facilitated another wonderful program of events and this year's theme is "food, glorious food". We have made it easier for you to see what's happening locally. Take a look at all the fantastic activities on offer in Clarence. Many are free or low cost. You can pick up a full Seniors Week Program from Council's Offices, or view it online at [www.cotatas.org.au](http://www.cotatas.org.au)

### BELLERIVE

#### 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 15 October**  
**11:15am–12:15pm**

**Thursday 18 October**  
**9:30am–10:30am**

St Marks Church Hall,  
Scott Street, Bellerive

**Bookings:** 0428 297 435 (close 19/10)  
[move.it.tas@gmail.com](mailto:move.it.tas@gmail.com)

#### FREE HEARING TEST OR SEVEN DAY TRIAL

##### Maria Brown Hearing Clinic

Some things are worth too much to lose. Learn about your hearing with a free hearing test and information on the next generation of solutions to hearing loss. The first 25 participants will receive a free 7 day trial.

**Daily: 15-19 October**  
**9:00am–5:00pm**

9 Cambridge Road, Bellerive

**Bookings:** 1300 797 519 (close 19/10)

#### 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 16 October**  
**10:30am–11:30am**

St Marks Church, Scott Street, Bellerive

#### BLUNDSTONE ARENA TOURS

##### Tasmanian Cricket Museum

Get behind the scenes with a conducted tour of Blundstone Arena, including a visit to the excellent Cricket Museum and Library.

**Daily: 16-18 October**

**Morning Tour 10:00am–11:30am**  
**Afternoon Tour 1:00pm–2:30pm**

Meet at Reception (Western Gate),  
15 Derwent Street, Bellerive

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

**Bookings:** 6262 0400 (close 12/10)  
[info@crickettas.com.au](mailto:info@crickettas.com.au)

#### FOOD FOR THOUGHT A FEAST OF FAMILY HISTORY

##### Tasmanian Family History Society Inc

For beginners and those with some experience, an entrée into family history research. You are welcome to whet your appetite with the resources available, some of which are not found elsewhere.

**Wednesday 17 October**  
**1:00pm–3:00pm**

**Saturday 20 October**  
**10:00am–12:00pm**

Old Post Office, 19 Cambridge Road,  
Bellerive

**Bookings:** 6244 4527 (close 8/10)  
[secretary@hobart.tasfhs.org](mailto:secretary@hobart.tasfhs.org)

#### STOMP AND CHOMP!

##### Clarence City Council

Join people of all ages and abilities, on a beautiful foreshore walk 'stomp' from Kangaroo Bay, ending in a celebration of food 'chomp' hosted by Clarence High School catering students.

**Thursday 18 October**

10am: Kangaroo Bay Parklands  
10:30am: Bellerive Beach  
12 noon: Clarence High School

**Bookings:** 6217 9500 (close 12/10)  
[jandersson@ccc.tas.gov.au](mailto:jandersson@ccc.tas.gov.au)

CLICK HERE TO DOWNLOAD COTA  
TASMANIA'S SENIORS WEEK GUIDE



## CROQUET FOR FUN

### Eastern Shore Croquet Club

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 18 October**  
**1:00pm–3:00pm**

57-61 South Street, Bellerive  
**Bookings:** [team.mbhclive.com.au](mailto:team.mbhclive.com.au)

## TASTE OF BELLERIVE ARTS

### Bellerive Community Arts Centre

Visit 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.

**Saturday 20 October**  
**10:00am–2:00pm**

17 Cambridge Road, Bellerive

## CLARENDON VALE

### MASTERING YOUR DEVICE

#### Rosny Library

Is your new device a bit of a puzzle? Learn how to use your mobile phone, iPad, tablet or other device. Small groups with friendly staff and local primary school students.

**Monday 15 October**  
**9:30am–11:30am**

Rokeby Neighbourhood Centre  
65 Mockridge Road, Clarendon Vale  
**Bookings:** 6165 6448 (close 15/10)  
<https://masteringyourdevicecvnh.eventbrite.com.au>

### INTRODUCTION TO FAMILY HISTORY

#### Rosny Library

Do you need help researching your family history? Come along to a free introductory session.

**Monday 15 October**  
**1:30pm–3:00pm**

65 Mockridge Road, Clarendon Vale  
**Bookings:** 6165 6448 (close 14/10)  
<https://familyhistorycvnh.eventbrite.com.au>

## HOWRAH

### SOUP, SANDWICHES AND THE SOUND OF MUSIC

#### Lifeline Tasmania

Share the magical heart warming true life story The Sound of Music including a sing-a-long. Dress as a character from the movie for the chance to win a prize! Parking and level entry available. Own transport required.

**Thursday 18 October**  
**10:15am–2:45pm**

Howrah Church of Christ  
30 Holland Court, Howrah

**Cost:** \$5

**Bookings:** 6282 1515 (close 12/10)  
[lib.cooper@lifelinetasmania.org.au](mailto:lib.cooper@lifelinetasmania.org.au)

## LINDISFARNE

### LET'S TRY LAWN BOWLS

#### Beltana Bowls Club

Learn about lawn bowls on our synthetic surface. A sport that all ages can enjoy, followed by soup and sandwiches.

**Tuesday 16 October**  
**10:30am–1:30pm**

19a Lincoln Street, Lindisfarne  
**Bookings:** 0407 652 153 (close 2/10)  
[virginiaraypriest@gmail.com](mailto:virginiaraypriest@gmail.com)

### ROYAL LIFE SAVING GREY MEDALLION

#### Royal Life Saving Tasmania

Water safety and life saving skills program for seniors aiming to reduce drowning rates and encourage healthy, independent and active lifestyles. Learn a range of survival techniques, and skills to deal with an emergency situation, developing confidence and competence.

**Wednesday 17 October**  
**2:00pm–4:00pm**

4 Franklin Street, Lindisfarne  
**Bookings:** 6243 7558 (close 12/10)  
[projectstas@rlssa.org.au](mailto:projectstas@rlssa.org.au)

## CPR & HOME FIRST AID SESSION

### Royal Life Saving Tasmania

Brush up on your first aid knowledge with this information session. From cooking burns to spider bites, we will have you covered. Afternoon tea.

**Wednesday 17 October**  
**2:00pm–4:00pm**

4 Franklin Street, Lindisfarne  
**Bookings:** 6243 7558 (close 10/10)  
[projectstas@rlssa.org.au](mailto:projectstas@rlssa.org.au)

### AGE PENSION – ALL YOU NEED TO KNOW

#### Centrelink

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

**Wednesday 17 October**  
**9:30am–11:00am**

Motor Yacht Club of Tasmania  
1 Ford Parade, Lindisfarne  
**Bookings:** 136 357 (close 16/10)  
[fis.seminar.bookings@humanservices.gov.au](mailto:fis.seminar.bookings@humanservices.gov.au)

**Enquiries:** 6213 8522

### 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, emphasis is on enjoyment and developing skills. Supper provided.

**Thursday 18 October**  
**7:30pm–9:00pm**

37A Lincoln Street, Lindisfarne

### TEA AND TELL

#### Mary Eleanor Natural Funeral Care

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

**Thursday 18 October**  
**10:30am–12:00pm**

Beltana Bowls Club,  
Lincoln Street, Lindisfarne  
**Cost:** Adults \$8, Seniors \$5  
**Bookings:** 0416 222 593 (close 15/10)  
[info@maryeleanor.me](mailto:info@maryeleanor.me)

## MONTAGU BAY

### DEEP WATER PRYME MOVERS

#### Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. Great for muscle strength and endurance.

**Monday 15 October**

**Friday 19 October**

**Wednesday 17 October**

**7:45am–8:30am**

4 Loinah Crescent, Montagu Bay

**Cost:** \$5

### SHALLOW WATER PRYME MOVERS

#### Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. Great for muscle strength and endurance.

**Monday 15 October**

**Wednesday 17 October**

**Friday 19 October**

**8:45am–9:30am**

4 Loinah Crescent, Montagu Bay

**Cost:** \$5

### TABLE TENNIS FOR SENIORS

#### Eastside Table Tennis League

Have a jolly good time, whilst getting light exercise. Beginners up. Wear soft soled shoes. Bats and balls provided.

**Tuesday 16 October**

**10:00am–12:00pm**

Clarence Sports Centre,  
20 Loinah Crescent, Montagu Bay

### AQUA CLASS

#### Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. Great for muscle strength and endurance.

**Tuesday 16 October**

**6:30pm–7:15pm**

4 Loinah Crescent, Montagu Bay

**Cost:** \$5

## AQUA ZUMBA

#### Clarence Aquatic Centre YMCA

An energetic workout in water to help you get fit and stay that way. Great for muscle strength and endurance.

**Thursday 18 October**

**6:30pm–7:15pm**

4 Loinah Crescent, Montagu Bay

**Cost:** \$5

## MORNINGTON

### TIME OUT CRAFT PROGRAM

#### Citywide Baptist Church

18 different classes. Make new friends, try a new activity and join us for morning tea at 10:45am!

**Thursday 18 October**

**9:30am–12:00pm**

400 Cambridge Road, Mornington

## RISDON VALE

### BLUNDSTONE BOOT WALK

#### National Seniors Australia Hobart Branch

Enjoyable walk around Risdon Brook Dam and sausage sizzle. Chance to win a pair of Blundstone boots, courtesy of Blundstone Boots.

**Tuesday 16 October**

**10:15am–1:30pm**

Colorbond Hut, Risdon Brook Dam,  
Risdon Vale

**Enquiries:** 0448 259 747

### TRY RADIO YACHTING

#### Risdon Brook Radio Yacht Club

Enjoy the outdoors, meet new people, get some gentle exercise and learn new skills. Sail the entry level DF95 yachts and One Metre yachts. Please dress according to the weather. Suitable for everyone, including people with disabilities.

**Wednesday 17 October**

**10:00am–2:00pm**

Risdon Brook Dam, Risdon Vale

**Enquiries:** Robert 0409 965 960

## ROKEBY

### MASTERING YOUR DEVICE

#### Rosny Library

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

**Tuesday 16 October**

**9:30am–11:30am**

Rokeby Neighbourhood Centre  
85 Tollard Drive, Rokeby

**Bookings:** 6165 6448 (close 15/10)

<https://masteringyourdevicernh.eventbrite.com.au>

### INTRODUCTION TO FAMILY HISTORY

#### Rosny Library

Do you need help researching your family history? Come along to a free introductory session and afternoon tea.

**Wednesday 17 October**

**1:30pm–3:00pm**

Rokeby Neighbourhood Centre  
85 Tollard Drive, Rokeby

**Bookings:** 6165 6448 (close 17/10)

<https://familyhistoryrnh.eventbrite.com.au>

**Enquiries:** 6165 6446

## ROSNY

### UNIVERSITY OF THE THIRD AGE

A co-operative learning community for retired and semiretired people, run by volunteers. Information on classes and times [www.u3aclarence.com](http://www.u3aclarence.com) and click on "current term". Morning tea 10:25am.

**Monday 15 October**

**Wednesday 17 October**

**9:30am–1:00pm**

Rosny Library, 48 Bligh Street, Rosny



## COOKING DEMONSTRATION WITH SPECIAL GUEST

### Rosny Library

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

**Monday 15 October**

**2:00pm–4:00pm**

48 Bligh Street, Rosny

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

## SMALL EDIBLE GARDEN PLANTING

### Rosny Library

Gather ideas on how to create your own scrumptious edible garden that is easy to plant and maintain. Chance to win a small edible garden to take home, thanks to Bunnings.

**Tuesday 16 October**

**10:00am–12:00pm**

48 Bligh Street, Rosny

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

## GOLF FOR SENIORS

### YMCA of Hobart

Join us for morning tea with a group of like minded people who love their golf and enjoy a chat. Get some coaching tips on your chipping and putting.

**Wednesday 17**

**October 10:00am–12:00pm**

Rosny Park Golf YMCA,  
22/2 Rosny Hill Road, Rosny

## LEGALITIES FOR SENIORS

### Legal Aid Commission of Tasmania

Cover the major legal issues faced by seniors, planning for your future and why, when and how to get help.

**Wednesday 17 October**

**2:00pm–4:00pm**

Rosny Library, 48 Bligh Street, Rosny

**Bookings:** 6236 3800 (close 8/10)  
[cle@legalaid.tas.gov.au](mailto:cle@legalaid.tas.gov.au)

## SHOPPING FOR A HEALTHY BODY, MIND AND POCKET

### Care Assessment Consultants Pty Ltd

Interactive workshop 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. Bookings recommended.

**Wednesday 17 October**

**10:30am–12:30pm**

Level 1, 6 Bayfield Street, Rosny Park

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

## MASTER CHEF: ENHANCE YOUR NOURISHMENT

### Care Assessment Consultants Pty Ltd

Join dietitian Andrea Ortiz, in an interactive workshop on how to achieve optimal nutrition no matter how big or small your appetite is. Advice on delicious, nourishing snacks and drinks, how to make more with less and still maintain your health, even if you are cooking for one. Bookings recommended.

**Thursday 18 October**

**10:30am–12:00pm**

Level 1, 6 Bayfield Street, Rosny Park

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

## THE WORLD OF ONLINE RECIPES

### Rosny Library

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 19 October**

**10:00am–11:00am**

48 Bligh Street, Rosny

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

## WARRANE

### BADMINTON FOR SENIORS

#### Warrane Sports Centre

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

**Tuesday 16 October**

**10:00am–11:30am**

Bligh Street, Warrane

### SOMETHING DIFFERENT FROM SOMEWHERE DIFFERENT

#### Warrane Mornington Neighbourhood Centre

Food, Glorious Food. The centre will be presenting something different from its regular lunches.

**Wednesday 17 October**

**12:00pm–1:30pm**

150a Bligh Street, Warrane

**Bookings:** 6244 6346 (close 7/10)  
[warranec@bigpond.com](mailto:warranec@bigpond.com)

**CLICK HERE TO DOWNLOAD COTA TASMANIA'S SENIORS WEEK GUIDE**

**or pick up a copy from Council - be quick they always go fast!**

<http://www.cotatas.org.au/wp-content/uploads/2018/08/Seniors-Week-2018-Program-low-res.pdf>

## SUBSCRIBE OR UNSUBSCRIBE?

**For any queries or further information about Spotlight** contact Council's Community Planning and Development Officer, Julie Andersson, on 6217 9597 or email [jandersson@ccc.tas.gov.au](mailto:jandersson@ccc.tas.gov.au)

Clarence Positive Ageing Advisory Committee

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Clarence... a brighter place