

THURSDAYS AT ALMA'S

FREE

Alma's Activities Centre Clarence
17 Alma Street, Bellerive

MAY
23

A theatre performance like no other!

Come along and be a part of a great experience with the Hobart Playback Theatre Company, in exploring stories that connect people of ages.

Supported by Eastside Lutheran College, and Regis Home Care, as part of the Our Shared Space intergenerational program.



11am-12.30pm
Light lunch provided



JUN
27

Pop Up IT sessions

Do you need help with using your mobile phone or other digital device?

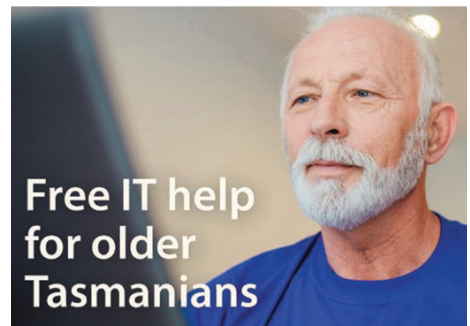
COTA Tasmania is offering INDIVIDUAL assistance to people over 50 to help you get more value out of your digital equipment.

Bring along your phone, laptop computer, iPad or tablet, and questions.

Their friendly, knowledgeable volunteers will help you get the best out of your device. The sessions are personalised and deal with your questions.



From 10am onwards
Bookings essential



JUN
14

Walk Against Elder Abuse

This month, Friday is the new Thursday! We are mixing up the days to support World Elder Abuse Awareness Day. Join in with COTA Tasmania, the City of Hobart, and others, to walk against elder abuse in all its forms. Free bus available to transport people to Hobart and return to Clarence.



9.45am for 10am start

WHERE Collins St end of Elizabeth Street Mall
RSVP 6231 3265 or email lynm@cotatas.org.au
for catering purposes

For more details, and to book a spot on the bus, contact Julie, on 6217 9597.

For more details and bookings

contact Julie Andersson

jandersson@ccc.tas.gov.au

6217 9597

www.AgeFriendlyClarence.com.au



Clarence...a brighter place