

GLENORCHY HANDBOOK OF POSITIVE AGEING

2020



Positive Ageing Handbook
is an initiative of the
Linkages network

*A guide to local activities
for older people in the
Glenorchy Municipality*

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The Positive Ageing Handbook is an initiative of the Glenorchy Linkages Network – Linkages is a forum of aged and disability service providers supporting the Glenorchy community.



Welcome

Welcome to the 2020 edition of the Glenorchy Handbook of Positive Ageing.

This handbook gives you lots of ideas and ways to be active and connected within your Glenorchy community.

One of the best things about living in Glenorchy as you age is the number of things to get involved in including; volunteering, social outings, recreational activities, sporting groups and creative outlets.

Residents of Glenorchy strongly agree that going out and meeting people is good for wellbeing and I couldn't agree more.

Council promotes healthy ageing through local services, activities and events, our aim is to create a place where older people are living life to the full.

This guide marks a move toward Glenorchy City Council becoming an Age Friendly City in line with the World Health organisation's (WHO) definition of 'Age Friendly', you can find more about WHO by visiting www.who.int/ageing/age-friendly-world/en/

Warm regards



*Alderman Kristie Johnston
Mayor of Glenorchy*



COVID-19 INFORMATION

Please note that the 2020 handbook was in the process of being updated as COVID-19 restrictions started. Many of the activities or services in this guide may not be available or are in limited capacity.

It is very important to contact the group or organisation to check if they are operating.

This handbook has **limited updates** from 2019 and will be reviewed again later in 2020.

Acknowledgement

Glenorchy City Council would like to give special thanks to individual community members listed below, who have volunteered their time to support and assist us with the preparation of the 2019 Positive Ageing Handbook. Our gratitude also goes to Linkages members and local organisations, who have supported the community in every way they can, to create a city where people of all ages can lead a rewarding life.

Names of community members who have contributed to the preparation of the 2019 Positive Ageing Handbook.

Mary Parsissons	Robert Stewart	Pricilla Berkey
Heather Genys	John Ward	Ronda Martin
Chris Tunks	Sandra Elliot	Bill Pearson

People who went an extra mile to help with the distribution of the individual surveys:

Kathleen Jones from Golden Years Club

Jared Chu from Barossa Park YMCA Willingness Centre

Chetan Vashistha From Moonah Brown Sugar Café

Wern Han Chai (Freya) and **Fiona Rees** from Migrant Resource Centre
Nico Van Leeuwen from Kickstart Arts
Wenyi Wang Freya and **Cheryl Sinclair** from Eureka
Mel Knuckey from West Moonah Community House
Chris Tunks from the Goodwood Walking Group
Guila Kelly from School for Seniors
Ling Tammy Chung UTAS Social Work Student

All attempts have been made to ensure the details are correct at the time of printing. However, activities can change, and some activities may break over holiday periods. ***It is important to check before attending any activity by phoning the contact person on the phone number provided.***

Organisations and contact details can also change. If you cannot reach an organisation with the information provided, please advise us as soon as possible.

If you would like to suggest any other changes, update information or add an activity to this handbook please contact us.

We are also interested in any feedback on the usefulness of this handbook. ***Did it help you find a new activity? Have you made new friends? Do you feel more positive?*** Please let us know – we'd love to hear your stories.

Contact us

Successful Ageing Officer

Email gccmail@gcc.tas.gov.au

Phone (03) 6216 6800



2018 Linkages Seniors Community Forum in Glenorchy



What is positive ageing?

Growing older can bring many changes to your life. Most people experience significant changes as they age. These can include changes to your physical



abilities, friends and networks, employment and family situations.

For many people it can be a time that offers many positive and rewarding experiences. A time to learn new skills, make new friends, give to the community through volunteering, pursue hobbies and interests, visit new places and be involved in many activities.

Positive or active ageing is about:

- Being aware of what is going well in your life
- Feeling grateful for the good things
- Enjoying fun and positive experiences
- Being as physically active as you can be
- Being as mentally active as you can
- Connecting with others in your community
- Being kind or contributing to others

"Ageing is not lost youth, but a new stage of opportunity and strength."

*Betty Friedan
(1921-2006)*

People who age positively are more likely to live longer, healthier and happier lives.

It is not always possible to experience positive ageing all the time and that's ok. But it can be important to try and be involved in activities as often as possible even when sometimes you may not feel like it. Being out and about, mixing with others, and sharing good times can lift your mood and help you feel better.

Hints for joining a new group

Most groups encourage and warmly welcome new members. However, many of us can feel nervous about going along to group for the first time. If you are feeling nervous or a bit unsure these ideas may help you feel more confident about joining a new group.



- You may know someone that can join a new group with you or can come along with you for the first few times.
- At your first visit you can ask to speak to one of the organisers. They can explain how the group works and then introduce you to others.
- Perhaps phone the contact person to let them know you are coming to the group for the first time. They can then look out for you and welcome you to the group.
- Be curious about the others in the group - ask them how long they have belonged to the group, and what they enjoy about the activities.
- Spend time listening. People always appreciate a good listener.
- Join in any activities that are being offered, even if you haven't participated in this before.
- Remember to be kind and patient with yourself. Getting to know people can take time.

"Too often we underestimate the power of....a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
Leo Buscaglia (1924 – 1998)



About this handbook

This handbook outlines a range of activities for you to participate in, keep active, enjoy, and connect with others in the community.

We have included activities that are accessible for people living in the Glenorchy area, are free or low-cost, and are age-friendly. Most activities are informal, and include time for a social catch up, cuppa, and chat with others. This handbook lists the activities available on a day by day basis.

The more different types of activities you can experience, the more likely you are to age positively.

A list of the organisations/groups that provide these activities is available on pages 39 – 58 of this Handbook.

We have also included a personal activity planner at the back of this booklet that may help you plan and prioritise your activities.

The handbook also includes information about Council services and other supports available to people as they age.



Can I stay, or should I go?

Choosing to stay in your own home or moving to a supported living facility can be a difficult and emotional decision.



Some people prefer to stay at home as they get older, where they're surrounded by their personal belongings, know their neighbours and feel safe, independent and comfortable. Others may find living in a residential care facility is beneficial to their social, emotional and physical wellbeing.

There are three types of aged care: at home aged care, residential aged care, and transition care and respite care. The Australian Government subsidises a range of these services, but you will be expected to contribute to the cost of your care if you can afford to.

1. Aged care help at home

To help you stay in your own home for as long as possible, the Government provides subsidised home care that can help with everyday tasks like shopping, cooking and transport; as well as personal care, meal services and nursing care.



2. Residential aged care

If you can no longer live at home and need ongoing support with everyday tasks or health care, you may choose to move to an aged care home (or a nursing home). This type of care can be permanent or short-term, and help is available 24 hours a day.

3. Transition and respite care

Transition and respite care are both short-term care options. Transition care helps with recovery needs if you have been in hospital, and respite care helps if your regular carer needs a break.

4. Retirement Villages

Retirement villages are not nursing homes. They are clusters of villas, units or apartments, and you will need a reasonable level of independence to move into a retirement setting. Generally, the land is owned by the operator and residents enter into a lease type arrangement so that they can live there for as long as they choose to do so. Some villages offer units to be purchased on a freehold basis.



How do I access help at home or to move into a care facility?

If you or a loved one need help at home, or to move to a care facility you may be eligible for some support and assistance.



1800 200 422

Monday - Friday 8am - 8pm

Saturday 10am - 2pm

My Aged Care was introduced on 1 July 2013 to assist older people and their families and carers to access aged care information and services.

The My Aged Care website was established by the Australian Government to help navigate the aged care system.

My Aged Care is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services.

My Aged Care is made up of a website and a contact centre. Together they can provide you with information on aged care for yourself, a family member, friend or someone you're caring for.

You can call the My Aged Care contact centre on 1800 200 422 between 8.00 am and 8.00 pm on weekdays and between 10.00 am and 2.00 pm on Saturdays.

The My Aged Care contact centre is closed on Sundays and national public holidays.

Or you can visit the My Aged Care website www.myagedcare.gov.au



Australian Government
Department of Health



myagedcare



General information

Seniors card discounts

If you are over 60 years old, you can hold a Seniors Card for FREE. Senior card holders are eligible for a range of discounts including accommodation, retail, hair & beauty, services, licences and lots more.

To apply just complete the form, which is available on our website at www.seniors.tas.gov.au and at all Service Tasmania service centres

Council of the Ageing (COTA)

COTA Tasmania is the leading organisation in giving older Tasmanians a voice and providing trusted information. As well as advocating for the rights of older Tasmanians COTA facilitates Seniors Week, runs peer education sessions, and provides valuable information.

Located at 'Westella', 181 Elizabeth Street, Hobart
Phone (03) 6231 3265
www.cotatas.org.au

Legal help

The Legal Aid Commission of Tasmania provide the Older people's legal service and can provide free legal advice over the phone or meet with you in person. We can also provide minor assistance to help you resolve your legal issue. We can provide free representation on some matters.

You can make an appointment to come and see Legal Aid or for a specialist Older People's Lawyer to call you at a convenient time. In some cases, Legal Aid can come to visit you.

Does it cost anything?

No, this is a free service.

Who can access the Older People's Legal Service?

Any person aged 65 years or over can access the Older People's Legal Service. Phone a lawyer if you have any concerns, even if you are not yet 65.

To phone a lawyer, call 1300 366 611 or come and see a lawyer at one of the clinics at COTA once a month.

Help around the home/making changes to stay at home

As we age some of us begin to have difficulty doing those day to day tasks we have always done independently, and we may get to thinking about what changes may be needed to stay at home. Sometimes what is required is a helping hand provided by family, friends or services and sometimes it is changing the way we do things, like spreading tasks throughout the day, or sitting to do a task rather than standing. Sometimes what is required is using an item of equipment, like a shower stool in the shower, a long handled reacher to get something off the floor, a personal alarm to get help when we most need it. Sometimes modifying our home is required. Modifying our homes can be minor or major e.g. minor may be a grab rail by that step that we struggle with and major may be pulling out that bath that we no longer use and putting in a shower that has no step or installing a stairlift for those stairs that we can no longer manage. A visit to your home by an Occupational Therapist and assists you greatly in deciding what equipment or changes may help in your situation. We make better life decisions when we have greater knowledge of what is possible and what is available to help.

The **Independent Living Centre** (see details in the directory at the back of this handbook) has health professionals who are available on the phone to give free advice on equipment that may help you maintain your independence and advice on making changes to your home to help you stay at home as long as you want. They also have information sheets on specific topics like "kitchen design", "bathroom design", "choosing a comfortable chair", "great gadgets for the home" etc, and these can be sent out in the mail to you.

Metro Buses

Metro Tasmania offer low cost fares for concession and senior card holders. To find out more about the services and routes visit www.metrotas.com.au or phone 132 201.

Low cost transport - CTST

CTST provides low cost transport for people over 65 years or lives with a disability.



CTST's eligible clients use our transport service to attend social outings, visit family and friends or regular non-medical appointments. Clients also use the service to attend non-emergency medical appointments including attending appointments with their local GP, or for specialised treatment. For more info call CTST on 1800 781 033



Emergency Contacts

Tasmania Police 000 for non-emergencies 131 444

Ambulance Australia 000 for non-urgent ambulance assistance 1800 008 008

Tasmanian Fire Service 000 for non-emergencies, contact 1800 000 699

State Emergency Service (SES) Flood and Storm Assistance – 132 500

Health Direct After-Hours medical advice: 1800 022 222

During times of emergencies, listen to Hobart ABC Local Radio on 936 AM for updates and advice.

Glenorchy City Council Customer Service line and after-hours number
(03) 6216 6800

Advance Care Planning

Most Australians are living longer than ever before and many of us can look forward to a happy and healthy old age.

While we may look forward to a long life, we still need to think about what happens to us as we near the end of our lives.

Advanced Care Planning is a process for thinking and discussing what kind of care you might want, where you might want to be cared for and by whom, and what things are important to you for an acceptable quality of life.

After the thinking, the next step is talking with family/friends, seeking advice from medical or other professionals if needed. It's also thinking about and discussing who would be a good person to act as substitute decision-maker – to be your voice when you can't speak for yourself.

You can access an Advance Care Directive (ACD) by visiting www.tas.pallativecare.org.au or by calling (03) 6231 2799

Healthdirect

Healthdirect can give you information by phone or online. It is free from a landline. A health worker is there 24 hours a day, 7 days a week.

The website has lots of health information. They have questions you can ask your health worker.

<https://www.healthdirect.gov.au/question-builder>

Phone 1800 022 222

<http://www.healthdirect.gov.au/>



GLENORCHY HEALTH CENTRE

The new Glenorchy Health Centre is situated at **404 – 408 Main Road Glenorchy** with entry into the centre from Barry Street.



The centre provides the community with accessible health care in a community setting.

The benefits to the residents of Glenorchy and surrounding areas include easy access, shorter waiting times, and access to range of Community Services, visiting Services and Community groups within the centre.

Most services require a referral from your GP, some you can self-refer to, for further information please ring the Glenorchy Health Centre. **Phone (03) 6166 1615**

Services operating at the Glenorchy Health Centre include:

- ◆ Child Health and Parenting Service
- ◆ Community Physiotherapy
- ◆ Community Social Work
- ◆ Continence Service
- ◆ Housing
- ◆ Occupational Therapy
- ◆ Oral Health Services
- ◆ Pathology South
- ◆ Podiatry
- ◆ Pulse - Youth Health
- ◆ Speech Pathology
- ◆ Wound Clinic



Caring for someone?

Community Based Support (CBS) operates The Commonwealth Respite and Carelink Centre (CRCC) in Southern Tasmania.

If you are caring for a person who has dementia, is frail, aged, has ongoing illness, or has a physical disability you may be eligible for the National Respite for Carers program (NRCP): Providing short term in and out of home respite, education and training opportunities, and emergency services to those

In and out of home supports may include:

- In Home Respite care, providing a break from the caring role;
- Personal Care, helping with showering, drying, dressing etc.;
- Domestic Assistance, assisting with general household chores;
- Social Support, shopping assistance, accessing the community etc.;
- Gardening and Spring Cleaning;
- Home Maintenance tasks;
- Out of Home Respite –a short-term stay in an aged care facility;
- Emergency Respite – This is for those times that you are unexpectedly unable to provide care for the person you are caring for.



For more information about the full range of support services available from CBS, please phone (03) 6208 6600 or visit www.cbsaust.org.au

Tasmanian Elder Abuse Helpline

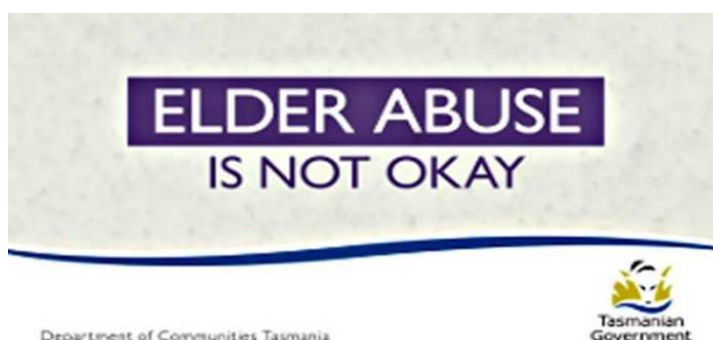
If you are concerned about elder abuse, phone the Helpline for information. Our Helpline staff can also put you in contact with an Advocate, or help you get another service. We run the Helpline for the Tasmanian Government.

Phone [1800 441 169](tel:1800441169)

(9.00 am – 5.00 pm)

Text [0457 806 963](tel:0457806963)

Email helpline@yoursaytas.org



Mental Health Support

Mental health is central to your overall health and wellbeing. It includes your ability to manage the daily challenges and social interactions of life and can also have a strong impact on your physical health. According to the Australian Bureau of Statistics, one in five Australians will experience a mental health condition at some stage in their lives.

The most important thing to understand is that help, and support is available. Whether you're living in your own home or in an aged care home, there are people you can talk with and therapies or other treatments that can help.

Lifeline: 13 11 14

www.lifeline.org.au

beyondblue: 1300 22 4636

www.beyondblue.org.au

SANE Australia helpline

1800 18 SANE (7263) or www.sane.org

Suicide Call Back Service:

1300 659 467

www.suicidecallbackservice.org.au



For men of all ages nationally

MensLine Australia: 1300 78 99 78

www.mensline.org.au

NPS MedicineWise

NPS MedicineWise has helpful things like medicine lists or the Diabetes Health Tracker. It covers lots of health topics. They are independent, not-for-profit and get information from solid places.

<http://www.nps.org.au/>





Have you ever needed to find a service in your area?

findhelptas.com.au is an online service finder.

You can find services for almost everything!

- | | |
|------------------------|------------------|
| Parenting | Young People |
| Crisis and Emergencies | Older Tasmanians |
| Children | Addictions |
| Pregnancy | Mental Health |
| Disability | Housing |
| And more... | |

For more information please contact Leah Cleary, Project Support Officer (03) 6231 0755 or admin@findhelptas.com.au.

Findhelptas is funded by a collective, initially lead by Anglicare, which includes:



Findhelptas is managed by TasCOSS



Types of Activities



Active Body

BE ACTIVE - It is never too late to exercise, regardless of age. Gentle exercise is important for your physical and mental wellbeing.



Volunteer

OFFER YOUR TIME: - Volunteering or part time work gives you a chance to offer something back to the community. This can be rewarding, keeps your mind active and provides a social network.



Active Mind

LEARN NEW THINGS: -Keep your brain active by learning new skills, listening to guest speakers, books, play scrabble, or crossword puzzles is important.



Social and Fun

HAVE FUN - Being involved in social activities such as sharing meals with others, playing games, and social outings are important for your wellbeing.



Creative

BE CREATIVE - Doing art, craft, or getting involved in music and theatre can be a fun way to keep you physically active, learn new skills and connect with other people with similar interests.



Outdoors

GET OUTDOORS – Being outdoors doing hobbies such as gardening, bushwalking, fishing and woodwork is a great way to be physically and mentally active and connect with others with similar interests.





Active Body

Monday

Time	Activity	Organisers/ Location	Contact
9.00 am	X Factor	All About Fitness Montrose Yacht Club	Paul 0417 836 988
9.15 am	Heart Foundation Walking	West Moonah Allsorts West Moonah Community House	Sandra (03) 6273 2362
9.30 am	Heart Foundation Walking	Berriedale Walk & Talk Volunteer Centre Berriedale	Gary 0428 523 592
9.30 am	Heart Foundation Walking	Goodwood Goers Goodwood Community Centre	Chris 0448 210 089
9.30 am	Cross Training	Freedom Health & Wellness Claremont Guide Hall	0417 464 476
10.00 – 11.00 am	Heart Foundation Walking	Slow Goers Goodwood Community Centre	Shirley (03) 6272 4586
10.00 am	Heartmovers	All About Fitness Montrose Yacht Club	Paul 0417 836 988
10.00 am	Indoor Bowls	Lady Clark Hall, Waldron Street, Claremont	(03) 6249 2445
10.30 am	PrYme Active	Glenorchy YMCA	(03) 6272 8077
11.00 am	Staying Active	Freedom Health & Wellness West Moonah Community House	(03) 6273 2362
1.00 - 2.00 pm	Heart Foundation walking	Best Foot Forward From Claremont Plaza	Lynette (03) 6249 3280
12 noon - 1.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041
1.00 pm	Adapted Pilates	Bucaan Community House	(03) 6249 5363
2.30 pm	Gentle exercise	Community Based Support (CBS) Girl Guide Hall Claremont	(03) 6208 6600





Active Body

2.45 - 4.00 pm	Line Dancing - Improvers	Southern Mustangs Claremont Memorial Hall	Janelle 0428 939 979
5.00 – 6.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041
6.00 – 8.00 pm	Tai Chi	Jian Shen School of Tai Chi and Qigong Golden Years Club	Bill 0409 972 668
6.15 pm	Aqua Zumba	Barossa Park YMCA Wellness Centre	(03) 6208 0870
7.00 pm	Line Dancing	Goodwood Community Centre	(043) 6272 2560

Tuesday

Time	Activity	Organisers/ Location	Contact
8.45 am	Aqua Fit	Barossa Park YMCA Wellness Centre	(03) 6208 0870
9.00 am	Fitball/Stretch	All About Fitness Montrose Yacht Club	Paul 0417 836 988
9.00 – 10.00 am	Personal training classes	Bucaan Community House	(03) 6249 5363
9.30 am	Cross Training	Freedom Health & Wellness Claremont Guide Hall	0417 464 476
10.00 – 11.00 am	Heart Foundation Walking	Walking for Pleasure Glenorchy Health Centre	Sandra (03) 6166 7280
10.00 am	Healthy Hearts	Glenorchy YMCA	(03) 6272 8077
10.00 – 11.00 am	Strength training	Arthritis Tas Glenorchy Health Centre	1800 011 041
10.30 am	Exercise Class	Glenorchy Golden Years Club	(03) 6272 8402
10.30 am	Boccia	Goodwood Community Centre	(03) 6272 2560





Active Body

10.30 am - 12.30 pm	Line Dancing – Intermediate	Southern Mustangs Claremont Memorial Hall	Janelle 0428 939 979
12.00 noon - 1.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041
11.00 am	Staying Active	Goodwood Community Centre	(03) 6216 6800
1.00 pm	Indoor Bowls Practice	Glenorchy Golden Years Club	(03) 6272 8402
2.00 pm	Staying Active	Bucaan Community House Freedom Health & Wellness Chigwell Barn	(03) 6216 6800
2.00 – 4.00 pm	Bowls	Glenorchy Rodman Bowls Club	(03) 6273 2293
2.30 pm	Stretch & Strength	Goodwood Community Centre	(03) 6272 2560
7.00 pm	Advanced Ballroom Dancing	Long Steps Ballroom Dancing	0408 576 777

Wednesday

Time	Activity	Organisers/ Location	Contact
All day	Bush walking	Wellbeing Club	(03) 6244 2631
9.30 -10.30 am	Berriedale Walk & Talk	Glenorchy On the Go/ Volunteer Centre, Berriedale	Gary 0428 523 592
9.30 - 10.30 am	Goodwood Goers	Glenorchy On the Go - Goodwood Community Centre	Chris 0448 210 089
9.30 am	Tabata (high interval training)	Freedom Health & Wellness - Claremont Guide Hall	0417 464 476
10.00 -11.00 am	Slow Goers	Goodwood Community Centre	Shirley (03) 6272 4586





Active Body

10.00 am - 12.00 noon	Line Dancing	Kensington Hall	Jill (03) 6249 1319 or 0419 578 885
10.00 am – 2.00 pm	Bowls	Glenorchy Rodman Bowls Club	(03) 6273 2293
10.30 – 11.30 am	Zumba Gold	Glenorchy YMCA	(03) 6273 2362
11.00 am	Staying Active exercise	Golden Years Club	(03) 6216 6800
12.00 noon - 1.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041
1.00pm	Warm Water Aerobics	Community Based Support (CBS) Barossa Park Pool	(03) 6208 6600
1.00 – 4.00 pm	Play Pentaque	Pentaque Club	0418 582 308 or 6273 5348
2.00 pm	Fun & Fitness	Glenview	(03) 6277 8800
2.00 pm	Indoor Bowls	Claremont Gardens Village	(03) 6249 8416
5.00 – 6.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041





Active Body

Thursday

Time	Activity	Organisers/ Location	Contact
8.45 am	Aqua Fit	Barossa Park YMCA Wellness Centre	(03) 6208 0870
9.00 am	X Factor	All About Fitness - Montrose Yacht Club	Paul 0417 836 988
9.00 – 10.00 am	Personal Fitness	Bucaan Community House	(03) 6249 5363
9.30 am	Circuit Training	Freedom Health & Wellness Claremont Guide Hall	0417 464 476
10.00 am	Healthy Hearts	Glenorchy YMCA	(03) 6272 8077
10.00 am	Line Dancing basic Beginners	Boots and All Line Dancing Chigwell Barn	0448 007 751
11.00 am	Line Dancing – Beginners Plus		
10.00 am	PrYme Active	Glenorchy YMCA	(03) 6272 8077
10.00 am	Heartmovers	All About Fitness Montrose Yacht Club	Paul 0417 836 988
10.00 – 11.00 am	Line Dancing	Kensington Hall	Jill (03) 6249 1319 or 0419 578 885
10.00 am – 12.00 pm	Social Table Tennis	Northern Suburbs Table Tennis League	0429 498 660
11.00 am	Social Indoor Bowls (monthly)	Glenorchy Golden Years Club	(03) 6272 8402
12.00 noon -1.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041
12.30 pm	Rehab fitness	All About Fitness Montrose Yacht Club	Paul 0417 836 988
12.30 -2.00 pm	Hurricanes Inclusion Cup	Newtown Cricket Club	info.tas@special olympics.com.au



6.15 pm	Aqua Fit	Barossa Park YMCA Wellness Centre	(03) 6208 0870
5.30 - 7.00 pm	Line Dancing – Improvers	Southern Mustangs Claremont Memorial Hall	Janelle 0428 939 979
7.00 - 9.00 pm	Line Dancing – Advanced	Southern Mustangs Claremont Memorial Hall	Janelle 0428 939 979
7.00 pm	Line Dancing	Goodwood Community Centre	(03) 6272 2560
7.00 pm	Beginners Ballroom Dancing	Long Steps Ballroom Dancing	0408 576 777



Active Body

Friday

Time	Activity	Organisers/ Location	Contact
9.00 am – 5.00 pm	Bowls	Glenorchy Rodman Bowls Club	(03) 6273 2293
9.30 am	Boxfit	Freedom Health & Wellness Claremont Guide Hall	0417 464 476
10.30 am	PrYme Active Cardio	Glenorchy YMCA	(03) 6272 8077
10.30 am	Gentle Movement exercise program	Community Based Support Moonah	(03) 6208 6600
11.00 am - 1.00 pm	Wheelchair Darts	Physical Disability Sports – Claremont RSL	(03) 6272 7513 or 0419 314 969
12.00 noon	Warm Water Aerobics	Community Based Support (CBS) Barossa Park Pool	(03) 6208 6600
12.00 noon - 1.00 pm	Warm Water Exercises	Arthritis Tas - Revive Motional Health Pool	1800 011 041



Active Body

Saturday/Sunday

Time	Activity	Organisers/ Location	Contact
10.00 am	Saturday Walk	Wellbeing Club 13 - Risdon Brook Dam	(03) 6244 2631
10.00 am	Archery with	Arrogone Archers -Gerrard St Reserve, Moonah	(03) 6244 7556
1.00 – 3.00 pm	Eight Ball (2nd Sat of each month)	Physical disability sports - Claremont RSL	0419 314 969 or (03) 6272 7513





Volunteer

Anytime

Activity	Organisers/ Location	Contact
Volunteer Opportunities Volunteering Tas will help you find the perfect volunteering role via their referral service, either face-to-face, on the phone or online at www.volunteeringtas.org.au	Volunteering Tasmania	(03) 6231 5550
Volunteer Opportunities Driving buses, gardening, chatting with residents, pet care, Men's and Women's shed	Glenview	(03) 6277 8800
Volunteer Opportunities	Glenorchy Library	(03) 6165 5493
Volunteer Opportunities	Still Gardening Program	(03) 6236 9349
Volunteer Opportunities	Claremont Community Library Tues – Sat 10.00 am - 1.00 pm	(03) 6216 6800
Volunteer Opportunities shop assistance, gardening, driving, social support, activities	Migrant Resource Centre	(03) 6221 0999
Volunteering Opportunities – various	EACH	(03) 6278 5800

Tuesday

Time	Activity	Organisers/ Location	Contact
9.00 – 11.00 am	Volunteer Coordinator available, opportunities include garden maintenance for frail	West Moonah Community House	(03) 6273 2362
10.00 am - 3.00 pm	Volunteer Coordinator available to discuss volunteering	Glenorchy Volunteer Centre	(03) 6214 4571





Active Mind

Monday

Time	Activity	Organisers/ Location	Contact
10.00 am	Coffee, Cake and Computers for Seniors	Glenorchy Library	(03) 6165 5493
10.00 am	Meeting with Guest Speakers (1 st Monday of the month)	Moonah Ladies Probus Club	(03) 6228 3225 or 1300 630 488
10.00 am	Meeting (every 2 nd Monday)	Combined Probus Club of Claremont Inc	(03) 6275 0219
10.00 – 11.30 am	Learn English @ Your Library (beginner)	Glenorchy Library	(03) 6165 5494
10.00 am – 12.00 noon	Computer club	Bucaan Community House	(03) 6249 5363

Tuesday

Time	Activity	Organisers/ Location	Contact
N/A	A range of activities include, creative writing, art, musical tasters, Spanish for Beginners, and pottery.	U3A Glenorchy	(03) 6249 4252
10.00 am	Meetings (1 st Tuesday of the month)	Glenorchy Combined Probus Club	1300 630 488
12.30 – 4.00 pm	Glenorchy Social Scrabble Group	Glenorchy Library	Sue 0417 519 867 or Guila (03) 6228 5247





Active Mind

Wednesday

Time	Activity	Organisers/ Location	Contact
10.00 am - 12 noon	School for Seniors (Weekly during school terms)	Glenorchy Library	(03) 6165 5600
10.00 am	Meetings (3 rd Wednesday of the month)	Moonah Probus Club	1300 630 488
10.00 am	Learn English at Your Library (intermediate)	Glenorchy Library	(03) 6165 5494

Thursday

Time	Activity	Organisers/ Location	Contact
N/A	A range of courses include, French, guest speakers program, Doll House Miniatures, and mediation and movement.	U3A Glenorchy	(03) 6249 4252
1.30 pm	Wellbeing Club meeting with Guest speakers (2 nd Thursday of each month)	Glenorchy Library	(03) 6234 7682

Friday

Time	Activity	Organisers/ Location	Contact
N/A	A range of courses include Mahjong, jewellery making, History, Architecture developments	U3A Glenorchy	(03) 6249 4252
10.00 - 11.30 am	Learn English @ Your Library (beginner)	Glenorchy Library	(03) 6165 5494





Monday

Social and Fun

Time	Activity	Organisers/ Location	Contact
Call for info	Visit to Pontville Cemetery (monthly)	Migrant Resource Centre	(03) 6221 0999
Call for info	Bhutanese Elders Group (3rd Monday of the month)	Migrant Resource Centre	(03) 6221 0999
Call for info	Games and Drumming Circle	EACH	(03) 6278 5800
12.00 noon	Hot Lunch	Glenorchy Golden Years Club	(03) 6272 8402
1.00 pm	Bingo	Glenorchy Golden Years Club	(03) 6272 8402
2.00 pm	Scrabble and board games	Eureka Gardens Claremont	(03) 6249 8416
Afternoon	Cribbage	Claremont RSL	(03) 62492 099
Call for info	Bus Outing (3rd Monday of the month)	Moonah ladies Probus Club	(03) 6228 3225
Various time	Chats Social group	Lifeline	(03) 6282 1595





Social and Fun

Tuesday

Time	Activity	Organisers/ Location	Contact
Call for info	Fishing group	EACH	(03) 6278 5800
10.00 am	Happening Group Social, Chat and cards (2 nd and 4 th Tuesday of each month)	Glenorchy Uniting Church Hall	(03) 6268 1114
12.00 noon	Hot Lunch	Glenorchy Golden Years Club	(03) 6272 8402
12.00 noon	Community BBQ	Karambi Street, Chigwell	(03) 6249 5363
12.30 pm	Community Lunch with guest speakers (3 rd Tuesday of each month)	West Moonah Community House	(03) 6273 2362
2.00 pm	Bingo	Eureka Gardens Claremont	(03) 6249 8416
Anytime	Chats Social Group	Lifeline	(03) 6282 1555
Please call	Movies and/or Meal with Wellbeing Club (4 th Tuesday of each month)	Wellbeing Club	(03) 6244 2965





Wednesday

Social and Fun

Time	Activity	Organisers/ Location	Contact
Call for more info	Healthy Living Group (fortnightly)	Migrant Resource Centre	(03) 6221 0999
Call for times	Out and About Afternoon Coffee and conversation	EACH	(03) 6278 5800
10.00 am - 2.00 pm	German speaking Day Centre	Migrant Resource Centre	(03) 6221 0999
10.30 am	Friendship Group Morning Tea	Salvation Army Moonah	(03) 6278 1648
12.00 noon	Eating with Friends Community Lunch	Salvation Army Moonah	(03) 6278 1648
12.30 pm	Knit and Natter	YMCA	(03) 6272 8077
1.00 pm	Euchre Cards	Glenorchy Golden Years Club	(03) 6272 8402
2.00 pm	Bingo	Glenorchy Gardens Village	(03) 6249 8416
2.00 pm	Bowls	Eureka Gardens Claremont	(03) 6249 8416
Anytime	Chats Social Group Lifeline	Lifeline	(03) 6282 1555





Social and Fun

Thursday

Time	Activity	Organisers/ Location	Contact
Call for info	Morning trip – shops & coffee	EACH	(03) 6278 5800
Call for info	Music & Ukulele group	EACH	(03) 6278 5800
10.00 am	Shoot and Shuffle	Glenorchy Golden Years Club	(03) 6272 8402
10.00 am – 12.00 pm	Social Table Tennis	Northern Suburbs Table Tennis League	0429 498 660
10.00 am - 2.00 pm	Chinese speaking Day Centre	Migrant Resource Centre	(03) 6221 0999
12.00 noon	Community Lunch *(last Thursday of each month)	Karadi Booking essential	(03) 6272 3511
12.00 noon	Eating with Friends Community Lunch (1 st and 3 rd Thurs. of each month)	Goodwood Community Centre	(03) 6272 2560
12.00 noon	Counter Meal (2 nd Thursday of each month)	Wellbeing Club	(03) 6249 1388
12.00 noon	Dining out Lunch (4 th Thursday of each month)	Moonah Ladies Probus Club	(03) 6228 3225
1.00 pm	Bingo (2 nd and 4 th Thursday of each month)	Goodwood Community Centre	(03) 6272 2560
2.00 pm	Trivia	Eureka Gardens Claremont	(03) 6249 8416
6.00 - 8.00 pm	Meals	Claremont RSL	(03) 62492 099



Friday

Time	Activity	Organisers/ Location	Contact
Any time	Chat Social Group	Lifeline	(03) 6282 1555
9.00 am	Exercise group	Eureka Gardens Claremont	(03) 6249 8416
10.00 am	Cards - 500	Golden Years Club	(03) 6272 8402
10.00 am - 2.00 pm	Multicultural Day Centre	Migrant Resource Centre	(03) 6221 0999
12.00 noon	Once a month Community Lunch	One Care Barossa Park Lodge	(03) 6208 0800
1.00 pm	Cards - Crib	Golden Years Club	(03) 6272 8402
4.30 pm	Social hour	Eureka Gardens Claremont	(03) 6249 8416
Anytime (Fri – Sun) 10.00 am – 5.00 pm	Tasmania Military Museum	395 Main Road Glenorchy	0405 147 210

Saturday/Sunday

Time	Activity	Organisers/ Location	Contact
11.00 am – 3.00 pm (Sunday)	Social Sunday Group Lunch and activities	Community Based Support Moonah	(03) 6208 6600
Anytime	Chats Social Group	Lifeline	(03) 6282 1555



Creative

Monday

Time	Activity	Organisers/ Location	Contact
10.00 am	Choir	Golden Years Club	(03) 6272 8402
10.30 am	Craft	Goodwood Community Centre	(03) 6272 2560
2.30 - 4.30 pm	German Community Choir	German Club	(03) 6272 2757

Tuesday

Time	Activity	Organisers/ Location	Contact
10.00 am - 12.00 noon	Craft Group	Bucaan Community House	(03) 6249 5363
10.00 am - 12.00 noon	Photography	Bucaan Community House	(03) 6249 5363
Call for info	A range of courses include, writing, art, musical tasters and pottery	U3A Glenorchy	(03) 6249 4252
7.30 pm	Country Music Club	Glenorchy Golden Years Club	(03) 6272 8402





Wednesday

Time	Activity	Organisers/ Location	Contact
9.00 am	Quitting group	Claremont RSL	(03) 62492 099
9.30 am – 12.00 noon	Craft Group	Buccan Community House	(03) 6249 5363
10.00 am	Knitting Group and Craft Activities	Glenorchy Library	(03) 6165 5493
	A range of courses Include, creative writing, art, music tasters and pottery	U3A Glenorchy	(03) 6249 4252
10.00 am – 12.00 noon	Claremont Craft Group	Claremont RSL	(03) 6249 2671
10.00 am – 2.00 pm	Women's Shed	Glenview Community Services	(03) 6277 8800

Thursday

Time	Activity	Organisers/ Location	Contact
Call for info	Music and Ukulele Beginners and seasoned players welcome to play, sing a long, fun and afternoon tea	EACH	(03) 6278 5800
10.00 am - 12.00 noon	Community Art Group	Glenorchy Health Centre	(03) 6166 7280
2.00 pm	Craft, Card making and Chats	Eureka Gardens Claremont	(03) 6249 8416





Creative

Friday

Time	Activity	Organisers/ Location	Contact
10.00 am - 12.00 noon	Craft - Girls Chatter Group	Glenorchy Community Health Centre	(03) 6166 1615

Saturday/Sunday

Time	Activity	Organisers/ Location	Contact
Call for info	Camelia and Spring Flower Show (September)	Claremont Memorial Hall Cnr Main Road and Bilton Street Claremont	0429 811 968
Call for info	Lilium, Rose and Summer Flower Show (January)	Claremont Memorial Hall, Cnr Main Road and Bilton Street, Claremont	0429 811 968





Outdoors

Monday

Time	Activity	Organisers/ Location	Contact
Call for info	Community Garden	West Moonah Community House	(03) 6273 2362
9.00 am - 12.30 pm	Woodwork, Machining and Metalwork (West Moonah Community Shed)	West Moonah Community Shed	(03) 6273 2362
7.30 pm	Get together (3 rd Monday of each month)	Claremont Garden Club	(03) 6249 8958

Tuesday

Time	Activity	Organisers/ Location	Contact
Call for info	Fishing Trip	EACH	(03) 6278 5800
9.00 am - 12.30 pm	Woodwork, Machining and Metalwork (West Moonah Community Shed)	West Moonah Community Shed	(03) 6273 2362
10.00 am – 2.00 pm	Community Garden (at Karambi Street Garden)	Bucaan Community House	(03) 6249 5363
12.30 – 3.30 pm	Coffin Club	West Moonah Community Shed	(03) 6273 2362
Call for info	Community Garden	West Moonah Community House	(03) 6273 2362





Outdoors

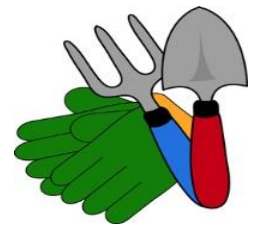
Wednesday

Time	Activity	Organisers/ Location	Contact
9.00 am – 12.30 pm	Woodwork, Machining and Metalwork	West Moonah Community Shed	(03) 6273 2362
Call for info	Community Garden	West Moonah Community House	(03) 6273 2362
Call for info	Community Garden	Goodwood Community Centre	(03) 6272 2560
10.00 am – 2.00 pm	Women's Shed	Glenview Community Services	(03) 6277 8800

Thursday

Time	Activity	Organisers/ Location	Contact
9.00 am – 12.30 pm	Woodworking, Machining and metalwork	West Moonah Community Shed	(03) 6273 2362
12.30 – 3.30 pm	Coffin Club	West Moonah Community Shed	(03) 6273 2362
7.30 pm	Glenorchy Garden Club Meeting (First Thursday of each month)	Glenorchy Garden Club	(03) 6273 8220





Outdoors

Friday

Time	Activity	Organisers/ Location	Contact
9.00 am - 12.30 pm	Woodwork, Machining and Metalwork (West Moonah Community Shed)	West Moonah Community House	(03) 6273 2362
Call for info	Community Garden	Goodwood Community Centre	(03) 6272 2560
Call for info	Community Garden	West Moonah Community House	(03) 6273 2362

Saturday/Sunday

Time	Activity	Organisers/ Location	Contact
Call for info	Community Garden	Goodwood Community Centre	(03) 6272 2560
Call for info	Community Garden	West Moonah Community House	(03) 6273 2362



Directory of organisations/community groups

Advocates for Aged Care

Hello my name is Phil Toohey, I was a former Centrelink employee for 21 years and part of the Aged Care Team. I've started up my own business to explain and take the stress out of the aged care process at this sometimes-sensitive time at a fraction of the price you would pay to a financial adviser. My advantage is that I also know what is needed from the Government and Aged Care providers side to get this process completed accurately the first time.

My services include but not limited to -

- Assistance in completing required government Asset and Income assessment forms.
- Clear explanation of all fees that can be charged based on your personal financial circumstances.
- Advice on permissible ways to reduce your assets to reduce aged care fees and increase pension if not on full rate.
- How the family home is treated as part of the assessment.
- Give you clear written information on what you need to know moving forward in respect to aged care fees, income support payments and notification obligations.
- Locate and Liaise with aged care providers if requested.

please contact me for a speedy reply and Free Quote.

Mobile 0417 941 404

Email enquiries@advocatesforagedcare.com.au

Website www.advocatesforagedcare.com.au

Facebook Page: Advocates For Aged Care

Advocacy Tasmania

Our Advocates listen to you and help you work out a way forward.

'Your say' advocacy is all about helping you to be heard and understood.

If you are unable to speak for yourself, or find it difficult, our Advocates can help you. We can provide information about your rights, and help you to deal with problems or complaints. Best of all, everything we do for you is: free, confidential, independent and professional!

Who can we help?

We work with older people, people living with disability or mental health issues, and people who use alcohol or drugs.

Phone [1800 005 131](tel:1800005131) (9.00 am – 4.00pm)

Text [0457 806 963](tel:0457806963)



Arrogone Archery

Archery is a sport for all seasons and for people of all ages, gender and level of physical ability. It can be as simple or as involved as the archer wishes.

Phone (03) 6244 7556 or 0418 451 950

Gerrard Street Reserve, Moonah

www.arrogonearchers.org.au

Arthritis & Osteoporosis Tasmania

Arthritis & Osteoporosis Tasmania has been providing information and support to Tasmanians with arthritis, osteoporosis and related musculoskeletal conditions for over 40 years. Although arthritis can be difficult to live with, there are many simple measures that can help anyone with arthritis manage their symptoms and cope with daily life.

We have a **free call Info Line** providing support and up to date, evidence-based information resources. You can also call in to our Moonah office and visit our **Resource Centre**, which hosts an interactive display of aids and equipment for daily living.

We conduct the following active programs in the Glenorchy area:

- Group Warm Water Exercise Classes
- The Joint Movement – Strength Program

Please contact us on our **Info Line 1800 011 041** (Free call)

www.arthritistas.org.au Email info@arthritistas.org.au

19A Main Road, Moonah

Australian Hearing

Australian Hearing is the nation's hearing specialist and largest provider of government-funded hearing services. Services include: assessing hearing; selecting and fitting hearing devices; regular hearing checks to monitor changes; ongoing care and device repair services; home visits for those unable to travel to a clinic; helping to manage hearing loss on a day-to-day basis.

Phone (03) 6271 9400

Shop 5, Glenorchy Central (Big W Plaza)

350 Main Road, Glenorchy

www.hearing.com.au



Australian Red Cross

Provides client transport, social support, Telecross (Telecross volunteers support older members of the community remain safe, connected and independent while living at home by reliably making calls at agreed times and days.), Red Cross alarms and place-based programs.

Phone FREECALL 1800 246 850

40 Melville Street, Hobart

www.redcross.org.au

Baptcare – Home Help

Baptcare has over 70 years' experience in aged care, we have vast experience in meeting the needs of older people and their families. We pride ourselves on being local and easy to deal with.

We know that the complexity of the care industry can be confusing and overwhelming, so we aim to make it as easy as possible for you.

Baptcare is an established provider of residential and community aged care services in Victoria and the North West of Tasmania. We have recently expanded our Home Help program to provide Home Care Package services in Hobart.

Our services aim to support your independence to remain living in your own home and keep you in touch with others and the community you live in. We can create an individual care plan that's just right for you.

Please contact our Home Care Coordinator to talk about how Baptcare could help you or someone you know.

Phone (03) 6283 5700,

175 Collins Street, Hobart

www.baptcare.org.au/homehelp

Bolton Clarke

Bolton Clarke is a not-for-profit organisation with over 200 years of history. Bolton Clarke is a blending of two organisations; RDNS HomeCare and RSL Care. Together our organisation is stronger, delivering high level care in areas of clinical nursing, personal care, domestic assistance and promoting a health and wellness model of care to the community. Our highly skilled Bolton Clarke staff brings commitment, enthusiasm and a willingness to make you feel good; delivering support for the Veteran Community as well as assisting ease of access to HomeCare Packages and fee for services in your own home.

Phone (03) 6210 7800

193 Murray Street, Hobart

www.boltonclarke.com.au



BreastScreen Tasmania

Is it more than 2 years since your last breast screen?

Screening regularly can help find cancer early so it can be successfully treated.

Tasmanian women aged 50-74 should screen every 2 years.

Simply call 13 20 50 to make your appointment or to check when you are next due.

BreastScreen Tasmania is a FREE service.

Visit www.ths.tas.gov.au/cancerscreening for more information.

Bucaan Community House

Bucaan Community House is one of the Neighbourhood Houses around Tasmania.

Neighbourhood Houses bring local people together to develop opportunities in their community. Bucaan offers a wide variety of services and activities, including a volunteer program, craft classes and community garden.

Bucaan also offers a Community Home Support Programme through myagedcare.com for people over 65 and a Home and Community Care programme for people under 65's. Participants can access - Transport, Meals, Social Support, Shopping, Home Maintenance, and Domestic Assistance.

Phone (03) 6249 5363

8 Bucaan Street, Chigwell

Community Garden at Karambi Street, Chigwell

nht.org.au/find-a-house/bucaan-community-house

Carers Tasmania

Supporting unpaid carers who provide support to family members or friends who are living with a disability, mental illness, chronic condition or terminal illness, or who are frail or aged. Carers Tasmania offer carer support & wellbeing checks, advisory and referral service, counselling, education & training and peer support groups. The service is FREE to unpaid carers.

Phone 1800 242 636

www.carerstas.org

Chats Program - Lifeline

Lifeline Tasmania Chats Programme focuses on older members of our communities who have become isolated and lonely. Chats assist those in need of a friendly voice to re-engage with their community and build new friendships. They offer a range of social activities, outings and regular friendly phone calls. Their monthly Chats News keeps participants in touch about activities and events on offer each month.

Phone (03) 6282 1555

www.lifeline.org.au



Claremont Community Library

All community members from any area are welcome to become members. Membership is \$10 per year and borrowing is free. The library has lots of books including a range of large print and audio books.

The Library operates from Tuesday to Saturday from 10.00 am - 1.00 pm at the Claremont Memorial Hall. Phone (03) 6216 6800 or 0422 939 024

Claremont Garden Club

The Claremont Garden Club is open to all those with an interest in gardening. Their monthly meetings include guest speakers, trade table and competitions. They also have regular outings and an annual bus trip. New members are very welcome.

Phone (03) 6249 8958 (Julie) or (03) 6249 5357 (Lindy)

Meetings held at Lady Clarke Retirement Village, 10 Waldon Street, Claremont
www.gardenclubs.org.au

Community Art Group

Community Art Group is for people who have an interest in art and whose health or frailty prevents them from accessing mainstream art groups. Exhibitions of the work are held each year. To join you need to be assessed by an Occupational Therapist.

Phone (03) 6166 7280

Held at the Glenorchy Health Centre
404 Main Road, Glenorchy

Community Based Support

Community Based Support (CBS) is a Tasmanian, not-for-profit community organisation, which has been providing practical support to older people, people with disability, and their carers to remain connected to their communities and stay living at home, leading independent lives, for over 30 years. They help people to navigate the aged care and disability support 'systems' as well as providing a range of flexible services including Home Care Packages, NDIS services, social support, personal care, domestic assistance, and more.

Phone (03) 6208 6600

24 Sunderland Street, Moonah
www.cbsaust.org.au



Do Something Near You

A great website that lists several community groups and volunteering opportunities to get involved with. Type in your postcode to find what you can do in your local community.

www.dosomethingnearyou.com.au

Eureka Gardens Claremont

Eureka Gardens is a retirement village offering residents rental units, community facilities and social activities. They warmly welcome everyone to come along and join in with their activities.

They also welcome members of the public to come along to join residents for an affordable and social lunch any day except Saturday. Bookings are essential.

Phone (03) 62 49 8416

16 Dove Court, Claremont

claremont@eurekavillages.com.au

Eating with Friends

Eating with Friends is a Tasmania wide social eating program supported by volunteers. It brings older people together for a nutritious meal and to make new friends.

Phone (03) 6228 1220

Shop 14/113 Main Road, Moonah

www.nht.org.au



Eureka Club House - Colony 47

Eureka Clubhouse located in Moonah is a friendly place where there are no barriers or judgements placed on anyone who seeks our help. It is an adult community mental health program that provides activities such as cooking, computers, recreation, hospitality courses, gardening, referrals, advocacy, filling out forms and more. Anyone is free to access the service daily Monday to Friday 9.00 – 5.00 pm.

Phone (03) 6214 9979
6 Florence Street, Moonah

German Community Choir

A great community choir that welcomes all new members – all levels of singing skills and all nationalities are welcome. They perform twice a month in Aged Care residences and tour other Tasmanian regions once a year. Rehearsals are held twice a month at the German Club.

Phone (03) 6272 2757
German Club, Bowden Street, Glenorchy

Girls Chatter Group

The Girls Chatter Group has been meeting for 11 years. Originally a quilting group it now includes knitting, crocheting, embroidery and other handcrafts. Bring your own project to do. Lots of friendly chatter, sharing patterns and techniques. Beginners welcome.

Phone (03) 6166 8354
Meetings held at Glenorchy Community Health Centre, 404 Main Road Glenorchy.

Glenorchy Garden Club

The Glenorchy Garden Club is open to all those with an interest in gardening. Their monthly meetings include guest speakers, trade table and competitions. They also have regular outings and an annual 3-day bus trip. New members are very welcome.

Phone (03) 62738 220 (Jenny)
Meetings held at Glenorchy Rodman Bowls Club, 7 Innes Street, Glenorchy

Glenorchy Gardens Village

Glenorchy Gardens is a retirement village offering residents rental units, community facilities and social activities. They warmly welcome everyone to come along and join in with their activities.

They also welcome members of the public to come along to join residents for an affordable and social lunch any day except Saturday. Bookings are essential.

Phone (03) 62 74 1800

26 Viesta Drive, Glenorchy
www.gardenvillages.com.au

Glenorchy Golden Years Club

The Glenorchy Golden Years Club is open to anyone over 40 years of age from the Glenorchy and surrounding areas. They offer a range of activities each day in their centre including; choir, bingo, bowls, cards, shoot n shuffle, weekly lunches as well as monthly bus trips. New members are welcome.

Phone (03) 6272 8402
314 Main Road, Glenorchy

Glenorchy on the Go

Glenorchy on the Go is a Glenorchy City Council program to encourage physical activity for all abilities.

The Heart Foundation Walking groups are a great way to meet new people and look after your health. Beginners are always welcome.

Go Movement is a low cost gentle physical activity program suitable for anyone who wishes to exercise at their own pace in a friendly atmosphere. Classes are facilitated by qualified fitness professionals or trained volunteers.

Phone (03) 6216 6800

Glenorchy Rodman Bowls Club

Offers sporting activities for older people including outdoor lawn bowls and indoor carpet bowls. Bowls is an enjoyable game of skills without extreme physical exertion. New members always welcome.

Phone (03) 6273 2293 or 0402 306 280
7 Innes Street, Glenorchy
www.glenorchyrodman.bowls.com.au

Glenorchy Library

The Glenorchy Library offer a variety of classes, services and groups for older people in the Community including; computers, senior library services, help with Literacy and numeracy, craft groups and Makerspace classes that include how to use I pads and your other devices and more.

It also has volunteering opportunities to help others improve their literacy skills, delivering books to aged care facilities and home library clients, assisting with Tasmanian heritage information and getting involved in kids' programs.

Contact us to go on the What's On mailing list

Phone (03) 6165 5493

www.libraries.tas.gov.au/locations/Pages/Glenorchy.aspx

Email glenorchy.library@education.tas.gov.au

Glenorchy Social Scrabble Group

They meet each week in the Library to play scrabble. Each game has 2 players. Come and join them if you love making words. Cost \$3 per session. Afternoon tea provided. All welcome, from new to experienced players.

Phone Sue 0417 519 867 or Guila (03) 62285247

Glenorchy Library, 4 Terry Street, Glenorchy

Glenorchy Volunteer Program

The program gives a helping hand to the elderly and people of need in the Glenorchy area. Volunteers are welcomed and valued at the Centre. Office hours are Tuesday 10.00 am – 3.00 pm.

Phone (03) 6216 672

631 Main Road, Berriedale

www.gcc.tas.gov.au



Glenview Community Services – Day Centre

Our day centre is a hub of activity and a place for community members over 65 (or people over 30 living with a disability) to come and socialise in a creative, fun and supportive environment. When you join our day centre group you can partake in a variety of social and fun activities.

We have centre-based activities such as crafts, cooking, and fitness classes as well as a Men's and Women's Shed and outings travelling around the greater Hobart region.

Glenview is always seeking passionate volunteers of all ages. Our volunteers help with countless tasks such as bus driving, gardening, visiting residents, assisting with activities, outings, Men's and Women's shed, playgroup and bingo.

Phone (03) 6277 8800

Windsor Street, Glenorchy

www.glenview.org.au

Goodwood Community Centre

The Goodwood Community Centre is one of the Neighbourhood Houses around Tasmania. These bring local people together to develop opportunities in their community.

The Goodwood Community Centre provides a friendly and welcoming environment for a variety of classes, information sessions, child care activities and other adult activities.

Phone (03) 6272 2560

2 Acton Crescent, Goodwood

www.nht.org.au/goodwood-community-centre-2

Happening Group

The Happening Group is a social group that meets every 2nd and 4th Tuesday of each month. You can take along your own craft projects or join in a game of cards. Morning tea included. Great way to meet people and make new friends. All welcome.

Phone (03) 6268 1114

Glenorchy Uniting Church Hall, Kensington Street, Glenorchy (opp Primary School).



Home Instead Senior care

Home Instead Senior Care Hobart is the trusted choice for in-home care and companionship services in Hobart and Southern Tasmania. We are committed to making a positive difference in the lives of local seniors and their families and we take pride in every aspect of their care to ensure they have access to the best quality care services and support they need to continue living, safely, independently and happily in the comfort of their own home.

Phone (03) 6240 3323 or visit www.hobart.homeinstead.com.au

Independent Living Centre (ILC Tas)

ILC Tas gives advice about assistive technology. Assistive technology is anything that can help you to do a task e.g. a sock aid to help you put your socks on, a motor scooter to help you access the community or a stairlift. We have health professionals who can help you decide what you need and where you may be able to buy or hire it. They offer **free** information and advice to suit your situation. We can also advise about changes to your home to improve safety and independence.

4 ways we can help you:

1. Ring 1300 885 886 to speak to a health professional
2. Visit our website to view thousands of items of equipment
3. Ask us about visiting your area and talking to groups about assistive technology
4. Make an appointment to visit our centre where we have thousands of items on display.

We hope to have a small display centre here in Hobart in the near future.

Please contact us on 1300 885 886 or (03) 6335 9224

www.ilctas.asn.au, Email ilc@ilctas.asn.au

275 Wellington Street, South Launceston TAS 7250

Open Monday - Friday 9.00 am to 4.30 pm.

integratedliving Australia Ltd

integratedliving offers customised health services and in-home support that will help you stay in your home and community longer. We provide Government funded services including Home Care Packages and the Commonwealth Home Support Program. We assist older people and carers across regional, rural and remote areas of Australia from Tasmania to Far North Queensland.

Phone our Customer Service Centre on 1300 782 896

www.integratedliving.org.au



Jian Shen School of Tai Chi and Qigong

Join a happy group of all ages and experience enjoying Tai Chi and Qigong. Meet on Monday nights (except public holidays) from 6.00 pm - 8.00 pm

Phone Bill Pearson 0409 972 668
Golden Years Club, 314 Main Road, Glenorchy

Karadi

Karadi is a place for Aboriginal men and women their families and community members. It is one of the Neighbourhood Houses around Tasmania. These bring local people together to develop opportunities in their community. Activities under this program include fortnightly morning teas, monthly community lunches, exercise classes, art programs and school holiday programs.

Phone (03) 6272 3511
4 Rothesay Circle, Goodwood
www.karadi.org.au

Kickstart Arts

Kickstart arts provide creative exchange workshops, venue for hire and various community cultural activities, programs and events.

Building 1831 South, St John's Avenue, St John's Park, New Town 7008
Phone 0455 111 748
www.kickstartarts.org

Line Dancing

The Line Dancing group is a fun group who enjoy themselves. Everyone dances at their own pace and may sit down at any time. You don't have to wear cowboy boots or hats! Come along to move to the music and meet new friends. They meet on Wednesdays from 10.00 am - 12.00 noon (includes 30 minutes break to have a cuppa and chat) and Thursdays from 10.00 - 11 - 00 am.

Phone Jill on (03) 62491319 or 0419578885
Kensington Street Hall

Meals on Wheels

Meals on Wheels helps make it possible for clients to stay in their homes, where most are happiest, and maintain their independence. Delivery of nutritious meals, social interaction and regular visits ensure a clients' wellbeing and can help people live the lives they choose.

Special dietary requirements are catered for and a wide choice of menu options.

Phone 1800 696 325

Mental Health Families and Friends Tasmania (MHFFTas)

Is a state-wide leader in the provision of mental health families and friends support aims to improve the quality of life for the one in five Tasmanian families, friends, carers and people living with mental health issues and mental illness.

MHFFTas aims to promote and improve the wellbeing of families and friends of people affected by mental ill health through support and education.

MHFFTas aims to provide systemic advocacy from a family and friends perspective drawing on lived experience to improve mental health services.

For more information, please contact us on 6228 7448 (Tues–Thurs 9.00 am - 3.00 pm), admin@mhfamiliesfriendstas.org.au or via website or Facebook - <https://mhfamiliesfriendstas.org.au> <https://www.facebook.com/MHFamiliesFriendsTas/>. We are located at 2 Terry Street Glenorchy

Migrant Resource Centre (MRC)

Migrant Resource Centre Tas' Aged Care Service connects older people with social activities and support to live at home, be part of the community and to access services. We also provide cultural education to aged care service providers and to other community organisations.

MRC Tas Social Support Groups include; **Healthy Living Group**, monthly Pontville Cemetery trip, Bhutanese Elders Group and Day Centres

For more information about MRC Tas' Social Support Groups please contact us on (03) 6221 0999 or reception@mrctas.org.au

Migrant Resource Centre (MRC) - Volunteering opportunity

The Community Visitors Scheme (CVS) is funded by the Australian Government and plays a vital role in providing companionship for older people living in a Government Funded Aged Care Facility or living in their own homes and receiving a Home Care Package.

Volunteering as an MRC Tas Visitor will support delivery of the Community Visitor Scheme. Experience working or volunteering with older people would be beneficial but not essential. Ability to speak a language other than English may be beneficial but not essential. All CVS Visitors must be registered as a volunteer with MRC Tas and have completed the required background checks and induction.

For more information about volunteering with MRC Tas



contact us on (03) 6221 0999 or reception@mrctas.org.au



Moonah Arts Centre

The Moonah Arts Centre is owned and operated by the Glenorchy City Council. Moonah Arts Centre (MAC) is a dynamic and creative multi arts space in the centre of Moonah. MAC aims to enrich community by providing accessible and affordable arts and cultural experiences. Come and experience new exhibitions every 4 weeks, regular music concerts, theatre, dance, workshops and more. MAC's contemporary, state of the art facility on Albert Road promises to surprise and delight people of all ages.

Phone (03) 6214 7633
23-27 Albert Road, Moonah
Email mac@gcc.tas.gov.au

National Bowel Cancer Screening Program

Have you received a screening kit in the mail from the National Bowel Cancer Screening Program?

It is important you complete this simple test – it could save your life. More than 9 out of 10 bowel cancers are treatable if found early through regular screening.

This FREE test is sent to all Tasmanians aged 50-74 every two years at their home address.

Has it been more than 2 years since your last bowel cancer screening test? Simply call 1800 118 868.

Visit www.ths.tas.gov.au/cancerscreening for more information.

Northern Suburbs Table Tennis League

Table tennis is one of the most popular sports in the world and can be played at all ages. Fitness is no barrier however it requires a certain level of mobility and can be picked up very quickly by the beginner.

Phone 0429 498 660
Email nsttl@outlook.com
Kable Building, Glenorchy YMCA, 8A Constance Avenue, Glenorchy
<http://www.nsttl.org.au/>



One Care's Barossa Park Lodge

Located in the heart of Glenorchy, Barossa Park Lodge offers you high quality residential accommodation, the best of care and the lifestyle you're looking for, in a vibrant senior's community.

Barossa Park Lodge is warm and welcoming, offering exceptional care and facilities, and the freedom and opportunity to get the most out of life, every day.

Our purpose-built premises have an easy mobility design, offering a choice of excellent accommodation. And our accessible indoor and outdoor areas—from well-tended gardens to a choice of lounge, living and dining areas—provide plenty of space to meet for a chat, or relax in privacy.

Barossa Park Lodge is an inclusive, community-focused facility that makes connecting with your family, friends and local neighbourhood easy.

Phone (03) 6208 0800

17A Clydesdale Avenue, Glenorchy

Palliative Care Tasmania (PCT)

Palliative Care provide workshops on Advanced Care Planning, Increasing death literacy and grief & loss. PCT also provide support to Tasmanians with a life-limiting illness and their families and information about other support services to the community.

Phone (03) 6231 2799

Petanque Club

Petanque is an easy game to learn and play. It involves tossing small steel balls to get as close as possible to a target. Age, strength or speed is not important. And their venue is suitable for wheelchairs. And as there is always a bit of luck involved it doesn't matter if you are an advanced or beginner player. First five games are free, then \$20 per year. Afternoon tea provided.

Phone Jeannie 0418 582 303 or Ron 6273 5348

Cadbury Road, Claremont

Physical DisABILITY Sports Tasmania

Physical DisABILITY provides people with a physical disability the opportunity to participate in sport and recreation at a social, local, state, national or international level.

Phone (03) 6272 7513

26-28 Tolosa Street, Glenorchy at ParaQuad

www.pdstasmania.org



Population Screening and Cancer Prevention

This is a free Tasmanian Government service that provides information to Tasmanians about the prevention and early detection of cancer.

The service operates the state's three cancer screening programs: BreastScreen Tasmania (breast cancer), the National Cervical Screening Program (cervical cancer), and the National Bowel Cancer Screening Program (bowel cancer).

We can come and talk to your community or workplace group (at least 10 persons) about cancer screening and prevention.

Phone (03) 6166 6910

www.ths.tas.gov.au/cancerscreening, Email cscs.administration@ths.tas.gov.au

Probus

PROBUS is PROUD to be recognised as 'A Community Service Activity of Rotary Clubs'. The PROBUS MOTTO is – 'TOMORROW'S VISION FOR ACTIVE RETIREES™' PROBUS promotes the development of friendship, fellowship, fun and the advancement of intellectual interests for active retirees.

Membership to a Probus club brings many benefits such as travel and health insurances to name but two and each club organises its own activities to reflect the interests of its members such as craft, walking, day trips and luncheons.

If you feel you would enjoy being a member of a Probus Club contact:

Phone Probus South Pacific Limited on 1300 630 488

Combined Probus Club of Claremont Inc meets at RSL, 9 Bilton Street, Claremont

Glenorchy Combined Probus Club meets at KGV

Moonah Probus Club meets at Moonah Community Centre

www.probusouthpacific.org

Regis Home Care - Supporting Your Independence.

When you want to stay in your own home, but you need a little extra support - Regis Home Care is here to help.

Our Home Care experts assist you to stay in your home through our flexible Home Care Packages and a range of additional services. We provide you the choice and flexibility in how care and support is delivered and whether you would like a little bit more from our additional services. Phone 1300 188 740

As part of our comprehensive community service offering, we also offer a variety of services via our onsite Day Respite Centre. Regis Day Centre provides social activities and outings from Monday to Saturday each week. A bus can collect and return you home each time you attend. Morning tea, lunch and afternoon tea is provided each day. Each month different activities are co-ordinated to cater for client interests. A copy of the planner and more information is available by calling (03) 62822636.

Salvation Army Moonah

Their friendship group and luncheon are a great opportunity to meet new people, catch up over morning tea, activities, trade table, guest speakers and fun. All welcome.

Phone (03) 6278 1648 between 9.30 am – 3.00 pm on Monday, Tuesday or Friday
73 Hopkins Street, Moonah
www.salvationarmy.org.au/moonah

School for Seniors- Glenorchy

A welcoming inclusive environment for all. Make new friends, keep active and enjoy stimulating discussions, speakers, activities, excursions and more. Annual or term fee – additional cost for excursions. The School for Seniors is run under Libraries Tasmania adult education program for people in the senior age group, usually retired persons, who meet for approximately two hours each week.

The group offers Volunteer guest speakers present information and answer questions on a range of interesting and stimulating topics. A number of visits to places of interest are also arranged throughout the year.

Phone (03) 6165 5600
Meet at the Glenorchy Library, 4 Terry Street, Glenorchy
www.adulteducation.libraries.tas.gov.au/



Sing for Your Life! Choir

A community choir that is open to anyone who would like to come and sing with them - no auditions, no sheet music, and no stress! You'll be made to feel welcome by the relaxed and happy bunch.

Phone 0409 547 474

Rehearsals at Tabor College auditorium, upstairs at rear of 45 Melville Street, Hobart
www.singforyourlife.com.au/

Still Gardening – Garden Mates

The Still Gardening Program, run by the City of Hobart, gives older people in Hobart and Glenorchy a chance to stay active in their homes and gardens. We support a team of dedicated volunteers – Garden Mates – who go out and work one-on-one with older people in their gardens.

For more information on The Still Gardening Program

Phone (03) 6236 9349

Email stillgardening@hobartcity.com.au

The District Nurses

The District Nurses is one of Tasmania's oldest and best loved community organisations. We are an approved Aged Care and Home Care Package provider under the Commonwealth Aged Care Act providing a full range of services across Tasmania.

All our services are designed to help our clients stay healthy and independent in their own homes and community. Services we provide can include community nursing, help with showering and dressing, assistance with house hold tasks, gardening and maintenance.

Phone (03) 6208 0500

2 Birdwood Avenue, Moonah

www.thedistrictnurses.org.au

University of the 3rd Age (U3A) Glenorchy

U3A Glenorchy offer a variety of interesting short courses on Tuesday, Thursday and Friday mornings including; musical tasters, languages, jewellery making, relaxation, creative writing, history. These are not academic courses and do not require any qualification. Courses are offered in a warm, friendly atmosphere where making friends is an optional extra. Low annual fees cover costs.



Phone (03) 6249 4252 or 6249 2384
Cosgrove High School, Main Road, Glenorchy
www.u3aglenorchy.org.au

Visibility

Loss of vision doesn't mean loss of independence. VisAbility provides innovative, life-changing services to people living with disabilities throughout Tasmania. We create opportunities for all ages to gain independence by learning new skills, developing confidence and using helpful tools and equipment to make everyday life so much easier.

Our services include: Occupational Therapy, Orientation and Mobility, Assistive Technology, Low Vision Assessment, Counselling, Guide Dog Services, Employment services, Speech Pathology and Physiotherapy. We now have a Low Vision Store at 164 Elizabeth Street Hobart City with a variety of low vision aids and equipment to suit varying needs.

Contact us 1800 484 333 or email your enquiries to referrals@visability.com.au
Or follow us on Facebook @VisAbilityTas

Volunteering Tasmania

Volunteering Tasmania knows that volunteering changes lives. They believe that everyone deserves the right to be included in volunteering and experience the benefits, regardless of their background or current situation. They can help you find a volunteer role that matches your interests.

Phone (03) 6231 5550
75 Federal Street, North Hobart 7000
www.volunteeringtas.org.au

Wellbeing Club 13 Inc.

The aim of this club is to promote the physical and mental wellbeing, recreational, social and cultural activities for the mature person. You can join in a range of outings and events including regular walks, indoor bowls, games days, social outings, lunches and BBQs.

Phone (03) 6234 7682 for general enquiries or 6249 1445 for bowls enquiries
Phone (03) 6244 2631 for walks enquiries
Phone (03) 6249 1388 or 6249 3422 for counter meals or movie outing enquiries

West Moonah Community House

West Moonah Community House is one of the Neighbourhood Houses around Tasmania. These bring local people together to develop opportunities in their community. The House offers a range of activities and volunteering opportunities from Monday to Friday.

They warmly welcome all members of the local and surrounding community to participate in their activities, make use of their facilities, and offer a helping hand. It is “a home away from home for many of our community”.

Phone (03) 6273 2362

130 Springfield Avenue, West Moonah

www.westmoonahcommunityhouse.com

YMCA Wellness Centre

The Barossa Park YMCA Wellness Centre is a facility that provides water safety instruction to everyone. The centre provides a dedicated facility to assist people with mobility issues as well as help professionals care for people recovering from injury or overcoming disabilities. We aim to provide community hub where healthy choices, aquatic education, and community assistance start the moment you walk in the door.

Phone (03) 6208 0870

17a Clydesdale Avenue Glenorchy

YMCA Glenorchy

The Glenorchy YMCA is a not-for-profit community organisation. PrYme Active is a program of cardio and strength-based activities for people new to exercise, particularly those over 50 years of age. Heartmoves is a low to moderate exercise program developed by the Heart Foundation for people who are living with health conditions. Participants are encouraged to stay after the exercise classes for coffee and chats.

Phone (03) 6272 8077

8a Constance Avenue, Glenorchy

www.hobart.ymca.org.au



Do you know about a great activity that is not in this handbook?

Are you part of an organisation in our community that would love to have more people get involved in what you do?

Please contact the Linkages Convenor to get your details in this book.

Contact Glenorchy City Council by phone (03) 6216 6800 or email gccmail@gcc.tas.gov.au



Live well, Live long – Stay well, Stay strong Isolation Program

Both the Clarence and Glenorchy City Councils, together with the Tasmanian Health Service – Health Promotion, know how valuable the **Live Well, Live Long (LWLL) program** has been to so many people over the years, and will continue to be for current and future participants.

The LWLL initiative began as a trial in 2014 in Clarence and has since developed into a successful award winning program and partnership between the Tasmanian Health Service, Clarence Integrated Care Centre, and the Clarence City Council.

In partnership with the Tasmanian Health Service, Glenorchy Health Centre and Glenorchy City Council, the LWLL Program was initiated in Glenorchy in 2019, and the program has proven to be just as successful in a short space of time.

Based on this, as partners we are determined to work creatively with you to continue to deliver the LWLL Programs in both municipalities, just delivered differently, for as long as the pandemic keeps us physically apart.

In Isolation

live well,
live long

Hobart FM
96.1

*“Stay well,
Stay Strong”*

Every Tuesday
from 10:30am



Positive Ageing - Activity Planner

	Morning	Afternoon
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Glenorchy City Council services



Driver-to-collect bin service

If you are unable to place your wheelie bin at the kerbside due to age, illness or a physical disability, our drivers will collect your bin from inside your property.

You will need to provide a Doctor's Certificate to access this service.

Please note that in some instances we may not be able to provide this service.

Special committees

Council convene special committees to provide advice on issues and needs including; accessibility, youth, healthy communities/sport and recreation, community safety and arts & culture. Council also convene working groups for special events such as the Christmas Carols. Vacant positions will be advertised in the Glenorchy Gazette.

If you have ideas, feedback or issues that you would like the committees to be aware of please contact Council on (03) 6216 6800

Justice of the Peace/Commissioner of Declarations

(Service not available due to COVID-19)

Council provides both services.

If you need the service of a Commissioner of Declarations, you can visit our office and ask at the Customer Service counter.

A JP is available at our offices every Monday between 10.00 am and 2.00 pm (excluding public holidays), and appointments are not necessary.

Council meetings

Council meetings are open to the public, and you are welcome to attend. Council meets on the last Monday of each month unless this clashes with a public holiday. Meetings are held at Council's chambers in Main Road, Glenorchy and start at 6.00 pm.

Glenorchy Gazette

The Glenorchy Gazette is a Tasmanian Community Newspaper delivered free directly monthly to the homes and businesses in the municipality of Glenorchy. The Gazette is issued on the first Wednesday of each month.

For more information about the distribution of the Gazette please call Corporate Communications on (03) 6210 5200



