

# Living as a Senior in Launceston

## Newsletter

Edition 26, December 2022



### Mayor's Message

Welcome to the Summer edition of Council's Living as a Senior in Launceston Newsletter for 2022, and my first foreword as Mayor.

It has been a deeply humbling experience to be elected, as Launceston's 77th Mayor in my 11th year as a councillor, with overwhelming support from our community for progressive leadership.

Launceston is an incredible city and I am excited to work in partnership with our community, and to be part of its next chapter. Early tasks at hand include supporting the 50+ per cent of our councillors who are new to local government, to get them up to speed with key areas of importance. These areas will include our strategic vision, our activation of key initiatives, areas important to our community and ensuring that we continue to work well alongside the other levels of government, It is important that Launceston remains open for business and alive to the opportunities around us, so we can continue generating an exciting future.

Meanwhile, in the lead up to Christmas, Launceston comes alive with a fantastic array of events and celebratory activities in our city. See the Events insert for more information about some of these offerings.



Register now for the  
[Launceston Community Christmas Lunch](#)

1. Open your smart-phone camera
2. Point at QR code
3. Go directly to their website then search tickets



Each Christmas, Council is also proud to support the five local charities that provide the annual Launceston City [Christmas Community Lunch](#). A delicious free Christmas buffet lunch, is made possible with support from product sponsors and served by volunteers. This Christmas event also offers individuals and families an opportunity to connect and celebrate together as well as including children's activities, live music and entertainment along with a visit from Santa! Scan the QR code below (using your mobile phone camera) to register for the lunch or register as a volunteer.

City of Launceston will again present Music in the Park this Summer during January and February, but a reminder that the sessions are not on consecutive weeks. So check the dates. Each session is a celebration of local community artists.

And finally, wherever you live, don't forget to check out your local businesses for gift ideas. Our retail and tourism operators (for "experience" gifts) will definitely appreciate your "shop locally" support.

As 2022 year comes to a close, we wish you a safe and joyous festive season, and a happy, healthy new year!



**Danny Gibson**  
Mayor



**Christmas 2022 Lighting of the Tree**

## Active and Engaged at Every Age

Launceston Leisure & Aquatic Centre (LAC) heated Programs Pool and spa allows seniors to do soothing, low impact water-based exercise. A fully equipped gym has an extensive range of cardio equipment, pin loaded machines and free weights. A variety of 65 fitness classes each week helps ensure there is something to suit everyone. Seniors receive a discount with affordable membership options.

LAC is also a great place to spend time with your grandchildren, but a reminder that children 6yrs and under must be accompanied in the water within hands reach of a responsible person; or if aged 11yrs and under, children must be actively supervised by a responsible, competent person.

Enquiries | 6323 3636 | [www.launceston.tas.gov.au/lac](http://www.launceston.tas.gov.au/lac)



Get AquaFit at Launceston Aquatic Centre

## Seniors National Parks Pass

Did you know that National Seniors Card holders receive a substantial discount on Tasmanian National Parks Passes? In 2022-23 the Annual Fee for a All Parks Pass is \$36.55. Or a two year All Parks Pass is \$46.70.

If you would like more help to apply for your Parks Pass, with a view to visiting the natural treasures our wonderful state offers, drop in to the Launceston Visitors Centre located next to the post office below the iconic town clock in Cameron Street.

The Visitor Centre team can also assist visitors and locals with their holiday plans across the entire state of Tasmania including help to book the Spirit of Tasmania. They have great holiday ideas for time spent with your grandchildren, visiting family and friends. They also have hard copy versions of 52 Things To Do Around Launceston Before You Turn 12.

## Music in the Park

Join us in the City Park for Music in the Park again this Summer. See the flyer insert for more information.

## Launceston Central City

The festive season is upon us once again marked by the recent Christmas tree lighting and Christmas parade, and will be followed by festive entertainment in the mall, gift guides, competitions and prizes!



The Christmas Window and Find a Reindeer competitions are wonderful family friendly activities, so grab the kids in your life and head into the city for an adventure! Santa's Mailbox will also be in the Old Brisbane Arcade to round out the trip.

There are some great prizes up for grabs for both of these competitions including three different Launnie Experience Packs for the Window Competition, and some impressive early kid's Christmas presents as part of the Find a Reindeer Competition. Enter at: [www.launcestoncentralcity.com.au/christmas](http://www.launcestoncentralcity.com.au/christmas)

On New Year's Eve Royal Park will come alive with festivities, music, comedy, fireworks, food and drink. and two fireworks shows as part of Beerfest!

Then enjoy [Festivale](#) in February 2023 with a huge line-up of music, premium food, beverage masterclasses, and sample some of the best food and drink that Tassie has to offer from the many stallholders. [Mona Foma](#) follows soon after, and this year all events at the Hub (old TasTAFE Building in Wellington Street) will have free entry. Find more information on social media or online at: [www.launcestoncentralcity.com.au](http://www.launcestoncentralcity.com.au)

## Easy Park App



No more carrying loose change or dealing with parking meters in the CBD! The EasyPark parking app allows you to choose your parking location, and easily start then finish your parking within the relevant time zone limits. Simply download the app, enter your car registration and payment option information. Then, when you park look for the EasyPark zones (written on the meter or street signs) and rotate the dial to indicate how long you want to stay. Find out more about the Easy Park App at:

[www.launceston.tas.gov.au/Roads-and-Parking/Parking/EasyPark-Phone-App](http://www.launceston.tas.gov.au/Roads-and-Parking/Parking/EasyPark-Phone-App)

# What's on at QVMAG ?

## Archie 100: A Century of the Archibald Prize

**Queen Victoria Museum at Inveresk**  
**22 October 2022 – 8 January 2023**

[Ticket Sales available at the door](#)

Celebrating 100 years of Australia's most renowned portrait prize, this landmark exhibition explores the Archibald prize across its history, revealing fascinating stories behind 100 carefully selected artworks.

It uncovers changes in society in engaging ways, enabling people to experience how artistic styles and approaches to portraiture have changed over a century.

Australia's oldest and most prestigious portrait award, the Archibald Prize, celebrates its centenary in 2021. To mark the occasion QVMAG is one of eight regional galleries across 2021-23 to host the celebratory national touring exhibition. Ticket sales available at the door.

**Archie 100: Faces of a Nation:** every Tuesday at 12noon until 18th December learn more about the artists and sitters behind the works on display.

**More information on the website:**

[www.qvmag.tas.gov.au/Whats-on/Events](http://www.qvmag.tas.gov.au/Whats-on/Events)



**Artwork: Wes Walters Molly 1983, collection of Ian 'Molly' Meldrum, Melbourne © Estate of Wes Walters**



## 52 Things to Do in Launceston Before you Turn 12

Do you have children to entertain? Then this guide is for you! The recently updated 52 Things to Do Around Launceston Before you Turn 12 is now bigger and better than ever. Jam packed with cool activities to do in and around Launceston, the updated version has a focus on low cost and no-cost things to do.

See the **poster in this issue for an overview**, then **scan the QR code** to find more information about each suggestion. If the suggestion is "Go Fishing", simply scan the QR code to find out where to fish, what fish you might catch there, and which bait to use as well as other useful weblinks like Fishing Licence information.

So, it's actually more like hundreds of things to do around Launceston!

See the full page insert in this edition. Don't have a printer? The Launceston Visitor Centre in Cameron Street has hardcopy available.

If we've missed any great low-cost / no-cost activities let us know so we can add them to the [website](#).



## National Public Toilet Map



The Continece Foundation of Australia has updated their [National Public Toilet Map WebApp](#). The free App can be downloaded or used as an interactive website app. Either app shows the location of more than 22,000 public toilets across Australia, making it easier than ever to find a loo near you!

# Tips for Carers

Are you also a carer for a spouse or loved one?

The Tasmanian Department of Health website reminds us that we especially need to consider older people during extreme heat.

A [Guide to Coping in Extreme Heat](#) is available on the website and includes information on:

- who is at risk during extreme heat
- signs of heat-related illness and what you can do
- checklists to help you get prepared for extreme heat, how to cope when it's hot, and how to recover from extreme heat
- a list of important phone numbers and web addresses.

# Partnering with COTA

City of Launceston partners or supports the Council on the Aging (COTA) on various projects each year. Earlier this year COTA Tasmania undertook state-wide consultation activities across lutruwita/Tasmania, focusing on people's experiences of ageing and what needs to be considered, funded and to influence future policy directions.

Using traditional surveys, postcards, community conversations, online sessions and text message input and undertook several collaborations with community organisations COTA sought to reach as many Tasmanians as possible.

Over 1,500 community members had their say as part of our *H.E.A.R Active Ageing Consultation* and this lived experience will shape the development of a new six-year Active Ageing strategy for Tasmania 2023-2029.

More information is at:

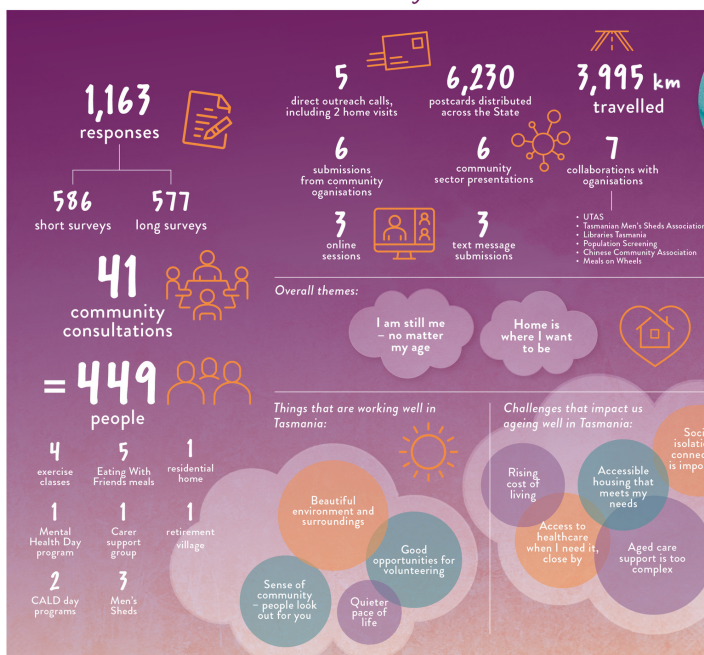
[www.cotatas.org.au/information/consultation/](http://www.cotatas.org.au/information/consultation/)



COTA Tasmania travelled across Tasmanian communities to listen and hear from individuals, groups and organisations about what was important to them in staying safe, healthy and connected as they age. Alongside that, we conducted a survey online and via postcards. This lived experience will shape the development of a new six-year Active Ageing strategy for Tasmania 2023-2029. Consultation activities were undertaken between 30 January and 1 July 2022 with Tasmanians aged over 40 years invited to share their views.



## CONSULTATION ENGAGEMENT at a glance



## What does being actively engaged in life as you age mean to you?



## Town Hall Operating Hours Christmas | New Year

**Closed:** Fri 23 Dec (12 noon) - Mon 02 Jan 2023

**Normal Opening Hours resume:** Tue 03 Jan  
Monday to Friday 8.30am - 5pm

**Emergencies (24hrs) 6323 3333**

## Contact Us

**Customer Service | Town Hall**  
18-28 St John Street | Launceston  
Ph: 6323 3000  
E: [contactus@launceston.tas.gov.au](mailto:contactus@launceston.tas.gov.au)

## National Relay Service (NRS)

If you have a hearing or speech impairment, phone the NRS on 1300555 727 and ask to be connected to 6323 3000. Or visit [www.relayservice.com.au](http://www.relayservice.com.au)

# Living as a Senior

What's on in Launceston this Summer?

## DECEMBER 2022

### Archie 100: A Century of the Archibald Prize

QVMAG | 22 October 2022 – 8 January 2023

### Archie 100: pop-up portraits

QVMAG | 29 October to 17 December | see link below

### Portrait Drawing Workshop with Ben Winwood

QVMAG | Sunday 11 Dec | 01:00 - 01:45 PM (Register)

### Launceston Colour Frenzy

Sunday 11 December 11am | Heritage Forest

### Van Diemen's Band - Christmas Concert \*

Saturday 17 December | 2pm | Holy Trinity Church

The magical sound of children's voices in a program brimming with Christmas favourites from around the world; best-loved Christmas carols and some new discoveries played by a Tasmanian chamber orchestra.

### Carols by Candlelight

Sun 18 December | Launceston Country Club Grounds

### Chanukah Public Menorah Lighting

18 December | Brisbane St Mall | 7pm

### University of Tasmania Town and Gown Parade

Fri 19 December | Civic Square | from 12:30pm

### Christmas Light Show - SunSmart (TBC)

24 December, Alanvale Road Newnham | from 8pm

Christmas Lights, pyrotechnics, snow display music

### Launceston Christmas Carnival

28 December | Silverdome

### Launceston Beerfest NYE Celebration

31 Dec - 01 Jan | Royal Park | from 4.30pm

<https://launceston.beerfestivals.com.au>



**Wishing you a safe and joyous festive season!**

## What's On for the whole family?

**QVMAG** - [www.qvmag.tas.gov.au/Whats-on](http://www.qvmag.tas.gov.au/Whats-on)

**Princess Theatre** - [www.theatrenorth.com.au](http://www.theatrenorth.com.au)

**Albert Hall** - closed for renovations

**Launceston Leisure & Aquatic Centre**

- [www.launceston.tas.gov.au/lac](http://www.launceston.tas.gov.au/lac)

## JANUARY 2023

### Swimrun Wild Cataract Gorge

DATE TBC | First Basin

### Music in the Park - City Park | 12.30pm - 2.30pm

Bring a picnic hamper, blanket or chair and join us as we experience an assortment of musical talent presented at our City Park over various weekends in January & February 2022. See flyer

### Summer Series - Music concert

7, 14, 28 January | Civic Square

### Sport Holiday Club

10-12 January | City Park Rotunda | 10am - 11.30am

## Finding Help...



FindHelpTAS is an online directory of community services for all Tasmanians. The directory is a community initiative led by a partnership of Tasmanian community service organisations, supported by TasCOSS (Tasmanian Council of Social Services).



## FEBRUARY 2023

### Festive

3-5 February | City Park

### Music in the Park - City Park | 12.30pm - 2.30pm

See flyer for dates (not on consecutive weekends)

### Mona Foma | MOFO Sessions

17-19 February | Various venues across Launceston

### Opening of the Vyner Brooke Australian Nurses Memorial (via Live Stream)

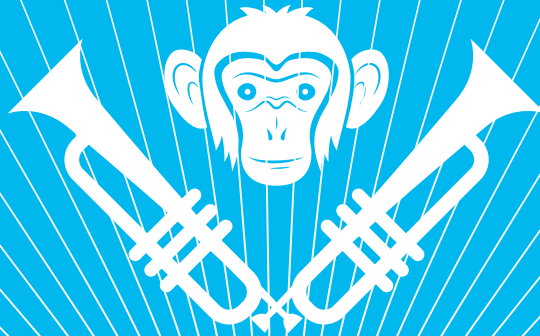
Sunday, 11 Feb | The Salvation Army | 111 Elizabeth St  
11:30 AM - 12:30 PM

### Community Walk at UTAS Inveresk

Tues 28 February | 4.30pm | Meet outside new UTAS Library  
Discover what our future University campus at Inveresk will enable for the community during an evening walk around the precinct.

## Help our environment

Please email us if you would like to receive this newsletter, your rates notice and other useful updates by email. It is better for our environment and will help council work towards becoming carbon neutral.



# Music *in the* Park

Family fun, for free! **City Park Train \* Live Local Music**  
**12.30pm to 2.30pm City Park Rotunda, Launceston**

Bringing picnic food to the event is encouraged. Please comply with current social distancing rules.

**SUNDAY 08  
JANUARY  
2023**

The Ferguson  
Brothers

**SUNDAY 15  
JANUARY  
2023**

Apache

**SUNDAY 22  
JANUARY  
2023**

The Tassie  
Tenor

**SUNDAY 29  
JANUARY  
2023**

Tas Police Pipe  
Band

**SUNDAY 12  
FEBRUARY  
2023**

St Andrews  
Caledonian Pipe  
Band Inc & West  
Tamar Band

**SUNDAY 19  
FEBRUARY  
2023**

Launceston City  
Band

# 52

## things to do before you turn 12 around Launceston

1 Go Camping

2 Visit City Park

3 Explore Toddler's  
Playgrounds

4 Build Fun Skills

5 Cruise Toddler  
Trike Paths

6 Go Swimming  
or Paddling

7 Explore Walking  
Trails

8 Get Active on a Bike  
/Walking Track

9 Do a Short Hike

10 Skate/Scooter

11 Hit the Mountain  
Bike Trails

12 Be a Local Tourist

13 Discover Favourite  
Playgrounds

14 Play Cricket in  
the Nets

15 Play Sepak Takraw,  
Footy or Soccer

16 Shoot Hoops

17 Bike a Pump  
Track

18 Go Fishing

19 Explore QVMAG  
- Museums  
& Planetarium

20 Play Tennis or  
Rolling Tennis

21 GeoCache  
Treasure Hunting

22 Explore Heritage  
Forest

23 Become a Maker

24 Fly a Kite

25 Explore  
Cataract Gorge

26 Do a Skill Tester Day

27 Learn a New Game

28 Visit a Nearby  
Mountain, Lake  
or Waterfall

29 Family Fun with  
the Dog

30 Explore Lilydale

31 Visit the Library

32 Learn the Latest  
Dance Moves Online

33 Treasure Hunt  
Flowers to Press on  
the Flora Trails

34 Be Part of a  
Community Garden,  
Street Library or  
Seed Library

35 Cook a Treat  
for the Family

36 Explore Trevallyn  
Reserve & Surrounds

37 Family Kayak Day

38 Visit a National Park

39 Try Something New:  
Dance, Drama, Sing  
or Play Music

40 Check out Local  
Activity Centres

41 Build a Massive  
Structure

42 Pick Fruit, Berries  
or Vegies to Eat

43 Explore Punchbowl  
Reserve

44 Try an  
Orienteering  
Course

45 Become a Star  
Photographer

46 Hold a Marathon  
Activity

47 Explore Hollybank

48 Discover Something  
Active you Love

49 Discover Something  
Relaxing you Love

50 Do Something to  
Help Others

51 Visit a Beach

52 Do a Destination  
Day Trip

City of Launceston thanks the children and families of Launceston who helped create this list by sharing what they love doing in Launceston. Always risk check activities and supervise children.

Town Hall  
18 St John Street Launceston  
P 03 6323 3000

E [contactus@launceston.tas.gov.au](mailto:contactus@launceston.tas.gov.au)



scan me