

Living as a Senior

in Launceston

Newsletter

Edition 13, September 2017



Launceston City Heart Project

The LCHP is well underway. In 2016, the City of Launceston began its first major public space overhaul, with the redevelopment of the Quadrant Mall, creating a unique retail and dining precinct

Civic Square Redevelopment

VOS Construction & Joinery Pty Ltd are well into Stage 1 of the works. The Civic Square Surgery is open Monday to Friday from 8.45 -5pm, as well as all service centres. The work continues until around April/May of next year. It might seem like a long time but we have factored in weather and Murphy's Law!

Brisbane Street Mall takes shape

Have a look at concept drawings and have your say. Pop into the Launceston City Council Pop Up Shop, Ground Floor, 89 St John Street - right next door to Capri, or email lisa.bradley@launceston.tas.gov.au or phone 0455 263 854.





Mayor's Message

I would like to update you all on some exciting things happening in our great city.

The City of Launceston has advertised for tenders from experienced contractors to build the North Bank pedestrian and Cyclist Bridge. The bridge will make the site more accessible, and will complete a recreational trail extending from the Cataract Gorge, to Kings Park, to Royal Park, the Seaport, and across to North Bank.

The Launceston Leisure and Aquatic Centre will undergo a scheduled maintenance shutdown for two weeks From 11 to September 24. The shutdown will allow the upgrade of 1700 square metres of flooring around the indoor pool areas.

During the shutdown, the entry and exit to the reception area will be realigned to improve flow and reduce queuing, and maintenance works will also be carried out on tiles and expansion joints in the 50m and program pools. To those affected we thank you for your patience and understanding while we carry out the maintenance works and upgrades, and we look forward to opening a new and improved centre once the works are complete.

I'd like to take this opportunity to thank and acknowledge all our senior citizens for their contribution to our city. Older Tasmanians have a wealth of knowledge and experience that can help build a more inclusive and vibrant Tasmania, and support the social and economic growth of the State.

Albert van Zetten
Mayor

Launceston Leisure & Aquatic Centre has something for you

Aq-Gentle 40 mins

A gentle, supportive class suitable for all fitness levels and designed specifically for older adults to unload joints and increase the range of movement, balance and mobility.

Kettleball 50 mins

Cardio and full body strengthening workout which leads to increased strength, endurance and toning and strengthening ligaments and tendons for injury prevention.

Yoga 45/50 mins

A mind-body workout which improves flexibility, cardio and circulatory health, increases muscle and ligament strength resulting in toning and protection from injury.

Pilates 45/50 mins

Body toning class which combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being.

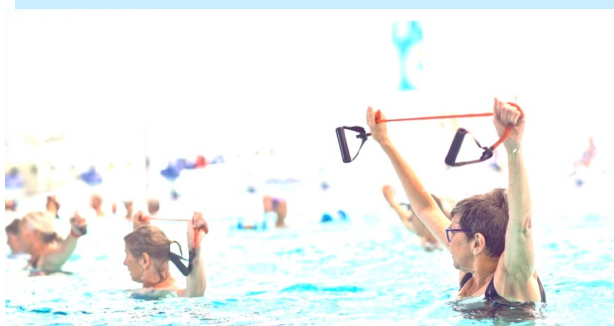
Adult Learn to Swim 30 mins

It's never too late to learn to swim. Learn the basic skills of freestyle, backstroke and breaststroke, aimed to build confidence in the water. Lessons are tailored to suit individual ability and fitness levels. Classes are conducted by professional AUSTSWIM teachers.

Adult Stroke Correction 30 mins

Stroke correction is for those with basic level of swimming ability. It aims to increase swimming fitness and improve stroke efficiency. Lessons are personalised for all kinds of personal goals. Classes are conducted by a professional AUSTSWIM teacher.

Or sit back, relax and take a spa...



Celebrate living as a senior in Launceston with these free, fun events.

SENIORS WEEK 2017

Aqua Gentle Class

Tuesday 17 October
12.30am–1.10pm

A gentle, supportive class suitable for all fitness levels and designed specifically for older adults to unload joints and increase the range of movement, balance and mobility.

*Launceston Leisure
& Aquatic Centre*

Morning Tea

Thursday 19 October
10am–11.30am

Enjoy a cuppa and find out about what Council offers seniors living in Launceston.

Town Hall, Reception Room

Places limited, to book contact

sarah.mccormack@launceston.tas.gov.au
Phone 03 6323 3381

For a full program of activities

www.cotatas.org.au



Queen Victoria Museum & Art Gallery

Two sites: Museum at 2 Invermay Road, Inveresk and Art Gallery at 2 Wellington Street, Launceston.

ON SHOW at the Museum:

Tasmanian Connections
Ongoing

The Great War 1914-18, Sacrifice and Shadows
On show until August 2017

Southern Skies, Astronomy in Tasmania
Ongoing

ON SHOW at the Art Gallery:

Launceston Art Society, The Journey: A collection of works celebrating 125 years of the Society
On show until 28 August 2017

The First Tasmanians: Our Story
Ongoing

The Enigmatic Mr Strange, Creating a Past the life and art of Frederick Strange c. 1807-1873
On show until 5 November 2017

Ph. 03 6323 3777
www.qvmag.tas.gov.au

National Children's Week

Children's Week is an annual event celebrated in Australia between 21 - 29 October 2017.

The City of Launceston and Playgroup Tasmania recognise the wonderful achievements of children and those who provide services to children through the **Children's Week Awards** in National Children's Week. The Award nominations open on 1 September and close on 29 September and the community is encouraged to nominate.

Do you know someone aged 12 and under? We want to hear what children and their friends and family like doing in Launceston together. The City of Launceston is collating a list of all the wonderful things to do in Launceston for 12 year olds and under, it could be going to the Gorge playground, visiting the Launceston Aquatic Centre or star gazing. We will put their favourite activities into a big list so other families can try out their ideas. The **52 Things to do in Launceston Before You Turn 12** poster will be available at this years Teddy Bears Picnic as part of Children's Week on Wednesday 25 October in the City Park. Please tell us about the things you like doing with under 12s in Launceston Phone 03 6323 3381 or sarah.mccormack@launceston.tas.gov.au.

Contact Us

Customer Service

Town Hall
18 - 28 St John Street
Launceston

Ph. 03 6323 3000
contactus@launceston.tas.gov.au

Opening hours

Monday to Friday
8.30am to 5pm
Emergency (24 hours):
03 6323 3333

National Relay Service

The City of Launceston is National Relay Service (NRS) friendly. If you have a hearing or speech impairment, call us through the NRS and ask to be connected to 03 6323 3000.