

Living as a Senior in Launceston

Newsletter

Edition 23, March 2022



Mayor's Message

Welcome to the Autumn edition of Council's Living as a Senior in Launceston Newsletter for 2022. I hope you are enjoying the year!

City of Launceston's kicked off the year with another successful Music in the Park series. City Park was alive with music enjoyed by both young and old as local musicians performed in the Band Rotunda. This year, around 2700 people attended this free annual event held on various Sundays over January and February. We are truly fortunate to have such a rich variety of musical talent in our city. This year we are keen to get your feedback on the event. If you have a moment please let us know what you think by completing the survey at: <https://arcg.is/1myyvq0> (closes : 11th March).

Apparently we aren't the only ones who know Launceston's hidden treasures! The word is out with Launceston named the nation's top travel destination in the 2022 Aussie Town of the Year Awards by online travel site Wotif.com. The awards are in their fifth year and are determined by Wotif data which examines accommodation affordability, quality and traveler satisfaction.

Launceston topped the list ahead of stiff competition from Caloundra in Queensland, Tamworth in New South Wales and other destinations in Victoria, South Australia and Western Australia.

To quote Wotif: "Tassie's second major city, Launceston is a must-visit for its gorgeous historic cityscapes, stunning natural beauty, and fantastic food and wine. In fact, Launceston has just been named a UNESCO City of Gastronomy, officially cementing its international reputation as a seriously delicious destination. Launnie is also just a short walk or drive from incredible natural wonders like Cataract Gorge, Cradle Mountain – Lake St Clair National Park, and the Bay of Fires. No wonder this Apple Isle getaway is on so many Aussies' holiday radars!"

Aren't we lucky to have all this on our doorstep?

Thank you for being a wonderful part of our community. I hope you will join me as we enjoy everything Launceston has to offer this Autumn.

Albert van Zetten
Mayor



What's on at QVMAG ?



QVMAG have teamed up with SBS Australia to celebrate the Lunar New Year at the Museum at Inveresk.

Join us for free screenings of Destination Flavour, China through the month of February in the Nuala O'Flaherty Auditorium (at no. 2 Invermay Road, Launceston).

It's free entry and no bookings are required! Simply choose your screening time and join in on the day.



About

Adam Liaw embarks upon his adventure across China, beginning in his mum's hometown of Beijing, he then travels through the provinces that gave birth to the eight great regional cuisines of China. And while this series is about food, travel, history and culture, it's also got an even deeper personal aspect for Adam as he returns to the island of Hainan, his father's ancestral homeland.

Screenings

Episodes are on daily rotation for the Lunar New year between **5 February to 5 March 2022:**

- Season 1, episode 4: Shanghai. PG; 26min
- Season 1, episode 9: Hong Kong. G; 26min

Free entry, open daily from 10am to 4pm

See our events section for other upcoming events at **Queen Victoria Museum and Art Galleries.**

Harmony Week

Harmony Week celebrates Australian multiculturalism. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of Australian values that are at our very core.

There are many ways you can demonstrate your commitment to living in harmony. You can raise a conversation or attend an event.

Keep an eye out for Harmony Week events in your community between 13th - 21st March.

QVMAG Exhibition

Tao Sublime is the latest temporary exhibition to feature at the Art Gallery at Royal Park, bringing together the vast knowledge of painting practice from internationally renowned Tasmanian artist Tony Smibert.



Inspired by the skill of 19th-century English watercolourist JMW Turner, and eastern painting traditions, Tao Sublime creates a compelling journey of abstract landscapes through works featured within this exhibition.

Built from refined skill and dedication to landscape painting spanning a career of 40-years, Tao Sublime showcases a collection of emotive and striking works by Smibert; many of which will be revealed to the public for the first time.

Free entry, open daily from 10am to 4pm

Active Launceston

Check out the free recreation activities Active Launceston is offering Launceston Seniors. See the insert attached to find out more!

Thanking our Volunteers

Look around the various community services in your community. You might be surprised to learn how many of the people helping you each day are volunteers. They are retirees, pensioners and early-retirees who enjoy giving back to their community while simultaneously reaping the benefits of social connection, physical activity and a wonderful sense of purpose.

Some volunteers have a role in a regular time-slot. Others volunteer when extra hands are needed for activities like fundraising events or busy times, or even in community organisation administration roles.

Monday 16 – Sunday 22 May 2022 is National Volunteer Week. If you get a chance between now and then, thank a volunteer!

Becoming a Volunteer

Did you know that Tasmania has an ageing volunteer workforce? Imagine what would happen to community services if they had no volunteers.

Have you ever considered volunteering in something you love to do? The rewards might surprise you!

Volunteer roles can vary from:

- driving community transport
- mentoring an learner driver for driving hours
- delivering meals on wheels
- working in reception or member welcoming
- helping out at a community garden, community centre or neighbourhood house
- Project management or grant writing
- Coaching, refereeing or assisting
- Community boards often seek valuable experience and expertise from retired professionals.

If you would like to explore ways to volunteer in your community get in touch with Volunteering Tasmania or drop into your local community organisation and simply ask if they need help.

Check out volunteer roles at:

<https://www.volunteeringtas.org.au/for-volunteers/#/> . Or phone 6231 5550.



Launceston Central City

Previously City Prom

Love Launnie - Autumn in the City

Crazy Day, Launceston's biggest sales shopping day is on March the 26th, and is set to be the last one as we know it with changes coming to this popular event next year.

Grab a bargain, shop, enter the competitions and enjoy the city with music, entertainment and giveaways.

The Great Easter Egg Hunt will run from 6th to 19th of April, so bring the kids along for a day on the town you'll both love, follow the clues, find the lost eggs, and earn the chance to win an Easter hamper!



Faces of Launceston is an exhibition of black and white portraits by renowned photographer Philip Kurivita, showcasing local personalities and their stories.

The exhibition will be displayed in over 35 shop windows throughout Launceston beginning in late April.

Go to www.launcestoncentralcity.com.au for regular updates or subscribe to our newsletter or follow our social media for further updates and information on all the news and events in the city

Launceston Volunteers for Community

Are you considering volunteering in the Seniors Sector? LVFC provides support services to people in the community who are frail, aged, younger with disabilities and their carers. Services are provided by volunteers with appropriate skills including: assistance with shopping, social support, transport to and from business and social appointments, lawn mowing, and befriending. Phone 6336 5147

Council on the Ageing

HEAR - Healthy, Engaged and Resilient Consultation

Whether you are 40, 75 or 105 years of age (or anything in between!) COTA Tasmania wants to hear about your experiences of ageing in Tasmania

- What does ageing mean to you?
- Have your views on ageing changed over time?
- What do you think Tasmanians need in order to age well?
- What has helped you as you've aged?
- What has been challenging?
- What local services and initiatives have supported you and kept you connected to your community?



Your experiences, thoughts and wishes will help shape the next Strategy for Older Tasmanians's 2023–2029.

Online survey

<https://www.surveymonkey.com/r/LXVMCXQ>

Contact COTA to request hardcopy posted to you

Phone: 62 313 265

Email: admin@cotatas.org.au

Aged Care System Navigator in Launceston

COTA Tasmania has recruited a new Aged Care Navigator for the North, Glenda Daly.

Glenda is available to provide free one on one support for older Tasmanians and their family members to navigate the aged care system. If you live in the North of the state and require assistance please contact the COTA office on 6231 3265.

Peer Education

COTA Tasmania's Peer Education Unit provides a range of informative sessions for groups covering a range of health and wellbeing issues affecting people over 50. Sessions are delivered in a relaxed and informal environment by volunteer peer educators who promote discussion and group interaction as part of their presentation. Current topics include Eat for Life; Home Fire Safety; End of Life Planning; and Protecting yourself and your finances from elder abuse.

Are you interested in becoming a Peer Educator or booking an information session? If so, please contact Keree Rose on 03 6231 3265 or email kereer@cotatas.org.au.

Health and Wellbeing Resources

COTA Tasmania developed a number of resources during the pandemic to assist older people to stay healthy and connected. These resources are available on our website at:

<https://www.cotatas.org.au/information/covid-19-support/>

Hard copies can be mailed out on request.

Contact Us

Customer Service

Town Hall | 18-28 St John Street | Launceston

Ph: 6323 3000

Email: contactus@launceston.tas.gov.au

Opening Hours

Monday to Friday 8.30am - 5pm

Emergencies (24hrs) 6323 3333

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

Living as a Senior

What's on in Launceston this Autumn?

MARCH 2022

Launceston Night Market

Food and Wine Market | Launceston's Civic Square
Fri 04, 11, 18 & 25 March | from 5pm | Free entry.

World Street Eats

International cuisines, arts, cultures
Sun 13 March from 11am - 3pm
Launceston's Civic Square |

Relay for Life Launceston 2022

Cancer Council fundraiser | St Leonard's Athletic Centre
Sat 19 March | from 1pm (until 9am 20th March)

Balfour Burn for St. Giles

Running hill-climb race | Sun 20 March 2022 | from 1pm
Balfour St (from cnr Charles St to George St)

Advanced Care Planning Week | Information Stall

State Library | Tues 22 March | 11am-3pm
Other Information: www.pallcaretas.org.au

APRIL 2022

World Street Eats

International cuisines, arts, cultures
Sun 10 April | 11am - 3pm | Launceston's Civic Square

MAY 2022

RSPCA Million Paws Walk

Fundraising event for RSPCA
Sun 22 May 2022 | Royal Park | from 9am

UPCOMING THEATRE 2022

You're A Good Man, Charlie Brown

Launceston Musical Society
01 -05 March | Earl Arts Theatre

Music from The Movies

Tasmanian Symphony Orchestra
Sat 05 March | Albert Hall

Chicago

Encore Theatre Company | Princess Theatre
10 -26 March

Girl Running, Boy Falling

Mudlark Theatre | Earl Arts Centre
30 March - 02 April

The Black Sorrows: Saint Georges Road

Thu 31 March | Princess Theatre

Leaving Jackson: The Johnny Cash and June Carter Show

Sat 02 April 2022 | | Princess Theatre

What's On for the whole family?

QVMAG

www.qvmag.tas.gov.au/Whats-on

Princess Theatre + Earl Arts Theatre

www.theatrenorth.com.au

Albert Hall

www.alberthalllaunceston.com.au

Launceston Leisure & Aquatic Centre

www.launceston.tas.gov.au/lac

Can you help?

Do you have an email address?

If so, please email us and request to receive these newsletters and other useful updates by email.

You will help save your council's resources so we can do more for you and help save our environment.



Free Sessions

2022
Schedule



Move More, Live More!

Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity.



ACTIVE LAUNCESTON IS MANAGED BY HEALTHY TASMANIA® PTY LTD AND FUNDED BY THE CITY OF LAUNCESTON

www.activelaunceston.com.au

@activelaunceston

WHAT		TIME	WHEN	WHERE
Active Parks - Yoga ADULTS Mindful movement designed to improve strength, flexibility, posture & balance. Please bring along a towel or a mat. <i>No session Launceston Cup Day AND earlier time last session.</i>		Wednesdays 6:00 pm - 7:00 pm 5:30 - 6:30 pm (6th April)	9 Feb - 6 Apr (8 weeks)	City Park (between duck pond and rotunda)
Active Parks - Tai Chi ALL AGES Gentle flowing movements which help to improve balance and strengthen body and mind.		Saturdays 12.30 pm - 1.15 pm	5 Feb - 26 Mar (8 weeks)	City Park (between duck pond and rotunda)
Gentle Exercise ADULTS A gentle exercise circuit type session which may use the equipment at The Shed. This program is designed for those who are currently doing little or no physical activity.		Thursdays 11:00 am - 11:45 am	10 Feb - 31 Mar (8 weeks)	The Shed, 12 King Billy Crescent, Rocherlea

Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need. For more information on any of the initiatives listed in our program please visit www.activelaunceston.com.au

Coronavirus information

To ensure the safety of yourself and others, please do not attend this program if you: have Covid -19, have been instructed to isolate and your isolation period is not yet finished, are unwell including fever (or night sweats/chills) or respiratory symptoms e.g. shortness of breath, cough, sore throat.



Four ways you can sign up for Active Launceston

- FIRST TIMER?**
 Download the **'I'm In' App by Healthy Tasmania®** (available on iOS or Android) and register. Choose your session(s) in the App then simply bring your phone along to each session. We'll show you the rest! Or..
- Register on-line at**
healthytasmania.com.au/registration
- Complete a paper based form at the session.**
- RETURNING TO ACTIVE LAUNCESTON?**
 Log into **'I'm In'** to choose your session(s) then bring your phone along to each one.

Contact Information
 0438 386 025 - Hayden Fox

General Information
 Wear comfortable clothing

Arrive 15 minutes early
 Bring a drink bottle