

# Living as a Senior in Launceston

## Newsletter

Edition 21, September 2021



### Mayor's Message

Welcome to the Spring edition of Council's Living as a Senior in Launceston Newsletter for 2021.

On 15 June City of Launceston again partnered with Council on the Ageing (COTA Tasmania) to organise a Walk-Against-Elder-Abuse, followed by speeches and a morning tea in the Town Hall Reception Room. Around 50 people attended the walk which aims to raise awareness and also provides a universal day to promote respect and dignity for older people.

Council is seeking your feedback on the second stage of the Launceston City Heart Project until 10th September. The project aims to bring new vibrancy to the CBD and to create the most liveable regional centre in Australia and Council wants to hear your thoughts. Input can be provided at a Senior's Morning Tea in September, at one of our pop-ups in the city or online.

During Seniors Week in October we will hold our popular Celebrating Seniors Morning Tea and Information Session in conjunction with four community partner venues.

Earlier this year, Dr George Razay presented at two fully subscribed events to share an

exciting breakthrough in Dementia treatment, as well as tips to reduce onset. If you missed this event, we are pleased to announce that he will speak at the Celebrating Seniors Morning Teas and Information sessions during October.

Recent projects you may have seen in the city include a footbridge over the North-Esk River from Boland Street, which will provide a crucial link between the Inveresk Precinct's university campus and the city. This will provide safe accessible access for pedestrians and cyclists. Other works currently underway at Inveresk will form a series of interconnected outdoor spaces across Inveresk which will provide over 15,000 sq/m of flexible places to enable learning, events and gatherings for the community.

As always, your contribution to the Launceston community is extremely valued. I hope to see you at one of our upcoming Seniors events something during this spring!

**Albert van Zetten**  
Mayor



**Artist Impression City Heart - Stage 2**  
St John St | Paterson St

## Celebrating Seniors Morning Teas

Enjoy a cuppa and meet the Mayor or Deputy Mayor of Launceston. Hear what Council offers to Seniors living in Launceston as part of either our City Heart Consultation or Tassie Dementia Talks morning teas. These are free events.



### Celebrating Seniors - Tassie Dementia Talks

Attend a morning tea during Seniors' Week (11-17 Oct) to hear Dr George Razay speak about the latest breakthrough in Dementia treatment as well as hearing tips on how to reduce its onset.

Dr Razay is Tasmania's nominee for the 2021 Australian of the Year Award.

**RSVP:** 05 October 2021

#### Monday 11 October

Northern Suburbs Community Centre

10.30am | 49 George Town Road, Newnham  
Phone 6323 5506 or Email [pc@nscctas.org.au](mailto:pc@nscctas.org.au)

1.30pm | 42 Dover Street, Mowbray  
RSVP: 6326 6776 or Email [pc2@nscctas.org.au](mailto:pc2@nscctas.org.au)

#### Wednesday 13 October

Lilydale Seniors' Club | Community Hall

10.00am | 1932 Main Road, Lilydale  
Phone 6395 1359 (Doreen/Jeff)

#### Friday 15 October

Starting Point Neighbourhood House

10.00am | 6 Prossers Forest Road, Ravenswood  
RSVP: 6339 2861 | [reception@ravenswoodnh.org](mailto:reception@ravenswoodnh.org)

## Celebrating Seniors City Heart Consultation

### Celebrating Seniors - City Heart Consultation

Attend the City Heart Consultation Morning Tea to help shape a more people friendly city.

#### Wednesday 8 September

10am | Town Hall, Reception Room

**RSVP:** 03 September 2021.

Ph. 6323 3349 (leave message) or email  
[community.development@launceston.tas.gov.au](mailto:community.development@launceston.tas.gov.au)

## Launceston City Heart

### Project Stage 2

#### St John Street and Paterson Streets redesign

The Launceston City Heart Stage 2 builds on the vision of Stage 1 and the City Deal to make central Launceston the premier business, retail and lifestyle hub of Northern Tasmania and to cement the city's reputation as the most liveable regional centre in Australia.

It seeks to deliver a reimagined St John Street, between Paterson Street and York St, and Paterson Street as more vibrant, accessible and pedestrian friendly, with contemporary quality public infrastructure (such as street furniture, public lighting, etc.), public art, more greenery and respond to our city's character and improve connectivity between our public spaces.

City of Launceston seeks your comments between Monday 9 August to Friday 10 September on key design elements that are going to help deliver on the City Heart vision. Your contributions will provide new ideas and suggestions as well as functional considerations to be explored and addressed. The concept design will be unveiled later in the year.

#### Give us your thoughts at one of the following:

**Online:** [www.yourvoiceyourlaunceston.com.au](http://www.yourvoiceyourlaunceston.com.au)  
or at the **Celebrating Seniors - City Heart Consultation and Morning Tea** Wed 8th Sept

## Discover new businesses in the city

Locals are being encouraged to rediscover their city centre and shop local, with dozens of new businesses opening their doors in Launceston Central City in the past year.

The Quadrant Mall has also seen an influx of new businesses open. Come and explore your city.

For more information at:

[www.launcestoncentralcity.com.au](http://www.launcestoncentralcity.com.au) including a business directory, event calendar and features articles on some of the businesses that call our city home.



## What's on at QVMAG ?

QVMAG recently launched a new permanent exhibition at Royal Park. The exhibition moves away from the colonial and federation narratives towards stories that are more diverse. Mayor Van Zetten says: 'This is an exciting new direction for QVMAG, once a colonial gallery now telling contemporary stories about our community, our history and our country.' The exhibition features 19 new acquisitions and nine newly commissioned artworks by leading Australian contemporary artists. As a regional gallery with big ambitions this is a taste of what the future holds for QVMAG

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

## Human Library

You can't judge a book by its cover. It's the same with people. What you see is rarely a complete picture of who they really are.

But when you are different, for whatever reason, you can be subjected to prejudice, stigmatization, misunderstanding or discrimination because of lifestyle, diagnosis, belief, disability, social status, ethnic origin etc.

The Human Library people (known as books) loan themselves for an honest and open discussion about their unique experiences with an audience (their readers) in a safe environment. The Human Library aims to promote inclusion and diversity by challenging stereotypes and discrimination.

Find out more about becoming a Human Book or a Librarian. Drop into our Book Drive Information Day Friday 17th September 10am -12noon, Town Hall Reception Room.

## Seniors' Smart Card

The City of Launceston Smartcard replaces vouchers and coupons. It is the same size as credit card, and is issued on request to pension card holders who are residents of the City of Launceston.

The card entitles eligible Seniors to one free 3 hour parking session a week (on top of the two free hours a day) in council's multi-storey car parks. It also provides up to \$80 of domestic waste disposal benefits valid at Launceston, Nunamara or Lilydale waste transfer stations.

Contact Council to find out more ph: 6323 3000.

## Seniors' Flu Immunisations

The City of Launceston runs a free weekly immunisation clinic for people over 65 to receive their annual flu vaccination.

Clinics are run at Town Hall, St John St, Launceston every Wednesday 10am-11am.

**To book:** Call our customer service team Ph. 6323 3000.

Or online at: [www.launceston.tas.gov.au/home](http://www.launceston.tas.gov.au/home). Then click on the Immunisation Bookings button.



# Live Well, Live Long!

Want to live independently, in your own home, for longer?

The Live Well, Live Long program provides older adults with an introduction to ways that you can maintain your health and well-being in your local community. The sessions also support the prevention and management of preventable chronic conditions.

## What does the program look like?

2 hours a week for 10-12 weeks. Information sessions are facilitated by speakers from various specialist organisations.

Do you know where to access FREE health services? Why must we look after our feet? How to prevent falls? How best to stay independent? Has your sleep changed? Find these answers and more!

## What are people saying about the program?

"Congratulations on putting together a well-rounded, fully in-depth program 'of all things to know' as we're ageing. It's given me far more than the real value shared by each of the experts in the wide variety of topics covered. That information shared in a welcoming and inclusive group has given me renewed hope, confidence, and encouragement to embrace my ageing. I'm finding that I am sharing what I am learning about my body and mental health, sleep and the importance of moving and so much more with my friends. It's helping us all face and embrace the joys and challenges of this era of ours gives." *Graham ~ participant evaluation, 2021.*



## How can you apply?

Expressions of interest in joining the next Live Well, Live Long program can contact Tina Walker.

Email: [tina.walker@ths.tas.gov.au](mailto:tina.walker@ths.tas.gov.au) or phone: 6777 4589.

## Live Well Live Long! is a partnership supported by City of Launceston

Launceston's Live Well, Live Long program has been supported by the City of Launceston Grants Program to facilitate a partnership between COTA and the Tasmanian Health Service which actively supports our seniors' community. It is modelled on the same program developed by Tasmanian Health Service, City of Clarence, Health Promotion and local volunteer services in 2014.



## Contact Us

### Customer Service

Town Hall | 18-28 St John Street | Launceston  
Ph: 6323 3000  
Email: [contactus@launceston.tas.gov.au](mailto: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](http://www.relayservice.com.au)

11-17 OCTOBER 2021

# Seniors Week



## Celebrating Seniors Morning Tea and Launceston City Heart Consultation

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

You'll also have an opportunity  
to share feedback on the second  
stage of the Launceston City  
Heart Project, aimed at bringing  
new vibrancy to our CBD.

10am, Wednesday  
8 September 2021  
Town Hall Reception Room  
18-28 St John Street  
Launceston



[community.development@launceston.tas.gov.au](mailto:community.development@launceston.tas.gov.au)

These works are a continuation of the Launceston City Heart projects already delivered through the Launceston City Deal, a tripartite agreement between three levels of government that aims to make Launceston one of the most innovative and liveable regional cities in Australia.

**RSVPs essential by  
6 September  
Phone 6323 3349  
or email**

# Living as a Senior

What's on in Launceston this Spring?

## SEPTEMBER 2021

### Seniors Morning Tea & City Heart Consultation

Wed 08 September from 10.30am. Free event.

Town Hall, Reception Room

RSVP: by 03 Sept 2021. Phone 6323 3349 or email [community.development@launceston.tas.gov.au](mailto:community.development@launceston.tas.gov.au)

### Meet the Maker: Travellers' Cloak floor talk

QVMAG Inveresk | Fri, 10 Sept 2021 11am - 12n

## OCTOBER 2021

### Run & Walk for your Heart

Saturday 3 October | Inveresk Precinct & Heritage Forest

[www.cliffordcraig.org.au/run-and-walk-for-your-heart.au](http://www.cliffordcraig.org.au/run-and-walk-for-your-heart.au)

### Blooming Tasmania Flower & Garden Festival

9-10 October | Albert Hall & City Park

<https://bloomingtasmania.com.au/blooming-tasmania-festival>

### Celebrate Seniors Morning Tea

Seniors' Week Morning Tea with the Mayor or Deputy Mayor and Dr George Razay's Tassie Dementia Talks.

Mon 11, Wed 13 & Fri 15th October. Free Event.

Venue and RSVP details in this newsletter.

### Walking Wild Tasmania

28-30 October | Door of Hope

[www.launcestonwalkingclub.org.au/index.php/dykt](http://www.launcestonwalkingclub.org.au/index.php/dykt)

### Mama Mia

22 Oct - 6 Nov | Princess Theatre

[www.theatrenorth.com.au](http://www.theatrenorth.com.au)

### Launceston Leisure & Aquatic Centre

#### - Adult Learn to Swim

The next six week program will be held from Monday, 25 October - Sunday, 5 December. Bookings open Friday, 1 October. Phone: 6323 3050

### Can you help us?

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.

## NOVEMBER 2021

### Of Mice and Men

9-14 November | Earl Arts Centre

[www.threerivertheatre.com.au](http://www.threerivertheatre.com.au)

### Tamar Valley Cycling Challenge

14 November | Royal Park

<https://www.sallysride.com.au/>

### Veterans Cricket Australia Over 70's

#### National Championship CHAMPIONSHIPS

17-23 Nov | Numerous venues & grounds

<https://visitnortherntasmania.com.au/events/veterans-cricket-australia-2020-over-70s-national-championships>

### Thai Food and Cultural Festival

21 November | Launceston Civic Square

### Rotary Club of Launceston Car Show

27 November | Silverdome

### Remade - Sustainable Wearable Art

13 November | Albert Hall

[www.facebook.com/RemadeSustainableWearableArt](https://www.facebook.com/RemadeSustainableWearableArt)

### 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 - [www.alberthalllaunceston.com.au](http://www.alberthalllaunceston.com.au)

Launceston Leisure & Aquatic Centre

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

## DECEMBER 2021

### Carols by Candlelight

20 December | Launceston Country Club Grounds

### Launceston Christmas Carnival

28 December | Silverdome

### Beerfest

31 December | Royal Park

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

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