

**Seniors Week**

**in**

**Kingborough**

***events and activities***

***Friday 13 — Sunday 22***

***October***



**Positive Ageing  
community services**

KINGBOROUGH COUNCIL | [www.kingborough.tas.gov.au](http://www.kingborough.tas.gov.au)



# Seniors Week in Kingborough October 2017

Kicks off on Friday 13 October with an

## INTERGENERATIONAL HIGH TEA

Senior's Week will be ushered in with an Intergenerational HIGH TEA to be held at the Twin Ovals Function Centre, Kingston.

Young people will be trained in the art of preparing an elegant High Tea to serve our valued older Kingborough residents.

Friday 13 October 1.00pm – 3.3.0pm Cost of \$20 Bookings essential please call 6211 8170

## What's on in Kingston.....

<p><b>BINGO</b>  <b>Kingston Senior Citizens Club</b>            Eyes down! Enjoy some bingo fun with a group.            Wednesday 18 October            1.30-3.30pm            Kingborough Senior Citizens            35 Redwood Rd            Enquiries 0402 210 422</p>	<p><b>INDOOR SOCIAL BOWLS</b>  <b>Kingston Senior Citizens Club</b>            Learn to play indoor bowls. It is played by all ages and abilities and is a wonderful way to keep active and be part of a group.            Tuesday 17 October 1.00-3.00 pm            Thursday 19 October 1.00 – 3.00 pm            Kingborough Senior Citizens            35 Redwood Rd            Kingston Enquiries 0402 210 422</p>
<p><b>CROQUET – come and try!</b>  <b>Kingston Croquet Club</b>            Learn the basics of this great outdoor game in 10 minutes and enjoy mastering it as a life-long project. Gentle exercise for the body and mind and a great opportunity to connect with the community            Tuesday 17 October 1.30pm-3.30pm, 4.30pm -6.30pm            Kingston Croquet Club            159 Summerleas Rd            Bookings: 6229 2045 (close 16/10)</p>	<p><b>LINE DANCING</b>  <b>Kingston Senior Citizens Club</b>            A LOT of fun and good exercise!            Friday 20 October 10.00am – 12noon.            Kingborough Senior Citizens            35 Redwood Rd            Enquiries: 0402 210 422</p>
<p><b>TAI CHI</b>  <b>Kingston Senior Citizens Club</b>            Tai Chi is a gentle form of exercise that benefits balance, arthritis and relaxation.            Tuesday 17 October            11.00am -12noon            Saturday 21 October 9.00am-12noon            35 Redwood Rd, Kingston            Enquiries: 0402 210 422</p>	<p><b>PENNANT INDOOR BOWLS</b>  <b>Kingston Senior Citizens Club</b>            Keep active and enjoy good company!            Monday 16 October 6.30pm            Thursday 19 October 6.30pm-9.30pm            Kingborough Senior Citizens            35 Redwood Rd KINGSTON            Enquiries: 0402 210 422</p>



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# Kingston.....

## **MAH JONG**

### **Kingston Senior Citizens Club**

Come and learn this ancient game using tiles rather than cards. Keeps your mind active and is a great social activity.

Wednesday 18 October 1.00pm- 3.30pm

Thursday 19 October 9.30am-12noon

Kingborough Senior Citizens

35 Redwood Rd KINGSTON

Enquiries: 0402 210 422

## **MOVE IT EASY EXERCISES**

### **Kingston Beach Hall**

The easy way to exercise if you are 60 and beyond. These exercise sessions are gentle on your body, easy to follow and you won't feel exhausted at the end. The classes are fun with great music. Your first class is free – just see if it's for you!

Tuesday 17 October 11.15am – 12.15pm

Kingston Beach Hall, Beach Rd

Kingston

Bookings: 6229 7435 (close 20/10)

## **FUNDAMENTALS OF TAI CHI**

### **Kingston Linc**

Tai Chi has been referred to as “moving meditation” by Harvard Medical School. Experience this ‘moving meditation’ with Bill Pearson, the founder and principal teacher of Jian Shen School of Tai Chi and Qigong who will take you through the fundamentals of Tai Chi.

Thursday 19 October 2.00pm-3.00pm

Kingston LINC

11 Hutchins St Kingston

Bookings: [www.eventbrite.com.au](http://www.eventbrite.com.au) (close 13/10)

Enquiries: 6165 6208

## **SING AUSTRALIA**

### **Kingston LINC**

Sing Australia Kingston

Discover the health benefits of singing with a choir.

Wednesday 18 October 11.30am-1.30pm

Kingston LINC

8 Hutchins St

KINGSTON

Bookings: 0408 134 046 (close 11/10)

## **JAZZERCISE – LITE**

### **Kingborough Senior Citizens Centre**

Jazzercise Lite is a unique program designed to meet the needs of active older adults. This class is FUN and easy to follow for people of all ages and fitness levels. In one 60 minute class you get a gentle warm-up, an energising aerobic section followed by strength and balance building muscle work and a full-body stretch to promote flexibility and good circulation, all to variety of upbeat music. Please come a little early for your first class!

Friday 20 October 9.00am- 10.00am

Kingborough Senior Citizens

35 Redwood Rd KINGSTON

Enquiries: 0437 504 095

## **OPEN DAY AT KINGBOROUGH WOMEN'S CLUB**

### **Kingborough Women's Centre**

Mah Jong, sewing, knitting and crochet craft display. Learn what social activities are available at your local club. Session times available for groups and their activities including cards, scrabble. Refreshments provided.

Thursday 19 October 10.30am-4.00pm

KWC Room 34 Ewing Ave

KINGSTON BEACH

Enquiries: 6249 3022



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# Kingston.....

## **SPINAL SCREENING**

### **Kingston Chiropractic Centre**

A snapshot of your spinal health conducted by a chiropractor. Options, solutions and advice given.

Monday 16 October 8.00am-12.30pm

Tuesday 17 October 8.00am-12.30pm

Wednesday 18 October 3.00pm-7.00pm

Thursday 19 October 8.00am – 12.30pm

Friday 20 October 8.00am - 12.30pm

Saturday 21 October 8.00am – 12noon

Kingston Chiropractic Centre

7 John St

Kingston

Bookings: 6229 7900 (close 30/10)

## **INTERGENERATIONAL MORNING & AFTERNOON TEA**

### **Manor Gardens Club**

The Manor Gardens Day Respite Centre is hosting an open intergenerational morning and afternoon tea. Visitors are invited to come along for morning or afternoon tea to have a look at our lovely club and to meet our equally lovely staff and club members.

Monday 16 October 11.00am – 3.30pm

Manor Gardens Club

3 Manor Gardens

Firthside

Bookings or Enquiries: 6211 8181

## **KINGBOROUGH WALL OF WONDERS**

### **Kingston LINC**

What do you think is wonderful about Kingston LINC and living in the Kingborough Community? What positive ideas do you have to make our community and LINC even more wonderful? Pop into Kingston LINC and add your ideas to our Kingborough Wall of Wonder. Watch as your contributions form the shape of a local marine treasure! (Kingston LINC can't guarantee that ideas will be implemented!)

Monday 16 October 9.30 am

## **STRONG FUNCTIONAL SENIORS**

### **Spice Health & Fitness**

Go from weak and sore to strong and pain-free. Working with a Registered Nurse and Personal Trainer who specialises in training seniors, you will learn how to have a strong body that will enable you to perform everyday activities and chores with ease. Discover how to push, pull, lift and carry without causing injury or pain. Conditions such as arthritis, osteoporosis, chronic pain will all benefit from learning these techniques. Be amazed at what your body can do and achieve when you learn how to do it right. All ages and fitness levels welcome.

Tuesday 17 October 10am – 11am

Thursday 19 October 11am -12noon

Kingborough Life Church

5 Mertonvale Circuit

Bookings: 0458 082 042 (close 16/10)



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# Kingston.....

<p><b>ZUMBA GOLD</b>  <b>Zumba with Tania</b>          Fun dance-based exercise class, perfect for active seniors. Enjoy exotic works rhythms, meet new friends and exercise your body, brain and soul! Please bring water bottle and wear comfortable clothes and footwear for movement.          Tuesday 17 October 9.30a.m. – 10.30a.m.          Thursday 19 October 10.00am-11.00am          Kingston Beach Hall          Beach Rd KINGSTON          Enquiries: 0457 192 385</p>	<p><b>LADIES LINE DANCING</b>  <b>Kingston Ladies Line Dancing</b>          Line Dancing for beginners and the experienced dancers. Dances are modern, although there are a few boot-scootin’ dances. Good for your coordination and your memory. Have a good workout while you’re having a laugh, a great social outing and a cuppa.          Friday 20 October 10a.m.- 12noon.          Kingborough Senior Citizens          35 Redwood Rd KINGSTON          Enquiries: 6229 5031</p>
<p><b>MY FIRST YEAR WITH KINGSTON COMMUNITY GARDEN</b>          Kingston LINC          Recent Retiree Jenny would like to share her journey, experiences and what she has learned about vegetable growing since joining the Kingston Community Garden.          Tuesday 17 October 10.30am – 11.30am          Kingston LINC          11 Hutchins St Kingston          Bookings: <a href="http://www.eventbrite.com.au">www.eventbrite.com.au</a> (close 13/10)</p>	<p><b>CHANNEL MEN’S SHED</b>  <b>Kingston LINC</b>          Bruce Weller from the Channel Men’s Shed will talk about the growth of the Men’s Shed, from the first meeting to a membership of over 170. See what the Channel Men’s Shed has to offer by learning about the courses, activities, happenings and social events that are held on a regular basis.          Wednesday 18 October 2.00-3.00pm          Kingston LINC, 11 Hutchins St Kingston          Bookings: <a href="http://www.eventbrite.com.au">www.eventbrite.com.au</a> (close 13/10)          Enquiries: 6165 6208</p>

Need a good laugh? Try laughter Yoga  
 Find the laughter within – great exercise, boost your immune system through play.  
 You’re never too old to laugh  
 Tuesday 17 October  
 5-6pm  
 Senior Citizens’ Centre  
 35 redwood Rd Kingston

Call: 0419 543 287



## Senior's week Margate

### MELODIES AND MEMORIES WITH KEITH POTGER

Keith Potger comes to Tasmania to celebrate Senior's Week with a show that takes you down memory lane and brings you back up the highway to 2017. As a founding member of the Seekers, he is known to countless fans. Throughout his show Keith shares some amusing anecdotes from over 50 years on the international music scene.

Bookings preferred but not essential.

Monday 16 October 2.00pm-3.00pm  
Brookfield Shed 1640 Channel Highway MARGATE

Cost: \$10

Bookings: 0419 558 421/

[www.trybooking.com/296752](http://www.trybooking.com/296752) (close 16/10)

Enquiries: 6105 0585

### LAWN BOWLS

Kingborough Bowls & Community Club

Lawn Bowls is a sport that has no age, physical or gender barriers. Learn to play lawn bowls and develop your physical and mental skills as well as making new friendships. No equipment required (just flat sole shoes) – the club will provide everything you need. Weather isn't a problem – there is an indoor facility! Meet members who will help you learn to play this wonderful game.

Monday 16 October 10.30am-12.30pm

Friday October 20 10.30am- 12.30pm

Kingborough Bowls & Community Club

1615 Channel Highway

MARGATE

Enquiries: 0407 836 184



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## Fancy A Walk in Sandfly?

### **WALK THE NORTH WEST BAY RIVER TRACK**

#### **Kingston LINC/Kingborough Council**

Join in a great local walk, led by Kingborough Council's Natural Areas Interpretation Officer who will identify local flora on the walk along Cooke Rivulet to North West Bay. The track is gravel with some steps. A picnic lunch will be provided to enjoy together at the end of the walk.

Meet at Sandfly Oval Car Park 11a.m.

Wednesday 18 October

Enquiries and bookings : 6211 8170 (book early !)

## Senior's Week South Bruny

### **NATURE MUSEUM AND JURASSIC GARDEN**

#### **Inala Nature Tours**

Come to Inala on beautiful South Bruny Island to stroll around a wonderful garden bursting with more than 400 plants brought together from all the continents of Gondwana. The Nature Museum contains a stunning collection of shells, fossils and minerals from around the world.

Monday 16 October 9.00a.m – 5.00pm

Tuesday 17 October 9.00am – 5.00pm

Wednesday 18 October 9.00am- 5.00pm

Thursday 19 October 9.00am – 5.00pm

Friday 20 October 9.00am-5.00pm

Saturday 21 October 9.00am – 5.00pm

Sunday 22 October 9.00am-5.00pm

Inala Nature Museum

320 Cloudy Bay Rd

South Bruny

Seniors \$7

Enquiries : 6293 1217



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## Senior's Week **Woodbridge**

### **JAZZ IN THE ART LOUNGE – JUDY GARLAND TRIBUTE**

#### **West Winds Community Centre**

Renowned Tasmanian Jazz Singer Kaye Payne performs 'Remembering Judy' a tribute to Judy Garland. Wine Bar open!

Sunday 22 October 2.00pm – 5.00pm

West Winds Community Centre

3528

Channel Highway Woodbridge

Cost \$10

Enquiries: 6267 4713



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