

WHAT'S ON IN KINGBOROUGH?

Be part of the range of activities on offer
for older people in Kingborough



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KEEP MOVING

What	Where	Time	Contact
<ul style="list-style-type: none"> • Staying Active • Staying Strong • Empowering Seniors 	Kingborough Sports Centre	Various times on weekdays	6211 8266
Softfit gym classes	West Winds Community Centre Woodbridge	Monday & Friday 11.30am-12.30pm	0427 921 442
Pilates	West Winds Community Centre Woodbridge	Tues 9.00am -10.00am Thursday 10.00am - 11.00am	0490 345 299
Line Dancing	Kingston Community Hall	Friday 10.00am - 12 noon	6229 4487
Aqua Aerobics	10 Mertonvale Circuit Kingston	Call for schedule & prices	6229 6017

GENTLE EXERCISE

Gentle Exercise Class	10 Mertonvale Circuit Kingston	Call for schedule and prices	6229 6017
Tai Chi/Qi Gong	West Winds Community Centre Woodbridge	Tuesday 10.00am - 11.00am	0487 689 844
Tai Chi	Kingston Community Hall	Tuesday 11.00am - 12 noon & Saturday 10.00am-11.30	6229 4487



FOR THE HEART



Meditation	West Winds Community Centre Woodbridge	Friday 10.30am- 11.30am	0405 327 071
Meditation	Kingston Library	Monday 7.00pm- 8.15pm	6165 6208

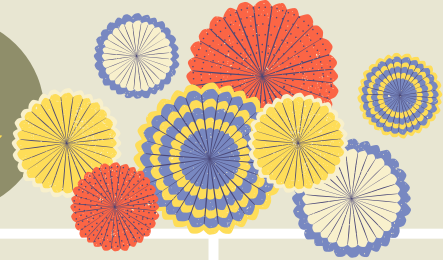


FOR THE MIND



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University of the Third Age (U3A)	Church St Kingston	Phone for class topics and times	0405 437 071
University of the Third Age (U3A) South Channel	West Winds Community Centre Woodbridge	Phone for class topics and times	0405 437 071
Mahjong	Kingston Community Hall	Thursday 9.30am - 12 noon	6229 3214
Mahjong	Kingborough Women's Club	Wednesday 9.30am -1.00pm	0419 358 089
Scrabble Club	Kingston Neighbourhood House	Tuesday 7.30pm - 10.00pm	0402 857 995



Women's Needlework	Kingborough Women's Club	Monday 8.00am - 12.30pm	0467 961 979
Craft at Westwinds	West Winds Community Centre Woodbridge	Monday 10.00am - 12pm	6267 4713
Lettering & Art Shed	Kingborough Women's Club	Thursday 9.00am - 4.00pm	0422 214 540
Spinning	West Winds Community Centre Woodbridge	4th Tuesday of the month	6267 4577
Sewing Hub	West Winds Community Centre Woodbridge	2nd Saturday of the month	0409 955 505
Stitching & Beyond	Kingborough Women's Club	Sunday 9.00am - 5.00pm	0414 785 672
Coffee, Craft & Chat	Kingston Neighbourhood House	Monday 9.30am - 12 pm	6229 4066

FOR THE FUN OF IT



Seniors Social	West Winds Community Centre Woodbridge	1st Tuesday of the month	6267 4713
Community Shed Beer & Bite (for men)	West Winds Community Centre Woodbridge	Thursday from 5pm	6267 4713
Eating with Friends	West Winds Community Centre Woodbridge	3rd Friday of the month	6267 4713
Eating with Friends	Kingston Neighbourhood House	Last Friday of the month	6229 4066

OUTDOORS

Kettering
Walkers

Heart
Foundation
waking group
in Kettering
and beyond.

Wednesday
8.00am
Friday
8.00am

6267 4642
elray3@iinet
.net.au

Peter
Murrell
Reserve
Heart
Walkers

Peter Murrell
Reserve
Algona Road
Blackmans
Bay

Tuesday
9.00am

helenjohnmc
donald@
gmail.com

Seasonal
Walks

Kingborough
Council
Positive
Ageing
Program

4 walks
per year

6211 8200



CINEMA

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Bruny
Island Film
Society

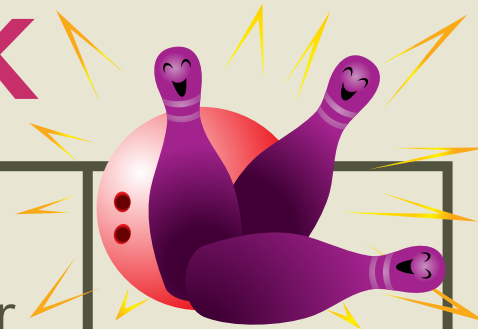
Regular
screenings at
Adventure Bay
Hall

Call for
details

6293 1320



TEAM WORK



Kingborough
Bowls Club

1615 Channel
Highway
Margate

Indoor
rink
opens
every day
from
9.30am

6267 2197

Indoor
Bowls

Kingston
Community
Hall

Tuesday
9.00am

helenjohnm
cdonald@
gmail.com

Sing
Australia

40 Jindabyne
Rd
Blackmans Bay

Wednesday
11.30 -1.30

0488 463
503

SUPPORT GROUPS

Kingborough Dementia Carers Group

For those who
provide care to
a family
member or
friend who
lives with
dementia

Kingborough Community Hub

Monthly on
Wednesday
(call for
schedule)

(03)
61443729

Blackmans Bay Peer Support Group

The Beach
House
Restaurant
14 Ocean
Esplanade
Blackmans
Bay

Friday's
fortnightly

Register via:
Care2Serve
peersupportgr
oups@care2se
rve.com.au
03 61443729



HELPING OTHERS

Kingborough
Volunteer
program

Volunteer with
the program
to assist older
residents to
maintain
independence.

Weekdays

6211 8200
kc@kingb
orough.tas
.gov.au



FIX, LEARN & SHARE



For assistance with computer use or mobile phones

Kingston Library

Call for details or drop in at the library on Hutchins Steet Kingston

6165 6208

Channel Men's Shed

2 Van Morey Road Margate

Monday - Friday
9.00am - 3.00pm

6267 1696



Kingston Men's Shed

12-14 Gormley Drive Kingston

Monday - Thursday
9.00am - 12.30pm

0488 271 944

Taroona Neighbourhood Garden

Please be aware there is a waiting list

all times



tng@taroonas.as.au

STAY CONNECTED

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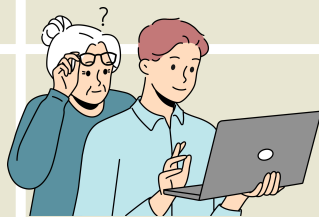
Kingborough
Council
Positive
Ageing
Programs

Talks,
morning
teas and
walks

Varied
times

6211 8200

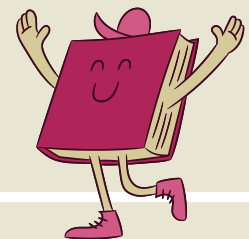
For
assistance
with
computer
use or
mobile
phones



Kingston
Library

Call for
details or
drop in at
the
library on
Hutchins
Steet
Kingston

6165 6208



Delivery of
books to
homebound
residents

Kingston
Library

Call or
email for
more
informat-
ion

6165 6208
kingston.library
@libraries.tas.g
ov.au



KINGBOROUGH CENTRES AND SUPPORT CENTRES

Kingston Neighbourhood House

6229

4066

24 Hawthorn Drive

Kingston

Kingston Neighbourhood House provides a range of support services, activities and programs that promote lifelong learning, good health and social opportunities. Everyone is welcome.

West Winds Community Centre

6267 4713

3528 Channel Highway

Woodbridge

West Winds offers a range of activities, an art lounge with regular exhibitions, concerts, events, exercise classes and arrange of other social activites. Everyone is welcome.

Care to Serve - support for carers

6144 3729

Contact point for those who take care of someone with disability, mental ill health, a chronic- or life-limiting condition, alcohol or other drug dependence or who is frail or aged.

Perhaps you're not a carer yet but think you may become one in the near future. Or maybe you know someone who is a carer. Care to Serve provides information and support.

Carers Tasmania

1800 422 737 | 6144 3700

We provide many services to support carers, either in-person, over the phone or using Skype or Zoom. Our quality services include educational workshops, peer support, social gathering, individual support, information and advice.

CHATS Program

6282 1555

We provide many services to support carers, either in-person, over the phone or using Skype or Zoom. Our quality services include educational workshops, peer support, social gathering, individual support, information and advice.

Community Care

6229 2196

Community Connect provides food for those in need. Thursdays at Kingborough Family Church, Huntingfield

Community Transport Services Tasmania (CTST)

1800 781 033

If you or a loved one is aged over 65 or have a condition preventing you from undertaking daily activities (such as a disability), we offer a range of transport solutions to get you where you need to be.

Council on the Ageing (COTA)

6231 3265

Based in Hobart, but servicing all areas provides support for older people to access a range of services and helpful information via phone, email or in person.

Dementia Friendly Tasmania (DFT)

www.dementiafriendly.org.au

DFT works towards building awareness and understanding of dementia in the community, and offering people techniques to engage and support the people they meet who may have dementia. DFT hold regular morning teas for people with dementia and their carers.

Elder Abuse Helpline

1800 441 169

Too often we think we need to have all the answers about Elder Abuse before we do anything. So take the first step and call the Elder Abuse Helpline on 1800 441 169. Because it's ok to ask the question.

Kingborough Volunteer Program

6211 8136

If you are over 65 and living in your own home the Volunteer program helps by providing transport, social support and home support. Call to discuss your eligibility.

Kinston Health Centre Services

6 Goshawk Way Kingston

6166 1480

Services include:

- Alcohol and Drug Service
-
- Community Continence Service
-
- Community Nursing Service
-
- Community Physiotherapy Service
-
- Community Social Work Service
-
- Mental Health Service

Kingston Library (library and many other activities)

6166 6208

Library service is a free service available to eligible Kingborough residents who are unable to visit our libraries in person.

Legal Aid

1300 366 611

Legal Aid provides a range of free services and advice on personal legal matters. Legal Aid is a great starting place to better understand legal matters

Mates 4 Mates

6242 8940

The program is aimed to bring former serviceman and women together for a chat in a comfortable environment over a coffee or BBQ.

Positive Ageing Programs

6211 8200

Kingborough Council offers a range of activities for older people including information sessions, walks and informal gatherings.

Walking Through Grief- Palliative Care TAS.

6224 3808

Walking Through Grief groups are walking groups that operate around Tasmania.

WTG offer mutual support for people who are experiencing grief through the death of a family

TAS POLICE - FOR NON-EMERGENCIES CALL 131 444

For information on Kingborough Council's
Positive Ageing Programs go to

www.kingboroughtas.gov.au or

contact us on

6211 8200 or

kc@kingborough.tas.gov.au

