

THURSDAYS AT ALMA'S

FREE

NOVEMBER – DECEMBER 2019

Alma's Activities Centre Clarence
17 Alma Street, Bellerive

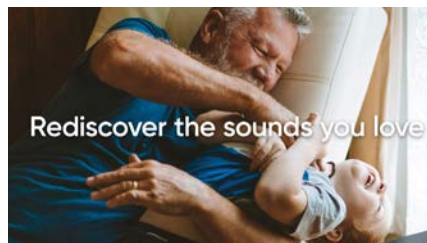
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Hearing Wellness

What are your favourite sounds? A kookaburra laughing?
Or rain on a tin roof?

Sound has the power to transport us to places deep within our memory, make us laugh at unexpected moments, and make us happy.

Jessica Tyler from Hearing Australia will present topics such as hearing wellness, managing hearing loss, helping someone with hearing loss, and hearing aid management. Jessica will bring the hearing bus and offer free hearing checks after the presentation.



10-11.30am Morning tea provided

To book contact Rosie ☎ 6217 9784 ✉ rvoglino@ccc.tas.gov.au

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Tai Chi and Qigong

Bill Pearson from the Jian Shen School of Tai Chi and Qigong offer a free one hour exercise session.

The health benefits from Qigong and Tai Chi comes about both by supporting the body's natural tendency to return to balance and equilibrium and gently creating strength, flexibility and balance in the muscles and joints through gentle flowing movements.



10-11.30am Morning tea provided

To book contact Rosie ☎ 6217 9784 ✉ rvoglino@ccc.tas.gov.au



Thursdays at Alma's 2020 Program

Have you wanted to know more about something, but haven't been sure where to go?

Thursdays at Alma's is Council's FREE monthly program at Alma's Activities Centre.

We plan our programs with the community and would love to hear from you with any suggestion you may have. Examples of topics covered in 2019 are:

- Technology
- An exploration of ageism
- Become a dementia friend
- Aged Care know-how supporting multicultural communities

To make a suggestion contact Rosie

☎ 6217 9784
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For more details and bookings
contact Rosie Voglino
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www.AgeFriendlyClarence.com.au

