



Clarence... a brighter place

2020

Get Going GUIDE

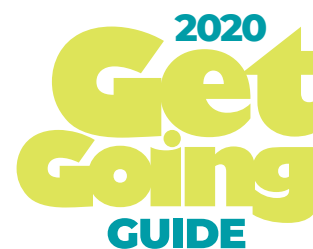


Age Friendly
Clarence



an age friendly city and community

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Clarence City Council

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www.ccc.tas.gov.au

DISCLAIMER

This document is intended to provide a summary and general overview only. The information and contact details contained are current at the time of update and printing.

Welcome

...to the fifth edition of the Get Going Guide

Clarence City Council's vision for the Get Going Guide is to produce information that helps older adults, their families and carers, find out about what is going on in their local community as a valuable hard copy resource. Part of this vision includes the recognition that we live in a digital age and are surrounded by information that is only a 'finger-tap away'.

Being connected, or better connected, to online information and resources, opens up a whole new world of opportunities that many older adults embrace.

On the other hand, not having access to the online world of information and resources can, for many people, increase social isolation and dependency on others.

The Get Going Guide aims to help increase the inclusion of older adults in the life of their community by providing a compact and handy 'one-stop shop' of important information, activities and contacts.

The Clarence Positive Ageing Advisory Committee (CPAAC), involving community residents from across Clarence, and representatives from key service providers, supports council in its commitment to produce this free resource every two years.

Community feedback lets us know the guide is useful, but how important is it to you?

This year we have included a simple feedback card that we ask you to fill in, tear out, and send back to us, reply paid.

On behalf of CPAAC, we hope that you enjoy reading about resources available and some of the many fantastic activities on offer in Clarence.



Alderman Sharyn von Bertouch
Chair, Clarence Positive Ageing Advisory Committee

Unprecedented times...

At the time of finalising this guide, the COVID-19 pandemic was impacting the community and social distancing measures were put into place. These are unprecedented and rapidly changing times. When you read this, many restrictions may have been lifted, while others are still in place.

To ensure we have provided relevant information, please go to **page 31** to find contact details for emergency support and information about the Coronavirus.

www.coronavirus.tas.gov.au

There is so much to do in Clarence... so 'be inspired'!

You can discover what is happening in your local community by:

- ✓ Talking to your **neighbours and friends** about their interests and be inspired to try something new and different.
- ✓ Visiting your closest **Neighbourhood Centre** at either Risdon Vale, Rokeby, Warrane Mornington or Clarendon Vale.
- ✓ Finding out about what your closest **community health centre** offers.
- ✓ Exploring all that is on offer at the **Rosny Library**.
- ✓ Dropping into the **Bellerive Community Arts Centre, Rosny Farm and the Schoolhouse Gallery** for inspiration on the arts.
- ✓ Participating in one of many wonderful **local events** across the city.
- ✓ Taking advantage of **local gyms** and the **Clarence Aquatic Centre**.
- ✓ Joining your **local historical, landcare or coastcare groups**.
- ✓ Getting out in the **natural environment** – walking along the beaches, tracks and trails in your local community.
- ✓ **Volunteering** in your local community.
- ✓ **Mentoring** others in your local community – through participating in Neighbourhood Centre and community programs.
- ✓ **Take a look** at Council of the Ageing (COTA) Tasmania's Community Activity website for information on over 800 social, learning and physical activities located throughout Tasmania. Visit www.cotatas.org.au/information/activities to find or submit activities and events in your local area. Activity and event details can be printed and mailed on request. Contact COTA Tasmania on 03 6231 3265 or admin@cotatas.org.au.
- ✓ **Exploring** council's websites: www.ccc.tas.gov.au, LIVE Clarence: www.liveclarence.com.au and Age Friendly Clarence: www.agefriendlyclarence.com.au.

www.ccc.tas.gov.au

www.liveclarence.com.au

www.agefriendlyclarence.com.au

How to use the Get Going Guide

The guide is divided into six sections:

An Age Friendly City and Community An age inclusive city.	6
The Clarence Lifestyle Everything from accessing information, home care services, residential care/respite/lifestyle villages, to independent living, caring for someone, advanced care planning.	8
Getting Around Clarence Transport options for the city.	16
Activities and Contacts A section with five key themes. Go to the section that inspires you, and find out what is on offer.	
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If you are viewing this as a PDF, all emails and websites are links and will take you there!

An Age Friendly City and Community



Clarence City Council joined the World Health Organisation (WHO) Global Network of Age-friendly Cities and Communities in 2014.

The age friendly title recognises council's efforts over the last 15 years to involve and cater for its older residents, and to be more inclusive to people of all ages.



WHO Global Network
for Age-friendly Cities
and Communities

The WHO Global Network of Age-friendly Cities and Communities was established to foster the exchange of experience and mutual learning between cities and communities worldwide.

It provides a global platform for information exchange and mutual support through the sharing of experience and will help keep council looking for new ways to support our ageing population. You can browse the network here:

<https://extranet.who.int/agefriendlyworld/network>

<https://extranet.who.int/agefriendlyworld/network>



Age Friendly is...

A place that enables people of all ages to actively **participate** in community activities.

A place that treats everyone with **respect**, regardless of their age.

A place that makes it easy to stay **connected** to those around you and those you love.

A place that helps even the oldest people stay **healthy and active**.

A place that helps those who can no longer look after themselves to live with dignity and **enjoyment**.

A place for **all ages** – children, youth, older people.

A place for all – **all ages, all abilities, and all backgrounds**.

Age Friendly Clarence Plan

The *Age Friendly Clarence Plan 2018-2022* focuses on the key strategic influences for the city, builds on past achievements and key areas for improvement, and acts on what the community has told us.

The plan presents how council will provide leadership in partnership with older people as a valuable resource. Council plans for and provides services, programs, facilities and information, in a way that supports the importance of a life course approach to ageing. This approach is strategic, realistic, and represents good use of available resources.

**[www.ccc.tas.gov.au/community/
community-services/age-friendly-city/](http://www.ccc.tas.gov.au/community/community-services/age-friendly-city/)**

Acknowledgement

To the Clarence Positive Ageing Advisory Committee (CPAAC) for its commitment, time and support in the development of the 2020 Get Going Guide.

The Clarence Lifestyle



Whether you choose to stay in your own home or decide to relocate, this section provides you with some options.

My Aged Care aims to make it easier for older people, their families and carers to access aged care information.

www.myagedcare.gov.au

My Aged Care

If you need some help around your home or it's time to look into residential aged care, My Aged Care has all the information you require.

My Aged Care was established by the Australian Government to assist people over 65 (55+ for people whom identify as Aboriginal or Torres Strait Islander) to access aged care services.

It provides people with more choice, more control and easier access to a full range of aged care services.



Before accessing aged care services, an assessment will need to be conducted by My Aged Care to determine eligibility. This process can be initiated by contacting My Aged Care personally or via a referral from a family member, GP or specialist.

My Aged Care provides:

Information on the different types of aged care services available.

An assessment of needs to identify eligibility and the right type of care.

Referrals and support to find service providers that can meet your needs.

You can call the My Aged Care contact centre on 1800 200 422, Monday-Friday 8.00am-8.00pm, Saturdays 10.00am-2.00pm. Closed on Sundays and national public holidays or visit the My Aged Care website **www.myagedcare.gov.au**.

Commonwealth Home Support Program (CHSP) – entry level care

As you get older, everyday tasks can become more difficult. Asking for help doesn't mean losing your independence or moving out of home.

If you are able to manage but need support with a few tasks to live independently and safely at home, you may be eligible for subsidised support services through the Commonwealth Home Support Program.

This program aims to help those who need a low level of support and is recommended if you only require one or two services.

Services available:

Personal care

Home maintenance

Nursing home modifications

Allied health and therapy services

Goods, equipment and assistive technology

Specialised support

Transport

Meal preparation and diet

Social support

Domestic assistance

Respite care

To access these services, you will first need to be assessed by My Aged Care. Once eligibility has been determined, My Aged Care will forward a referral to local service providers so services can commence.

You can call the My Aged Care contact centre on 1800 200 422, Monday-Friday 8.00am-8.00pm, Saturdays 10.00am-2.00pm. Closed on Sundays and national public holidays or visit the My Aged Care website **www.myagedcare.gov.au**.

Home Care Packages – more complex care

As we age, many of us will choose to remain living within our own homes. Often things we were once able to do become difficult and unsafe for us to manage and some support is needed to ensure we can remain living independently.

The term 'Home Care Package' refers to a fixed amount of money allocated by the Federal Government to an older person to purchase services which will enable them to continue to live independently.

The amount of money provided depends on the person's needs, as determined by the assessments completed by My Aged Care.

As everyone's care needs are different, there are four levels of Home Care Packages with different funding amounts. They cover basic support needs through to high care needs.

PACKAGE	LEVEL OF CARE
LEVEL 1	Basic care needs
LEVEL 2	Low care needs
LEVEL 3	Intermediate care needs
LEVEL 4	High care needs

Services available:

Personal care

Home maintenance

Nursing

Home modifications

Allied health and therapy services

Goods, equipment and assistive technology

Specialised support

Transport

Meal preparation and diet

Social support

Domestic assistance

Due to the waiting times for each package, it is recommended arranging an assessment as soon as needs change.

You can call the My Aged Care contact centre on 1800 200 422, Monday-Friday 8.00am-8.00pm, Saturdays 10.00am-2.00pm. Closed on Sundays and national public holidays or visit the My Aged Care website **www.myagedcare.gov.au**.

Home Care, Respite Care, Residential Care, and Lifestyle Villages

The following organisations can help you to decide on your lifestyle options.

Care Forward

Level 1/6 Bayfield Street, Rosny Park

☎ 1300 364 876

✉ info@careforward.com.au

➡ www.careforward.com.au

Care Forward is a locally owned and operated organisation, specialising in health and homecare services designed to support the independence of older Tasmanians and people living with chronic conditions or disabilities.

Parkside Foundation

11 Tullah Road, Mornington

☎ 03 6243 6044

✉ enquiries@parkside.org.au

➡ www.parksidefoundation.org.au

The Parkside Foundation offers a range of services to meet the needs of people with disabilities and older members of the community and their carers and families.

Uniting AgeWell

281 Cambridge Road, Mornington

☎ 03 6282 1111

➡ www.unitingagewell.org

Uniting AgeWell offers a range of services including home care, residential care, independent retirement living, allied health and therapy programs, social support, short-term restorative care and respite and carer support.

Queen Victoria Care

13 Milford Street, Lindisfarne

☎ 03 6243 3100

✉ admin@qvcare.com.au

➡ www.qvcare.com.au

Queen Victoria Care offers home care services, residential aged care respite, residential aged care and independent living units. Residents' needs are well catered for with landscaped gardens, hairdressing, pool and gym, extensive recreational activities and a café.

Regis Aged Care

1 Acorn Drive, Warrane

☎ 1300 998 100

➡ www.regis.com.au

Regis Eastern Shore provides day respite, home care, residential respite care and residential care including specialist dementia care.

Masonic Care Tasmania

7 Ballawinnie Road, Lindisfarne

☎ 03 6282 5200

✉ freemasons@mctas.org.au

➡ www.masoniccaretas.com.au

Freemasons Home is surrounded by outdoor courtyards and gardens and offers a range of aged care services including residential care, respite care, specialist dementia care, full-time foot nurse and a part-time pharmacist. On-site café, a beauty room and pet therapy are also available.

Fairway Rise Lifestyle Village – Southern Cross Care

1 Toogood Drive, Lindisfarne

☎ 03 6282 5400

➡ www.scctas.org.au

Fairway Rise Lifestyle Village retirement community offers residential aged care as well as a variety of unit styles and accommodation options. There are two communal meeting and recreation spaces exclusively for residents, landscaped grounds, parking for recreation vehicles/caravans and a large community garden and central BBQ area.

Springhaven Retirement Village – Southern Cross Care

Kirkham Drive, Lindisfarne

☎ 03 6282 5410

➡ www.scctas.org.au

This village comprises of 84 contemporary designed villas and townhouses supported by a community centre. Resident facilities include a library, craft room, meeting rooms, theatrette, large function room, kitchen and refreshment area. Residents have access to a community garden and visitors have access to parking, professionally landscaped gardens and a children's play area.

One Hill Estate

11/7 Coastal Drive, Seven Mile Beach

☎ 0448 886 807

✉ admin@onehill.com.au

➡ www.onehill.com.au

Only 50 villas make up this gated community for independent living. It features three bedroom, two bathroom, single level homes with public walkway linkages. If required, home care services can be provided.

Clarence Lifestyle Village

1 Piper Road, Geilston Bay

☎ 1800 559 037

➡ www.clarencelifestyle.com.au

Clarence Lifestyle Village is community living for independent people. The community allows you to live in your own low maintenance, contemporary home within a sociable, friendly environment. The community is modern and offers well-appointed facilities such as a clubhouse, pool/spa and gym.

Roches Beach Living (Christian Homes Tasmania Inc)

86 Mannata Street, Lauderdale

☎ 03 6239 3514

✉ services@christianhomes.org.au

➡ www.christianhomes.org.au

Located in Lauderdale, this retirement lifestyle village comprises of 53 townhouses set in landscaped gardens.

For a comprehensive list of other service providers outside of the Clarence Municipality, visit the My Aged Care website www.myagedcare.gov.au.

Other Service Providers

The following organisations can help support your lifestyle options.

Independent Living Centre

26-32 Wellington Street, North Hobart

☎ 1300 885 886

➡ www.ilctas.asn.au

Independent Living Centre is a charitable non-profit community organisation that provides advice and information about assistive technology – this includes equipment, techniques, software etc that allow a task to be performed. They employ health professionals including occupational therapists and speech pathologists. Consultations can be in person, by telephone, email or fax. Education and mobile outreach visits across all of Tasmania are also offered.

Carers Tasmania

64 Burnett Street, North Hobart

☎ 03 6144 3700

✉ intake@caretasmania.org

➡ www.carerstas.org

Carers Tasmania provides recognition, support and advice to make sure that carers get the help they require to fulfil their role to its best potential. They work to improve the health, wellbeing, resilience and financial security of carers. They encourage partnerships with government and the health and community sectors and are the voice of carers so that their contribution to the Tasmanian community and economy is recognised.

Department of Veteran's Affairs

☎ 1300 550 450
➡ www.dva.gov.au

There are a number of services available to Department of Veteran's Affairs (DVA) Veterans including Veterans' Home Care (VHC), designed to maintain health, wellbeing and independence.

Department of Veteran's Affairs – Day Clubs

☎ 1800 555 254
✉ TasDayClubs@dva.gov.au

The Day Clubs program is run nationally and is administered and operated by Department of Veteran's Affairs (DVA) and ex-service organisations. Each club tailors its activities to the interests and skills of its members.

Dementia Australia

☎ 1800 100 500
✉ helpline.nat@dementia.org.au
➡ www.dementia.org.au

Dementia Australia represents the 459,000 Australians living with dementia and the 1.6 million Australians who care for them. They advocate for the needs of people living with dementia, for their families and their carers and provide support services, education and information.

Palliative Care Tasmania

9 Ellerslie Road, Battery Point

☎ 03 6231 2799
✉ admin@pct.org.au
➡ www.pallcaretas.org.au

Palliative Care Tasmania (PCT) is the peak representative body for palliative care in Tasmania and is affiliated with Palliative Care Australia. They provide support to Tasmanians with life-limiting illness and their families, educate service providers, carers, volunteers and the community about palliative care and support workers involved in the care of people who are dying.

Advance Care Planning Australia

145 Studley Road, Heidelberg, Victoria

☎ 1300 208 582
✉ acpa@austin.org.au
➡ www.advancecareplanning.org.au

Advance Care Planning Australia is a free national advisory service for both the public and health professionals. The advisory team can assist with making sure your goals, values and preferences are heard, advise on how to choose a substitute decision-maker and complete an Advance Care Directive.

Other Resources

aWake Before Death

➔ www.awakebeforedeath.org.au

The *aWake Before Death* project is a collaborative partnership between:

- Clarence City Council's Positive Ageing Network (PAN) for service providers, the Clarence Positive Ageing Advisory Committee (CPAAC) and the Clarence Community Volunteer Service
- Fairway Rise Lifestyle Village
- Salmutations – Music Therapy
- Community Conversations
- Warrane Mornington Neighbourhood Centre (WMNC)

The aim of *aWake Before Death* is to engage people of all ages in Clarence in the promotion and education of end-of-life planning through the use of stories, music and the arts, to help build knowledge, awareness and capacity across the community in a sustainable way.

The partnership group created a beautiful short film made by the community as a resource.

You can view the film at:
www.awakebeforedeath.org.au

Advocacy Tasmania Inc

☎ 1800 005 131 Freecall
✉ advocacy@advocacytasmania.org.au
➔ www.advocacytasmania.org.au

A free, confidential and independent advocacy service for older people, people with mental health issues, people with disabilities and people with drug and/or alcohol-related problems, their carers and relatives. Information about your rights and help to resolve problems or complaints.

Tasmanian Elder Abuse Helpline

☎ 1800 441 169 Helpline
☎ 03 6224 2240
✉ eahelpline@advocacytasmania.org.au
➔ www.elderabuse.tas.gov.au

The helpline provides information on actions older people can take to help prevent or respond to elder abuse and provides appropriate referrals to services. We also provide concerned family members and service providers with information and advice in relation to elder abuse.

Council of the Ageing Tasmania

181 Elizabeth Street, Hobart

☎ 03 6231 3265
✉ admin@cotatas.org.au
➔ www.cotatas.org.au

Council of the Ageing Tasmania (COTA Tas) is the primary organisation representing the rights of older Tasmanians.

Getting Around Clarence



Easy access to transport is important. Whether you prefer your own vehicle, family, friends, public transport, taxis, walking, cycling or community transport, there are various options available.

There are also other support services available to ensure you stay active and independent.

www.ccc.tas.gov.au/community/community-services/age-friendly-city

Buses and Taxis

Clarence Community Bus

- ☎ 03 6217 9500
- ✉ clarence@ccc.tas.gov.au
- ➡ www.ccc.tas.gov.au

Clarence City Council's community bus operates with a dedicated pool of volunteer drivers. The bus is available to book by local community groups and organisations (with a minimum of 10 per booking). The bus seats 24 passengers.

Community Bus Partnerships

Through a partnership with community organisations, an 11-seat community bus takes people of all ages to social, recreational and cultural activities in and around our city.

To find out how the bus operates or to book:

Risdon Vale

- ☎ 03 6243 5752

Warrane/Mornington

- ☎ 03 6244 6346

South Arm/Opossum Bay

- ☎ 0407 875 460

Barry's Bus Charter

- ☎ 03 6243 6013
- ☎ 0419 579 811
- ✉ mvburke@iprimus.com.au

Barry's has a fleet of buses and mini buses available for private hire and caters for all needs.

Metro Tasmania

- ☎ 13 22 01 Information Hotline
- ➡ www.metrotas.com.au

Metro Tasmania is committed to providing accessible bus services for all Tasmanians, including people with a disability. Timetables feature a wheelchair icon to indicate wheelchair accessible services on each route.

Tassielink Coaches

- ☎ 1300 300 520 General Enquiries
- ☎ 03 6235 7300 Administration
- ✉ info@tassielink.com.au
- ➡ tassielink.com.au

Tassielink Transit is the most extensive bus network around Tasmania, providing affordable bus services to people of all ages through over 50 regional and remote towns and villages.

Redline

- 📞 1300 360 000
- ✉ bookings@tasredline.com.au
- 🔗 www.tasredline.com.au

Tasmania's largest private coach company operates regular services between Hobart, Launceston, Devonport and Burnie with connections to Smithton. They also operate regular services between Hobart, Sorell and Dodges Ferry and between Launceston, Deloraine and Mole Creek. Charter and self-drive mini coaches are available in addition to coaches for conferences, day and extended tours.

United Taxis

- 📞 133 222

Deliver a reliable, punctual and dependable taxi service in and around Hobart. Maxi taxis are also available.

Taxi Combined Services

- 📞 132 227
- ✉ callcentre@taxicombinedhobart.com.au

Providing taxis to the greater Hobart area. Can meet all your service needs from wheelchair accessible taxis to long wheel base luxury vehicles with experienced drivers.

Community Transport and Other Support

Clarence Community Volunteer Service

- 📞 03 6217 9630
- ✉ ccvs@ccc.tas.gov.au
- 🔗 www.ccc.tas.gov.au

Clarence Community Volunteer Service provides support to older people and younger people living with a disability, including mental illness, in Clarence. This service aims to assist consumers to stay in their own homes and connect to their local community. Services provided include befriending, shopping assistance, transport, light gardening and social support.

Australia Red Cross – Transport

- 📞 1300 557 549
- ✉ tas@redcross.org.au
- 🔗 www.redcross.org.au

Red Cross provides a door-to-door transport service to assist you to attend non-urgent medical appointments and social outings if you have no other transport options. This service is for older people and people living with a disability.

St John Ambulance – Community Care Branch

☎ 03 6271 0333
✉ tasmania@stjohntas.org.au
➡ www.stjohntas.org.au

St John Community Care volunteers assist older people and people living with a disability, providing support with shopping, transport and befriending.

Community Transport Services Tasmania

☎ 1800 781 033
✉ info@ctst.org.au
➡ www.ctst.org.au

Community Transport Services Tasmania (CTST) is a state-wide community based not-for-profit organisation that provides affordable door-to-door community transport for the over 65s and people living with a disability.

Tas Wheelchair Transport

☎ 0407 813 302 Direct Bookings
☎ 03 6249 7839 Advanced Bookings
✉ bookings@taswheelchairtransport.com.au
➡ www.taswheelchairtransport.com.au

Tas Wheelchair Transport goes beyond the requirements of a wheelchair taxi service. Their aim is to provide a dedicated, high standard service to wheelchair-bound people that extends to older people and users of mobility scooters.

2B Independent Driver Training

☎ 03 6248 1265

Provides driver training to aged, disabled, nervous, learner and established drivers. The main aim is to give back independence and make drivers safe. Rehabilitation is conducted in conjunction with occupational therapists, psychologists and other health care workers following an individually-structured program.



Patient Travel Assistance Scheme

☎ 1300 135 51
➡ www.dhhs.tas.gov.au

The Patient Travel Assistance Scheme (PTAS) provides financial assistance with travel and/or accommodation costs for Tasmanians to access a range of specialist medical services where these services are not available locally.

Transport Access Scheme

☎ 1300 135 513
✉ info@stategrowth.tas.gov.au
➡ www.transport.tas.gov.au

The Transport Access Scheme assists people with a life-long permanent and severe disability which affects their mobility. The scheme incorporates the Australian Disability Parking Permit and the Taxi Subsidy Scheme.

RACT

☎ 13 27 22
➡ www.ract.com.au

RACT offer a number of workshops and information sessions to assist with comfort and confidence for older drivers including Years Ahead presentation, CarFit workshop, driver training refresher, health and driving, dementia and driving and choosing a safe car.

Cancer Council Tasmania

☎ 1300 656 585
✉ infotas@cancertas.org.au
➡ www.cancertas.org.au

Cancer Council Tasmania is a charity working to minimise the incidence and impact of cancer on all Tasmanians. Cancer Council Tasmania do this through advocacy, raising awareness of cancer prevention and offering support and information for anyone affected by the disease.



If you are viewing this as a PDF, all emails and websites are links and will take you there!

Get Going

Did you know?

If you have an iPad or computer you can download this guide as a PDF document and save it to iBooks to read, or view in your browser.

You can access an electronic copy of the guide on council's website at:

www.ccc.tas.gov.au/community/community-services/age-friendly-city



Get Creative



Whether it's theatre, design, knitting, craft, singing or writing, being creative is fun and helps to keep you connected and active. The following pages provide a snapshot of some of the wonderful creative avenues across Clarence.

Council's cultural arts program delivers a range of activities in the cultural sector through lifestyle and leisure activities, performance opportunities and professional development.

www.clarenceartsandevents.net

ARTS CENTRE

Bellerive Community Arts Centre

☎ 03 6245 1036

Bookmaking, weaving, painting, textiles, embroidery and card making, as well as weekend workshops run by members or professional artists and an artist-in-residence program.

Time Tuesday to Friday 10.00am–3.00pm

Location 17 Cambridge Road, Bellerive

Cost Yearly membership \$30.

Attendance \$2. Workshop costs vary.

✉ bellerivearts@bigpond.com

CRAFT GROUPS

Card Making and Craft

☎ 03 6244 5926

1st, 3rd and 5th Monday of each month.

Time 1.30–3.30pm

Location St Thomas' Church Hall,
3 Lorne Crescent, Howrah

Contact Margaret

Handweavers, Spinners and Dyers Guild – Eastern Shore

☎ 03 6224 1526

☎ 0418 485 868

Time 2nd Wednesday of each month
9.30am–12.30pm

Location Libraries Tasmania,
48 Bligh Street, Rosny Park

Cost \$2

Contact Mrs J Brundle

✉ secretary@hwsdguilddtasmania.org

➡ hwsdguilddtasmania.org

Eastern Shore Needlework Group

☎ 03 6247 1648

You must be a member of the Howrah Community Centre to attend this group.

Time Monday 9.00am–12.00pm,
Wednesday 12.00–3.00pm, Saturday
12.00–3.00pm

Location Howrah Community Centre,
11 Howrah Road, Howrah

Cost \$3

Contact Ms M A Roberts

✉ margaret.roberts18@bigpond.com

Time Out Program Citywide Baptist Church

☎ 03 6244 4333

A selection of up to 20 different electives including embroidery, spinning, scrapbooking, leadlight and chip carving in a relaxed and friendly atmosphere.

Time Thursday 9.30am–12.00pm
(school terms)

Location Citywide Baptist Church,
400 Cambridge Road, Mornington

Cost \$5 per session

Contact Mrs R J Semmens

✉ trevorsemmens2014@hotmail.com

✉ church@citywidehobart.org.au

➡ citywidehobart.org.au

Clarence Community Knitting

☎ 03 6244 4995

Group knit and crochet for friends, families and charities.

Time Wednesday 10.00am–12.00pm

Location Clarence Integrated Care Centre, 16-22 Bayfield Street, Rosny

Contact Clare

Hands on Craft

☎ 03 6243 1000

Embroidery, card making, Victorian boxes, jewellery making. Excluding public holidays.

Time Monday 9.30am–12.00pm

Location Lindisfarne Community Centre, 37a Lincoln Street, Lindisfarne

Cost \$5 includes morning tea

Contact Jan Rolfe

South Arm Care Quilts

☎ 0400 564 987

Bring your own machine or just come to help with ironing and trimming. No materials needed.

Time Wednesday 9.30am–12.30pm

Location South Arm Community Centre, 9 Calverton Place, South Arm

Contact Andrea

PERFORMANCE

Act Your Age – Community Theatre

☎ 03 6244 4309

General variety show. Music, spoken, dance and humorous skits.

Time Most Mondays 1.00–3.00pm

Location Various

Cost \$5 annual membership fee

Contact Ms Wendy Kirby

➔ www.actyourage.org.au

Southern Districts Concert Band

Community concert band, no audition, any level of skill welcome.

Time Thursday 7.30–9.30pm

Location 550 East Derwent Highway, Risdon

Contact Helena Coles

✉ helenacoles@gmail.com

SINGING

Lindisfarne Riverside Arts Club Inc

☎ 03 6248 1949

Community choir – new singers welcome. Concerts advertised during the year.

Time Thursday 7.00pm

Location Lindisfarne Community Centre, 37a Lincoln Street, Lindisfarne

Cost \$50 per quarter

Contact Maggie Farquhar

✉ cfarq@bigpond.net.au

➔ www.riversideartsclub.org.au

Lincoln Singers

☎ 03 6244 5344

Rehearsals at Lindisfarne Community Centre with concerts around Tasmania.

Location 37a Lincoln Street, Lindisfarne

Contact Margot Lampkin

Clarence Country Music Club

☎ 03 6244 1900

Join our talented resident band, Clarence Country, in singing a song, or just listening to our growing list of singers. A great night out, come and join us.

Time Tuesday 7.00-10.00pm

Location 17 Alma Street, Bellerive

Cost \$3 entry includes door prize, spot dances, and supper.

Contact HOBART FM

✉ clarence.country@gmail.com

Just Us Choir

☎ 03 6249 8168

☎ 03 6243 5930

Choir for seniors who enjoy singing for pleasure and performing at community venues. Morning tea break included.

Time Friday 10.00am-12.00pm

Location Private venue (phone for details)

Find Your Voice

☎ 1800 269 672

Singing group.

Time Wednesday 1.00-2.30pm

Location Clarence Plains Youth Centre, Grange Road, Rokeby

Cost Free

Contact Wendy Bryant

COMMUNITY GROUP

Friends of Rosny Farm

☎ 03 6217 9607

A group of people interested in artistic endeavours who come together to enjoy and support the presentation of cultural activity at the Rosny Farm Arts Centre.

Time Various

Location Rosny Farm Arts Centre, Rosny Hill Road, Rosny Park

Cost \$30 membership, \$20 seniors, \$50 family

✉ rosnyfarm@ccc.tas.gov.au



Get Healthy



While this section showcases physical activities, don't forget that being healthy involves so much more than just moving!

For more information on ways to improve your health and wellbeing, activities and events please see:

Look out for what's happening at your local Community Health Centre including the **Live Well, Live Long Program**, held at the Clarence Integrated Care Centre (ICC). This free interactive program has many varied and interesting topics such as being active, relaxing, lifestyle choices and connecting with what's on locally. For more information and to register, contact the ICC on 03 6166 2350.

www.ccc.tas.gov.au/community/community-services/health-wellbeing

BADMINTON

Badminton For Seniors

☎ 03 6247 9545

Equipment supplied or bring your own. Sports shoes to play. Covered by public liability.

Time Tuesday 10.00–11.30am

Location Warrane Sports Centre, 10 Dampier Street, Warrane

Cost \$3

✉ njs.gill15@gmail.com

BOWLS

Beltana Bowls Club

☎ 03 6243 8706

Lawn bowls.

Location Lincoln Street, Lindisfarne

Contact Beltana Bowls Club

✉ beltanabowls@bigpond.com

➡ beltana.bowls.com.au

Lindisfarne Community Centre Indoor Bowls

☎ 03 6243 6029

Time Wednesday 1.00–2.30pm

Location Lindisfarne Community Centre, 37a Lincoln Street, Lindisfarne

Cost \$4

Contact Mr G Burgess

Rosny Park Bowls Club

☎ 03 6244 1642

Men's and ladies' pennant. Club championships. Barefoot bowls.

Location 40 Bastick Street, Rosny

Cost Membership

Contact K Petrie

✉ rosnybc@bigpond.net.au

➡ www.rosnyparkbowls.com

CROQUET

Eastern Shore Croquet Club Inc

☎ 0457 194 772

Equipment provided, wear flat-soled shoes. Play Monday–Saturday – hours of play vary. Coaching available. Phone the club before coming.

Time September 9.30am, winter 10.00am

Location 57–61 South Street, Bellerive

Cost Beginners course \$40, annual subscription \$180, lawn fee per day \$3.

Contact President

✉ easternshorecc@gmail.com

➡ www.croquettas.com

DANCING

Alma's Activities Centre

☎ 03 6244 4264

A social gathering for people who like to dance.

Time Friday 8.00–10.00pm

Location 17 Alma Street, Bellerive

Cost \$4

Contact Centre Coordinator

✉ almascentre@ccc.tas.gov.au

Line Dancing

☎ 0458 133 124

For beginners and improvers.

Time Tuesday 11.00am–12.30pm

Location Lindisfarne Community Centre,
37a Lincoln Street, Lindisfarne

Contact Gaye

EXERCISE

Fitness in the Park

☎ 03 6217 9599

Outdoor fitness sessions. Various days.

Time Summer: October–April.

Winter: April–September.

Location Various

Cost Free

Contact Suzanne Schulz

✉ liveclarence@ccc.tas.gov.au

➡ www.ccc.tas.gov.au

Jane's Gentle Exercise

☎ 0415 565 248

Suitable for the 40–70+ age group.

Free first class with no obligation.

Time Tuesday and Thursday 9.30–10.30am

Location Howrah Community Centre,
11 Howrah Road, Howrah

Cost \$10 per class

Contact Ms J Orpwood

✉ msjane.071@gmail.com

Sit and Be Fit

☎ 0419 155 578

Chair-based exercise catering specifically for seniors focusing on improving strength and balance. Anyone can do it. Come along and join in the fun.

Time Monday 10.00am: Alma's Activities Centre, 17 Alma Street, Bellerive

Wednesday 10.30am: Howrah Community Centre, 11 Howrah Road, Howrah

Friday 10.30am: St Marks Church Hall, Scott Street, Bellerive

Cost \$10 (includes tea)

Contact Mrs V J Allan

✉ vickiallan26@gmail.com

➡ emergehealthwellness.com.au

Clarence Plains Tai Chi

☎ 03 6247 6778

Time Friday 9.00–10.00am

Location Rokeby Neighbourhood Centre,
85 Tollard Drive, Rokeby

Is the Get Going Guide useful to you?

Many people and organisations tell us they find the Get Going Guide useful, but we want to know for sure!

Please help council by telling us what you think, then we will know if the vision for the guide is working well or needs improvement, or if the guide is not needed at all.

Simply answer the questions below, tear off, and place in the post. No need for a stamp, it's reply paid.



What do you find most useful?

- ☐ information
- ☐ resources
- ☐ activities and contacts
- ☐ other
- ☐ what is not useful?

How can the guide be improved?

Anything else you would like to tell us?

Are you?

- ☐ an individual
- ☐ an organisation

Where did you get the guide from?

- ☐ friend
- ☐ family
- ☐ council
- ☐ organisation
- ☐ other

How do you prefer to access the guide?

- ☐ online
- ☐ hard copy

POST
REPLY PAID
OR DROP INTO
COUNCIL

Tell us what you think!

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Simply answer the questions on this card, tear off, and place in the post. No need for a stamp, its reply paid.

No stamp required
if posted in Australia



Clarence City Council
Reply Paid 96
ROSNY PARK TAS 7018

Thank you! 😊



Clarence... a brighter place

Emergency Support for Vulnerable Tasmanians

Phone: **Tasmanian Public Health Hotline 1800 671 738**

➔ www.coronavirus.tas.gov.au

National COVID Older Persons Information Line

Phone: **1800 171 866**

A hotline for older people and carers to speak to friendly, specially trained staff from a senior's advocacy organisation.

A collaboration of Council on the Ageing (COTA) Australia, National Seniors Australia, Older Persons Advocacy Network (OPAN) and Dementia Australia with support from the Australian Government.

Richmond Health

Phone: **03 6111 6049**

Monday-Friday 8.30am-4.30pm

A hotline for people living in Tasmanian residential aged care facilities that may be feeling lonely, isolated, worried or downhearted as a result of the COVID-19 pandemic.

My Aged Care

Phone: **1800 200 422 Free Call**

Information for older Australians.

Monday-Friday 8.00am-8.00pm, Saturday 10.00am-2.00pm

➔ myagedcare.gov.au

If you are seeking information about the Coronavirus visit

www.coronavirus.tas.gov.au



Fitness with Friends

☎ 0437 123 124

Gentle exercise classes followed by a cuppa. Suitable for all ages, men and women. Exercise program designed by qualified instructor.

Time Friday 10.15–11.00am

Location St Thomas' Church,
3 Lorne Crescent, Howrah

Cost \$5 per session

Contact Hilary

Gentle Squash

☎ 03 6244 6539

☎ 0409 446 519

Your first lesson is free. Gear will be provided, along with tea, coffee and biscuits. Non-marking shoes must be worn, as well as comfortable clothing. If you can walk you can play. A softer, larger foam ball is used, plain good fun!

Time Friday 1.30–3.00pm

Location Eastside Squash,
69 Cambridge Road, Bellerive

Cost \$6

Contact Mr J T Harding

✉ johntharding@bigpond.com

Tai Chi

☎ 0408 284 601

Time Tuesday 1.45–3.00pm

Location 17 Alma Street, Bellerive

Contact Joan Jones

TENNIS

Lindisfarne Memorial Tennis Club

Come for a social hit with friends or join a team for some regular competition.

Time Thursday and Friday (social ladies),
Wednesday (social mens) 9.30am

Location Park Road, Lindisfarne

Cost \$160 annual membership

✉ lindisfarnetennisclub@gmail.com

➡ www.tennis.com.au/lindisfarne

Sunshine Tennis Club Inc

☎ 0448 329 771

Competitive and social tennis, all ages and standards, beginners to advanced. Friendly atmosphere, new members always welcome. Non-playing members welcome.

Time Open seven days

Location Adjacent to Howrah
Community Centre, 11 Howrah Road,
Howrah

Cost Free for the first try at tennis

Contact Sean Kelly

✉ s-dkelly@bigpond.com

➡ www.sunshinetennisclub.org.au

TABLE TENNIS

Eastside Table Tennis

☎ 0409 346 094

A fun sport for all ages. Social and competition sessions. Beginners to advanced.

Location Clarence Sports Centre,
20 Loinah Crescent, Montagu Bay

Contact Ian

➔ www.eastsidetabletennis.org

DRAGON BOATS

Derwent Storms Dragon Boat Club

Are you 40+ and looking to stay fit and join a crew? Men's and women's crews recruiting now.

Location Motor Yacht Club Tasmania,
1 Ford Parade, Lindisfarne

✉ derwentstorms@gmail.com

Dragons Abreast

☎ 0412 129 523

Come and try dragon boating
3rd Saturday of each month.

Location Lindisfarne Rowing Club,
16a Esplanade, Lindisfarne

Contact Miriam Fletcher

WALKING GROUPS

Australian Retired Persons Association Tas Inc

☎ 03 6278 1519

'Ramblers' for shorter leisurely paced walks and 'Bush Walkers' for those who enjoy a vigorous outing. BYO lunch.

Time Ramblers: 2nd Wednesday and
4th Thursday of each month 10.30am.

Bush Walkers: Wednesday 9.30am.

Location Various

Cost Free

Contact Ramblers: Doris 03 6272 3525
Bush Walkers: Nole 03 6273 3804

✉ drat8194@bigpond.net.au

Clarence Walk and Talk

☎ 03 6244 6276

☎ 03 6247 8696

Time Monday and Wednesday 9.30am

Location Integrated Care Centre,
16-22 Bayfield Street, Rosny

Cost Free

✉ corina.mccarthy@ths.tas.gov.au

Eastern Shore Ramblers

☎ 0417 507 668

Graded bushwalks led by volunteer members. Entry requirements apply.

Time Sunday

Location Various

Contact Lyn Blaikie

✉ lblaikie@primus.com.au

Clarence Plains Walk and Talk

☎ 03 6247 6778

Time Monday 9.30-10.30am

Location Rokeby Neighbourhood Centre,
85 Tollard Drive, Rokeby

Cost Free

Contact Rokeby Neighbourhood Centre

Just Walk It

☎ 0408 487 218

If you are 55 and over and enjoy walking, join our friendly walking group. Call to find out location.

Cost Free

Contact Joyce



Get Learning



It can be studying, reading, attending meetings or groups on topics of interest, but we are learning new things all the time. The following pages provide a few places where you can connect with other people and learn more.

Don't miss council's Community Grants Program. For more information, phone 03 6217 9572 or email grants@ccc.tas.gov.au

www.ccc.tas.gov.au/community/grants-sponsorship

ADULT EDUCATION

School for Seniors – Howrah

☎ 03 6247 9198

We are a social group that meets weekly. Activities include guest speakers, bus trips and lunches.

Time Every Friday 10.00am–12.00pm

Location Howrah Community Centre,
11 Howrah Road, Howrah

Contact L M Edgerton

School for Seniors – Lindisfarne

☎ 03 6243 6689

Time Friday 10.00am–12.00pm

Location 37a Lincoln Street, Lindisfarne

Cost Adult Education fee

School for Seniors – Rosny

☎ 03 6244 8838

Talks on many and varying subjects each week.

Time Friday 10.15am–12.00pm including
tea break

Location Libraries Tasmania,
46 Bligh Street, Rosny Park

Cost \$26.40 per year

Contact Mr G Clarke

✉ glclarke@netspace.net.au

University of the Third Age

☎ 0408 494 217

Clarence U3A is a co-operative learning community for retired and semi-retired people, run by volunteers on a non-profit basis. It aims to encourage the pursuit of learning. There are no qualifications, assessments or awards. New members are welcome to come for a visit.

Time Classes held every Monday and
Wednesday 9.30–10.30am and 11.00am–
1.00pm (morning tea 10.30–11.00am)

Location Libraries Tasmania, Bligh Street,
Rosny Park

Cost Annual subscription \$45

✉ enquiries@u3aclarence.com

➡ www.u3aclarence.com

BINGO

Alma's Activities Centre

☎ 03 6244 4264

All welcome. Light lunch served from
11.30am.

Time Wednesday: Door sales 1.00pm,
eyes down 1.30–4.00pm

Location 17 Alma Street, Bellerive

Cost Variety of games offered at various
prices

Contact Centre Coordinator

✉ almascentre@ccc.tas.gov.au

HISTORICAL SOCIETIES

Bellerive Historical Society Inc

☎ 03 6244 2925

☎ 0400 974 056

Established in 1990, the society researches, documents and publicises the history of Bellerive.

Time 1st Wednesday of each month 7.30pm

Location Bellerive Community Arts Centre, 17 Cambridge Road, Bellerive

Cost Annual membership \$30

Contact J R Sargent or M Geard

✉ bellerivehistory@gmail.com

➡ www.bellerivehistory.com

Clarence Plains History Group

☎ 0415 847 360

Discover the history and heritage of this very early settlement.

Contact Lorraine

Lindisfarne Historical Society Inc

Hold monthly meetings, afternoons and evenings. A range of speakers, discussions and outings.

Location History Room, 29 Wellington Road, Lindisfarne

✉ lindisfarne.history@gmail.com

Tasmanian Family History Society

☎ 03 6244 4527

Meets at the library at the Old Bellerive Post Office.

Time Tuesday 12.30–3.30pm, Wednesday 9.30am–12.30pm and Saturday 1.30–4.30pm.

Location 19 Cambridge Road, Bellerive

➡ www.hobart.tasfhs.org

Sound Preservation Association of Tasmania

Open Monday, Wednesday, Thursday and Friday. Collection of old radios, phonographs and recording equipment.

Time 11.00am–3.00pm

Location Museum and Resource/Research Centre, 19 Cambridge Road, Bellerive

Cost Entry by gold coin donation

INFORMATION

Justices of the Peace

☎ 1300 366 611

Document signing is available at Service Tasmania, Rosny Park once a week. For other matters, contact the Legal Aid Commission.

Time Tuesday 10.00am–3.00pm

Location Service Tasmania, 48 Bligh Street, Rosny Park

Contact Legal Aid Commission

✉ info@legalaid.tas.gov.au

➡ www.justice.tas.gov.au/justice-of-the-peace

LIBRARY

Lindisfarne Community Centre

☎ 03 6243 5810

A true community library, located in the village.

Time Monday–Friday 10.00am–2.00pm, Saturday 10.00am–12.00pm

Location Lindisfarne Community Centre, 37a Lincoln Street, Lindisfarne

Cost \$7 annual subscription. All borrowing free.

Contact Mrs D Ward

✉ admin@lcac.com.au



Get Meeting and Greeting



Getting out and about, being involved, supporting others or needing extra assistance yourself, this section can help you connect with your community.

Don't miss the opportunity to know more about volunteering, Food Connections Clarence and Men's/Community Sheds.

www.ccc.tas.gov.au/community/community-services/age-friendly-city

Volunteering

The Clarence Community Volunteer Service provides a coordinated volunteer service to the frail aged and younger disabled residents of the Clarence community, including people with mental illness.

Interested in volunteering?

Contact the service on 03 6217 9630.

Other areas you can volunteer in include:

- ✔ Council's Natural Areas Volunteer Program, phone 03 6217 9715 or 03 6217 9714.
- ✔ Community Bus Driver and Special Committees of Council, phone 03 6217 9500.

Food Connections Clarence

This partnership program helps to coordinate information about the social eating programs across the city.

It provides a packaged meal program working with local school students, volunteers and businesses, to share knowledge and skills in the creation of nutritious meals that are distributed to identified people in need across local communities.

To find out more about the program contact 03 6217 9597 or visit www.ccc.tas.gov.au/community/community-services/age-friendly-city

Men's/Community Sheds

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are springing up all around Australia, including here in Clarence.

Don't miss the opportunity to visit a local shed and see what they are up to. You can find them listed on page 43.

COMMUNITY GROUPS AND ORGANISATIONS

Country Women's Association – Bellerive

☎ 0408 478 546

Craft and meetings.

Time 1st Monday of each month (except December and January): craft from 11.30am, meeting from 12.30pm onwards

Location St Mark's Church Hall, corner of Scott and Clarence Street, Bellerive

Contact Colleen Fletcher

✉ wcfletch@internode.on.net

➡ cwaintasmania.com.au

Country Women's Association – Lindisfarne

☎ 03 6272 7671

☎ 03 6231 3706

Shop open Saturday mornings. Meetings 2nd Saturday of each month.

Location CWA Shop: 29a Lincoln Street, Lindisfarne

Cost Hall available for hire at \$20 per hour (includes kitchen, hall and stage)

Contact Jeanette Beck

✉ cwaintas@netspace.net.au

➡ cwaintasmania.com.au

Friendship Force of Hobart Inc

☎ 03 6243 7050

Club outings or friendship exchanges on the other month.

Time Meet alternate months 5pm

Location Libraries Tasmania,
48 Bligh Street, Rosny Park

Cost \$50 per person annually

Contact Mrs A M Hamnett

✉ hamnett@netspace.net.au

➡ www.friendshipforce-aussie.org

Rotary Club of Bellerive

☎ 0407 495 771

Meets every Monday at the Bellerive Yacht Club.

Time 6.00pm for 6.30pm start

Rotary Club of Howrah Inc

☎ 0419 882 876

Weekly meetings for dinner with guest speakers, includes fundraising activities.

Time Thursday for dinner, 6.00pm for 6.30pm start

Location Tasmania Police Academy,
151a South Arm Road, Rokeby

Cost Membership \$100 and a weekly dinner fee \$20

✉ info@howrahrotary.org.au

➡ www.howrahrotary.org.au

Rotary Club of Lindisfarne

☎ 03 6243 6543

An international service club fundraising for local, national and international organisations and community projects.

Time Wednesdays 7.00pm

Location Beltana Bowls Club,
Lincoln Street, Lindisfarne

Cost Phone to request information about costs involved

Contact Mr N J Grey

RSL Clarence

☎ 03 6244 7633

Meetings for returned service members, friends and relatives.

Time Various

Location 40 Bastick Street, Rosny

Cost \$30 for membership

Contact Cheryl Walsh

✉ clarencersl@tas@gmail.com

➡ www.rsltas.org.au

RSL Lindisfarne

☎ 03 6243 9820

Meetings for returned service members, friends and relatives.

Time Office hours Monday, Wednesday and Friday 9.00am–12.00pm

Location 1 Ford Parade, Lindisfarne

Contact RSL Lindisfarne

✉ lindisfarnersl@gmail.com

➡ www.rsltas.org.au

South Arm RSL Club

☎ 03 6239 9171

Open every day, meals daily.

Time Monday and Tuesday 3.00–8.00pm, Wednesday 1.00–10.00pm, Thursday 3.00–10.00pm, Friday 2.30pm to close, Saturday 10.00am to close, Sunday 12.00pm–8.00pm

Location 2972 South Arm Road, South Arm

Cost Membership is \$25 for singles, \$50 for couples and \$15 for concession card holders

Contact South Arm RSL Club

✉ southarmrslsb@gmail.com

➡ www.rsltas.org.au

The Wellbeing Club 13 Inc

☎ 0420 691 273

Walks, bowls, speakers, counter meals, dinners, bus trips and celebratory functions give this club a friendly and chatty feel. Newsletter: email Hazel on hlhm@bigpond.com or phone secretary, Carol, on 03 6239 6316.

Time Meetings: 2nd Thursday of each month. Weekly walks: Wednesday – variable times and distances.

Location Glenorchy Civic Centre (meetings)

Cost \$30 annual fee

Contact C Parremore

✉ cparremore@netspace.net.au

COMMUNITY SHEDS

Clarence Plains Community Shed

☎ 03 6265 2148

☎ 0417 572 668

A community organisation providing a safe and secure place for all people in the community to connect, feel comfortable, and engage in activities.

Location 65 Mockridge Road, Clarendon Vale

✉ admin@cvnc.org.au

Howrah Men's Shed

☎ 0427 489 171

A community organisation providing a safe and secure place for men to connect, feel comfortable and engage in activities.

Location 11 Howrah Road, Howrah

✉ howrahmensshed@gmail.com

Risdon Vale Community Shed

☎ 03 6243 5752

A community organisation providing a safe and secure place for all people in the community to connect, feel comfortable, and engage in activities.

Location Risdon Vale Community Hub, Sugarloaf Road, Risdon Vale

✉ admin@rvnc.org.au

DISABILITY GROUPS

Mosaic Support Services

☎ 03 6244 9444

For older people with intellectual disability.

Time Monday–Friday 8.30am–4.30pm, after hours available

Location Mornington, Rosny and Moonah

✉ admin@mosaictas.org.au

➡ www.mosaictas.org.au

NEIGHBOURHOOD CENTRES

Risdon Vale Fun Club

☎ 03 6243 5752

Enjoy lunch, bingo, games and a bus trip to various locations.

Time Friday 10.00am–2.30pm

Location Risdon Vale Neighbourhood Centre, 28 Sugarloaf Road, Risdon Vale

Cost Free

Contact Ms A Harrison

✉ admin@rvnc.org.au

➡ www.nht.org.au/houses/risdon-vale-neighbourhood-centre

Warrane Mornington Neighbourhood Centre Inc

☎ 03 6244 6346

Bus trip or lunch at the centre.

Time Fortnightly Wednesday 11.00am–2.00pm

Location 150a Bligh Street, Warrane

Contact Mrs L Doherty

✉ info@wmnc.org.au

➡ www.nht.org.au/houses/warrane-mornington-neighbourhood-centre-inc

Clarendon Vale Neighbourhood Centre

☎ 03 6247 8163

Community facilities – shower, washing machine/dryer. Safe space to meet other service providers and workers, senior programs, library outreach services, food support, community information and support, Clarence Plains Community Shed.

Location 63 Mockridge Road, Clarendon Vale

Contact Kristy Leishman

✉ admin@cvnc.org.au

➡ www.nht.org.au/houses/clarendon-vale-neighbourhood-centre

Rokeby Neighbourhood Centre

☎ 03 6247 6778

Computer class, cooking class, community lunch, model class, sewing and craft, oil painting class, café conversation, belly dancing, zumba, after school program, after school sports program.

Location 85 Tollard Drive, Rokeby

Contact Cate or Nicole

✉ Rokebync@bigpond.net.au

➡ www.nht.org.au/houses/rokeby-neighbourhood-centre

PROBUS

Clarence Ladies' Probus Club Inc

☎ 0418 363 087

☎ 0408 782 455

A non-profit organisation for retired women in the community. Meetings and outings with guest speakers.

Time Monthly meeting: 3rd Monday 10.00am

Location Bellerive Yacht Club, 64 Cambridge Road, Bellerive

Contact Sue or Gaille

Howrah Combined Probus Club

☎ 03 6244 3675

Meetings with guest speakers and regular outings. Morning tea included.

Time Meetings: 1st Tuesday of each month. Outings: 2nd and 3rd Tuesday of alternate months.

Location Howrah Community Centre, 11 Howrah Road, Howrah

Cost \$20 annual fee

Contact Mrs J Paynter

✉ judeandgeorge@bigpond.com

Lauderdale Combined Probus Club Inc

☎ 03 6239 9175

Time 3rd Tuesday of each month 10.00am–12.00pm

Location Abundant Life Church, 408 South Arm Road, Lauderdale

Cost \$10 joining fee and \$20 annual subscription

Contact Mr K D Bowerman

✉ maurice.potter@bigpond.com

Lindisfarne Combined Probus Club

☎ 03 6243 8522

Monthly guest speakers and outings for lunch, Christmas and Ausmas lunches and ladies' morning tea.

Time 1st Tuesday of each month 10.00am

Location Motor Yacht Club, 1 Ford Parade, Lindisfarne

Cost \$20 annual sub and \$5 morning tea

Contact Lindisfarne Men's Probus Club

✉ trev.quill@gmail.com

Shoreline Combined Probus Club Inc

☎ 03 6243 5567

A social group for older members of the community with activities specific to their interests. Monthly meetings and regular bus trips to various locations.

Time 3rd Monday of each month 10.00am

Location Howrah Community Centre, 11 Howrah Road, Howrah

Cost \$4 for morning tea

Contact Shoreline Combined Probus Club Inc

✉ trixie.lowe10@gmail.com

SENIORS GROUPS

Australian Retired Persons Association Tas Inc

☎ 03 6278 1519

A social group for men and women who have retired or are preparing to retire.

Time For meeting dates contact Christine Atkins on 0417 283 314 or David Rattray on 03 6278 1519.

Location Alma's Activities Centre, 17 Alma Street, Bellerive

✉ drat8194@bigpond.net.au

Chat 'n' Eat

☎ 03 6247 9011

Go out for a meal to different places. Bookings essential by Monday prior.

Time 4th Thursday of each month 11.45am

Location Meet at St Thomas Church, 3 Lorne Crescent, Howrah

Contact Mrs D Morris

➡ www.saintthomas.org.au

Clarence Eating with Friends

☎ 03 6217 9630

Entertainment, raffles, lucky door prizes. Make new friends.

Time Wednesday, every six weeks 12.00–2.00pm

Location Geilston Bay Boat Club, 48 Debomfords Lane, Geilston Bay

Cost Minimal charge. Bookings required.

✉ ccvs@ccc.tas.gov.au

➡ www.ccc.tas.gov.au

Migrant Resource Centre Tasmania (MRC)

☎ 03 6221 0999

Multicultural Day Centres, individual and group activities, access to home care packages and counselling support for older people.

Time Monday–Friday 9.00am–5.00pm

Location Level 2, 1A Anfield Street, Glenorchy

Contact Aged Care Services

✉ reception@mrctas.org.au

➡ www.mrctas.org.au

National Seniors Australia Inc – Rosny Park

☎ 0400 925 400

Monthly meetings with guest speakers and outings.

Time 1st Tuesday of each month 5.45pm for 6.00pm dinner meeting

Location Motor Yacht Club, 1 Ford Parade, Lindisfarne

Cost \$30 including meal

Contact Malcolm

✉ patricia_berry@bigpond.com

Rosny Senior Citizens Fellowship

☎ 03 6243 9337

☎ 0428 732 701

Home-made morning tea and guest speakers. Occasional bus trips.

Time Fortnightly Tuesday 10.00am

Location Alma's Activities Centre, 17 Alma Street, Bellerive

Cost Free

Zonta Club of Hobart Derwent Inc

☎ 03 6260 2397

A service club with activities that include monthly guest speakers, fundraising, making breast care cushions and distributing funding into the community.

Time 2nd Monday of each month
6.30-9.00pm

Location North Hobart Bowls Club,
Letitia Street, North Hobart

Cost Membership \$170, meetings \$25 for dinner.

✉ jmwilt@southernphone.com.au

➡ www.zontadistrict23.org.au

Clarence Lions Club

☎ 0429 979 070

Time 1st and 3rd Wednesday of each month 6.30pm

Location Howrah Community Centre,
11 Howrah Road, Howrah

Contact Christine

Lindisfarne School for Seniors

☎ 03 6243 6689

Guest speakers on a range of topics.

Time Friday 10.00am-12.00pm

Location Lindisfarne Community Centre,
37a Lincoln Street, Lindisfarne

Howrah School for Seniors

☎ 03 6247 9198

New members welcome.

Time Friday 10.00am

Location Howrah Community Centre,
11 Howrah Road, Howrah

Contact Lynne Edgerton

Clarence Pensioners Association

☎ 0408 129 093

Time 1st Friday of each month

Location Clarence Integrated Care
Centre, Bayfield Street, Rosny

Contact Shirley Sonners

SOCIETIES AND GROUPS

Hobart Games Society (Hogs)

Meets each weekend to play strategy board games together. All ages welcome.

Time Weekend evenings

Location Various

Cost \$5 donation for non-members

Contact Glen Mackintosh

✉ president@hogs.org.au

➡ www.hogs.org.au

SUPPORT GROUPS AND ORGANISATIONS

Clarence Community Volunteer Service

☎ 03 6217 9630

Have free time and want to make a difference? Becoming a community volunteer is a great way to donate your time, share your skills or contribute to the community Monday-Friday.

Location 38 Bligh Street, Rosny Park

✉ ccvs@ccc.tas.gov.au

➡ www.ccc.tas.gov.au

Eastern Shore Prostate Cancer Support Group

☎ 03 6169 1900

Cancer Council Tasmania runs Prostate Cancer Support Groups offering a place to share experiences, support and encouragement. Occasional guest speakers, resources, wives and partners are also welcome.

Time 2nd or 3rd Thursday of each month

Location 15 Princes Street, Sandy Bay

Cost Free, registration essential

Contact Louise

✉ reception@cancertas.org.au

➡ www.cancertas.org.au

Howrah Auxiliary for the Royal Hobart Hospital

☎ 03 6243 5857

☎ 0419 137 221

New members welcome.

Time 1st Wednesday of each month
1.30pm

Location Howrah Community Centre,
11 Howrah Road, Howrah

Cost \$2 annual subscription

Eastern Shore MS Peer Support Group

☎ 1800 042 138

Meet every 2nd Friday of each month for tea and coffee. Guest speakers.

Time 10.30am-12.00pm

Location: Bellerive Yacht Club,
64 Cambridge Road, Bellerive
(downstairs)

Contact Chris

✉ cegm58@icloud.com

Inner Wheel Club of Clarence

☎ 0428 490 205

Women's group promoting true friendship and ideals of personal service and international understanding. Meets 4th Thursday of each month.

Time 7.00-9.30pm

Location Beltana Bowls Club,
Lincoln Street, Lindisfarne

Contact Lois

Meals on Wheels – Richmond

☎ 03 6260 4153
☎ 03 6260 1001

Meals On Wheels – Eastern Shore

☎ 03 6244 3925

Meals for older clients or clients living with a disability to assist them to remain living independently in their own homes. Volunteers always welcome.

Time Monday–Friday 9.00am–12.00pm

Location Warrane Senior Citizens Club, 10 Binalong Road, Mornington

✉ easternshore@mowtas.org.au

➡ www.mowtas.org.au

South Arm Peninsula Residents Association Inc (SAPRA)

☎ 0407 875 460

SAPRA works to promote and support the interests and welfare of residents by working with all tiers of government and other local groups on a number of community projects and a variety of issues.

Location South Arm Community Centre, 9 Calverton Place, South Arm

Cost \$2 (membership)

Contact Ms Kerry Scambler

✉ saprapres@southarm.tas.au

➡ www.facebook.com/Sapra.Inc

Seniors Moments

☎ 0417 103 567

Make new friends every Wednesday.

Time 10.00am

Location Howrah Church of Christ, 30 Holland Court, Howrah

Contact Denise

Seven Mile Beach Cancer and Caring Auxiliary

☎ 0438 218 185

Time 3rd Monday of each month
12.00–2.00pm

Location Lewis Hall, Surf Road, Seven Mile Beach

Contact Di

SUPPORT SERVICES

Lifeline CHATS Program Southern Tasmania

☎ 03 6282 1555

A social support program for older people, living independently in the Hobart region. CHATS can provide a weekly social phone call, monthly newsletter and links to other organisations with the aim of strengthening community ties by increasing social participation. Creating community connections for older people who live independently. CHATS focus on people who are at risk of loneliness and isolation by offering a large variety of social activities (with transport if needed).

Time Monday–Friday 9.00am–5.00pm

Location 31 Cambridge Road, Bellerive

✉ chats.south@lifelinetas.org.au

➡ www.lifeline.org.au

Get Working Outdoors



Being outside and involved in activities is a great way to keep active, learn new things, meet new people, and look after the environment around us.

Don't miss the opportunity to learn more about Landcare and Coastcare Grants Program. Council provides this program to assist local groups to run environmental projects on council-managed land. For more information, contact 03 6217 9714.

www.ccc.tas.gov.au/community/grants-sponsorship/land-coastcare-grants

GARDENING CLUBS

Coal River Valley Garden Club Inc

☎ 03 6260 2727

Meetings include guest speakers, trade table and supper. Garden visits and garden related activities throughout the year.

Time 4th Monday of each month 7.30pm

Location Richmond Football Club Rooms, Victoria Street, Richmond

Cost Membership \$5 per year

Contact Mrs Christine Bevan

✉ CRVGClub@outlook.com

South Arm Garden Club

☎ 0418 610 699

☎ 0448 824 892

Meets monthly. All welcome. Garden visits held throughout the year.

Lindisfarne Garden Club Inc

☎ 03 6244 1271

Guest speakers for most meetings on a broad range of gardening and related subjects.

Time 4th Tuesday of each month except December 2.00pm

Location CWA Hall, 29a Lincoln Street, Lindisfarne

Cost \$5 Membership

Contact L N Gordon

✉ mervyn.gordon@bigpond.com

LANDCARE/COASTCARE GROUPS

Bellerive Bluff Land and Coastcare Group Inc

☎ 03 6244 3995

Time 1st Sunday of each month
10.00am–12.00pm

Location Regatta Pavilion, opposite
7 Victoria Esplanade, Bellerive

Contact Mr G J Rainbow

✉ graeme.rainbow@bigpond.com

Lauderdale Coastcare Group

Meeting times can be flexible if needed. Phone evenings for information as per poster in local shop window.

Time 10.00am–12.00pm

Location See poster in local shop window

Cost Membership is free

Contact Mrs S E Hovington

✉ mjhovington@gmail.com

Rosny Montagu Bay Landcare and Coastcare Group Inc

☎ 03 6244 1566

Time Monthly on Sunday

Location Rosny Foreshore or Rosny Hill

Cost Free

Contact John Counsell

✉ rmbcareinc@gmail.com

➡ www.facebook.com/rosnymontagubaycoastcarers

Seven Mile Beach Coastcare Group Inc

☎ 0418 571 072

Time By arrangement

Location Foreshore reserves and Lewis Park

Cost Free

Contact David Picone

✉ piconeda59@gmail.com

Tranmere – Clarence Plains Land and Coastcare Inc

☎ 0435 325 171

Planting and weeding working bees.

Time Thursday morning

Location Foreshore reserves and Clarence Plains Rivulet in Clarence Plains, Howrah and Tranmere

Cost \$10 membership

Contact Ms P L Thornton

➡ www.tacplaci.org.au

Acton Park Landcare

☎ 0409 023 981

Volunteers get together for re-vegetation and weed removal in Acton Park area.

Time Meet 3rd Sunday of each month.

Location See Facebook page

Contact Sharon

Glebe Hill Bushland Reserve Landcare Group

All welcome. Regular events and working bees.

Contact Adam Holmstrom

✉ adamh.env.des@gmail.com

➡ [www.facebook.com/
GlebeHillLandcare](http://www.facebook.com/GlebeHillLandcare)

Gordons Hill Landcare Group

☎ 0476 136 189

Meets on the 3rd Sunday of each month.

Time 9.00am–12.30pm

Location Marril Street for working bee activities

Mt Rumney Landcare Group Inc

Meets bi-monthly to undertake various activities to improve the local environment. All volunteers welcome.

➡ mtrumneylandcaregroup.wordpress.com

Waverley Flora Park Landcare

☎ 03 6244 2001

Every Wednesday. Training provided.

Time 9.30am–12.00pm

Location Meet at Winifred Curtis entrance, Mercedes Place, Bellerive.

✉ hawes717@gmail.com

Activities at a Glance – Community Centres

Alma's Activities Centre

☎ 03 6244 4264

Open Seven days a week, manager on site Monday–Thursday from 12.00–4.00pm.

Location 17 Alma Street, Bellerive

✉ almascentre@ccc.tas.gov.au

Located in a beautiful historic building in central Bellerive, the centre offers a range of activities and programs for people of all ages. Facilities are available for regular or casual hire. Open seven days per week, the centre really is the heart of Age Friendly Clarence.

SINGING Clarence Country Music Club

DANCING Alma's Activities Centre

EXERCISE Tai Chi

BINGO Alma's Activities Centre

SENIORS GROUPS

Australian Retired Persons Association Tas

Rosny Senior Citizens Fellowship

Howrah Community Centre

☎ 03 6247 7711

Location 11 Howrah Road, Howrah

✉ howrahreccentre@bigpond.com

Located near the Shoreline Shopping Centre in Howrah, the centre provides a quality facility for use by many community groups, including many groups and activities catering to older people. Facilities include meeting rooms, a large multi-purpose hall, a fully-equipped bar and large dance floor.

CRAFT GROUPS

Eastern Shore Needlework Group

EXERCISE Jane's Gentle Exercise

TENNIS Sunshine Tennis Club Inc

ADULT EDUCATION School for Seniors

COMMUNITY SHEDS Howrah Men's Shed

PROBUS

Howrah Combined Probus Club

Shoreline Combined Probus Club Inc

SENIORS GROUPS

Clarence Lions Club

Howrah School for Seniors

SUPPORT GROUPS

Howrah Auxiliary – Royal Hobart Hospital

Lindisfarne Community Centre

☎ 03 6243 5810

Location 37a Lincoln Street, Lindisfarne

Located in the heart of Lindisfarne Village, the centre provides an ideal location for many community groups and activities that cater to the needs of older people. Facilities include a library, a large multi-purpose hall, flexible meeting spaces and kitchen facilities.

CRAFT GROUPS

Hands on Craft

SINGING

Lindisfarne Riverside Arts Club Inc

Lincoln Singers

BOWLS

Indoor Bowls

DANCING Line Dancing

ADULT EDUCATION

School for Seniors – Lindisfarne

HISTORICAL SOCIETIES

Lindisfarne Historical Society Inc

LIBRARY

Lindisfarne Community Centre

SENIORS GROUPS

Lindisfarne School for Seniors

South Arm Community Centre

☎ 0407 875 460

Location 9 Calverton Place, South Arm

Located in lovely South Arm, the centre is available for hire for exhibitions, workshops and demonstrations, special events, community, business and group meetings.

CRAFT GROUPS

South Arm Care Quilts

SUPPORT GROUPS

South Arm Peninsula

Residents Association Inc (SAPRA)

Other Council Centres, Halls and Venues

To make a booking or enquiry at the following facilities, please contact our Facilities Officer on 03 6217 9695 or email clarence@ccc.tas.gov.au

For more information: www.ccc.tas.gov.au/community/community-services/community-halls-centres-sports-grounds-for-hire

Old Bellerive Library 🧑 190
59 Cambridge Road, Bellerive

Cambridge Hall 🧑 150
989 Cambridge Road, Cambridge

Bellerive Community Arts Centre
15 Cambridge Road, Bellerive

Rokeby Community Centre 🧑 150
85 Tollard Drive, Rokeby

Rokeby Trust Hall 🧑 193
5 Church Street, Rokeby

Tranmere Hall 🧑 150
27 Tranmere Road, Howrah

Lewis Park Hall 🧑 33
21 Surf Road, Seven Mile Beach

Sandford Hall 🧑 150
949 South Arm Road, Sandford

Lauderdale Hall 🧑 180
528A South Arm Road, Lauderdale

Richmond Hall 🧑 125
54 Bridge Street, Richmond

Geilston Bay Community Centre 🧑 60
34 Debomford Lane, Geilston Bay
Bookings: ☎ 03 6277 5916

Risdon Vale Hall 🧑 380
28 Sugarloaf Road, Risdon Vale
Bookings: ☎ 03 6243 6052

🧑 = Capacity

Need to know quickly what is happening where? Take a look here!

Activities at a Glance – Location

Acton and Mt Rumney

LANDCARE/COASTCARE GROUPS

Acton Park Landcare
☎ 0409 023 981

LANDCARE/COASTCARE GROUPS

Mt Rumney Landcare Group Inc
➡ mtrumneylandcaregroup.wordpress.com

Bellerive

ARTS CENTRE

Bellerive Community Arts Centre
☎ 03 6245 1036

SINGING

Clarence Country Music Club
☎ 03 6244 1900

CROQUET

Eastern Shore Croquet Club Inc
☎ 0457 194 772
➡ www.croquettas.com

DANCING

Alma's Activities Centre
☎ 03 6244 4264

EXERCISE

Gentle Squash
☎ 03 6244 6539
☎ 0409 446 519

EXERCISE

Tai Chi
☎ 0408 284 601

BINGO

Alma's Activities Centre
☎ 03 6244 4264

HISTORICAL SOCIETIES

Bellerive Historical Society Inc
☎ 03 6244 2925
☎ 0400 974 056
➡ www.bellerivehistory.com

HISTORICAL SOCIETIES

Tasmanian Family History Society
☎ 03 6244 4527
➡ www.hobart.tasfhs.org

HISTORICAL SOCIETIES

Sound Preservation Association of Tasmania

COMMUNITY GROUPS

Country Women's Association – Bellerive
☎ 0408 478 546
➡ cwaintasmania.com.au

PROBUS

Clarence Ladies' Probus Club Inc
☎ 0418 363 087
☎ 0408 782 455

SENIORS GROUPS

Australian Retired Persons Association Tas Inc
☎ 03 6278 1519

SENIORS GROUPS

Rosny Senior Citizens Fellowship
☎ 03 6243 9337
☎ 0428 732 701

SENIORS GROUPS

Rotary Club of Bellerive
☎ 0407 495 771

SUPPORT GROUPS

Eastern Shore MS Peer Support Group
☎ 1800 042 138

SUPPORT SERVICES

Lifeline CHATS Program Southern Tasmania
☎ 03 6282 1555
➡ www.lifeline.org.au

LANDCARE/COASTCARE GROUPS

Bellerive Bluff Land and Coastcare Group Inc
☎ 03 6244 3995

LANDCARE/COASTCARE GROUPS

Waverley Flora Park Landcare
☎ 03 6244 2001

COMMUNITY CENTRES

Alma's Activities Centre
☎ 03 6244 4264

Howrah

CRAFT GROUPS

Card Making and Craft

☎ 03 6244 5926

CRAFT GROUPS

Eastern Shore
Needlework Group

☎ 03 6247 1648

EXERCISE

Jane's Gentle Exercise

☎ 0415 565 248

EXERCISE

Sit and Be Fit

☎ 0419 155 578

EXERCISE

Fitness with Friends

☎ 0437 123 124

TENNIS

Sunshine Tennis Club Inc

☎ 0448 329 771

➔ www.sunshinetenisclub.org.au

ADULT EDUCATION

School for Seniors – Howrah

☎ 03 6247 9198

COMMUNITY SHEDS

Howrah Men's Shed

☎ 0427 489 171

PROBUS

Howrah Combined
Probus Club

☎ 03 6244 3675

PROBUS

Shoreline Combined
Probus Club Inc

☎ 03 6243 5567

SENIORS GROUPS

Chat 'n' Eat

☎ 03 6247 9011

➔ www.saintthomas.org.au

SENIORS GROUPS

Clarence Lions Club

☎ 0429 979 070

SENIORS GROUPS

Howrah School for Seniors

☎ 03 6247 9198

SUPPORT GROUPS

Howrah Auxiliary for the
Royal Hobart Hospital

☎ 03 6243 5857

☎ 0419 137 221

SUPPORT GROUPS

Seniors Moments

☎ 0417 103 567

LANDCARE/COASTCARE GROUPS

Glebe Hill Bushland Reserve
Landcare Group

➔ www.facebook.com/Glebe-HillLandcare

COMMUNITY CENTRES

Howrah Community Centre

☎ 03 6247 7711

Lauderdale

PROBUS

Lauderdale Combined
Probus Club Inc

☎ 03 6239 9175

LANDCARE/COASTCARE GROUPS

Lauderdale Coastcare
Group

✉ mjhovington@gmail.com

Lindisfarne and Geilston Bay

CRAFT GROUPS

Hands on Craft

☎ 03 6243 1000

SINGING

Lindisfarne Riverside Arts
Club Inc

☎ 03 6248 1949

➔ www.riversideartsclub.org.au

SINGING

Lincoln Singers

☎ 03 6244 5344

BOWLS

Beltana Bowls Club

☎ 03 6243 8706

➔ beltana.bowls.com.au

BOWLS

Lindisfarne Community
Centre Indoor Bowls

☎ 03 6243 6029

DANCING

Line Dancing

☎ 0458 133 124

TENNIS

Lindisfarne Memorial
Tennis Club

➔ www.tennis.com.au/lindisfarne

DRAGON BOATS

Derwent Storms Dragon
Boat Club

✉ derwentstorms@gmail.com

DRAGON BOATS

Dragons Abreast

☎ 0412 129 523

ADULT EDUCATION

School for Seniors –
Lindisfarne

☎ 03 6243 6689

HISTORICAL SOCIETIES

Lindisfarne Historical Society Inc.

✉ lindisfarne.history@gmail.com

LIBRARY

Lindisfarne Community Centre

☎ 03 6243 5810

COMMUNITY GROUPS

Country Women's Association – Lindisfarne

☎ 03 6272 7671

☎ Head office 03 6231 3706

➡ cwaintasmania.com.au

COMMUNITY GROUPS

Rotary Club of Lindisfarne

☎ 03 6243 6543

COMMUNITY GROUPS

RSL Lindisfarne

☎ 03 6243 9820

➡ www.rsltas.org.au

PROBUS

Lindisfarne Combined Probus Club

☎ 03 6243 8522

SENIORS GROUPS

Clarence Eating with Friends

☎ 03 6217 9630

SENIORS GROUPS

National Seniors Australia Inc – Rosny Park

☎ 0400 925 400

SENIORS GROUPS

Lindisfarne School for Seniors

☎ 03 6243 6689

SUPPORT GROUPS

Inner Wheel Club of Clarence

☎ 0428 490 205

GARDENING CLUBS

Lindisfarne Garden Club Inc

☎ 03 6244 1271

LANDCARE/COASTCARE GROUPS

Gordons Hill

Landcare Group

☎ 0476 136 189

Montagu Bay

TABLE TENNIS

Eastside Table Tennis

☎ 0409 346 094

➡ www.eastsidetabletennis.org

LANDCARE/COASTCARE GROUPS

Rosny Montagu Bay

Landcare and Coastcare Group Inc

☎ 03 6244 1566

Mornington and Warrane

CRAFT GROUPS

Handweavers, Spinners and Dyers Guild – Eastern Shore

☎ 03 6224 1526

☎ 0418 485 868

➡ hwsdguildtasmania.org

CRAFT GROUPS

Time Out Program

Citywide Baptist Church

☎ 03 6244 4333

➡ citywidehobart.org.au

BADMINTON

Badminton For Seniors

☎ 03 6247 9545

NEIGHBOURHOOD CENTRES

Warrane Mornington

Neighbourhood Centre Inc

☎ 03 6244 6346

➡ www.nht.org.au/houses/warrane-mornington-neighbourhood-centre-inc

SUPPORT GROUPS

Meals On Wheels – Eastern Shore

☎ 03 6244 3925

www.mowtas.org.au

Richmond

SUPPORT GROUPS

Meals on Wheels – Richmond

☎ 6260 4153

☎ 6260 1001

GARDENING CLUBS

Coal River Valley

Garden Club Inc

☎ 6260 2727

Risdon and Risdon Vale

PERFORMANCE

Southern Districts Concert Band

✉ helenacoles@gmail.com

COMMUNITY SHEDS

Risdon Vale

Community Shed

☎ 6243 5752

NEIGHBOURHOOD CENTRES

Risdon Vale Fun Club

☎ 6243 5752

➡ www.nht.org.au/houses/risdon-vale-neighbourhood-centre

Rokeby and Clarence Plains

SINGING

Find Your Voice
☎ 1800 269 672

EXERCISE

Clarence Plains Tai Chi
☎ 03 6247 6778

WALKING GROUPS

Clarence Plains Walk and Talk
☎ 03 6247 6778

HISTORICAL SOCIETIES

Clarence Plains History Group
☎ 0415 847 360

SUPPORT GROUPS

Rotary Club of Howrah Inc
☎ 0419 882 876
➡ www.howrahrotary.org.au

COMMUNITY SHEDS

Clarence Plains Community Shed
☎ 03 6265 2148
☎ 0417 572 668

NEIGHBOURHOOD CENTRES

Rokeby Neighbourhood Centre
☎ 03 6247 6778
➡ www.nht.org.au/houses/rokeby-neighbourhood-centre

NEIGHBOURHOOD CENTRES

Clarendon Vale Neighbourhood Centre
☎ 03 6247 8163
➡ www.nht.org.au/houses/clarendon-vale-neighbourhood-centre

LANDCARE/COASTCARE GROUPS

Tranmere – Clarence Plains Land and Coastcare Inc
☎ 0435 325 171
➡ www.tacplaci.org.au

Rosny

CRAFT GROUPS

Clarence Community Knitting
☎ 03 6244 4995

COMMUNITY GROUP

Friends of Rosny Farm
☎ 03 6217 9607

BOWLS

Rosny Park Bowls Club
☎ 03 6244 1642
➡ rosnyparkbowls.com

WALKING GROUPS

Clarence Walk and Talk
☎ 03 6244 6276
☎ 03 6247 8696

ADULT EDUCATION

School for Seniors – Rosny
☎ 03 6244 8838

ADULT EDUCATION

University of the Third Age
☎ 0408 494 217
➡ www.u3aclarence.com

INFORMATION

Justices of the Peace
☎ 1300 366 611
➡ www.justice.tas.gov.au/justice-of-the-peace

COMMUNITY GROUPS

Friendship Force of Hobart Inc
☎ 03 6243 7050
➡ www.friendshipforce-aussie.org

COMMUNITY GROUPS

RSL Clarence
☎ 03 6244 7633
➡ www.rsltas.org.au

SENIORS GROUPS

Clarence Pensioners Association
☎ 0408 129 093

SUPPORT GROUPS

Clarence Community Volunteer Service
☎ 03 6217 9630

Seven Mile Beach

SUPPORT GROUPS

Seven Mile Beach Cancer and Caring Auxiliary
☎ 0438 218 185

LANDCARE/COASTCARE GROUPS

Seven Mile Beach Coastcare Group Inc
☎ 0418 571 072

South Arm

CRAFT GROUPS

South Arm Care Quilts

☎ 0400 564 987

COMMUNITY GROUPS

South Arm RSL Club

☎ 03 6239 9171

➞ www.rsltas.org.au

SUPPORT GROUPS

South Arm Peninsula
Residents Association Inc
(SAPRA)

☎ 0407 875 460

GARDENING CLUBS

South Arm Garden Club

☎ 0418 610 699

☎ 0448 824 892

Various Locations

PERFORMANCE

Act Your Age –
Community Theatre

☎ 03 6244 4309

➞ actyourage.org.au

SINGING

Just Us Choir

☎ 03 6249 8168

☎ 03 6243 5930

EXERCISE

Fitness in the Park

☎ 03 6217 9599

WALKING GROUPS

Australian Retired Persons
Association Tas Inc

☎ 03 6278 1519

WALKING GROUPS

Eastern Shore Ramblers

☎ 0417 507 668

WALKING GROUPS

Just Walk It

☎ 0408 487 218

COMMUNITY GROUPS

The Wellbeing Club 13 Inc

☎ 0420 691 273

DISABILITY GROUPS

Mosaic Support Services

☎ 03 6244 9444

➞ www.mosaictas.org.au

SENIORS GROUPS

Migrant Resource Centre
Tasmania (MRC)

☎ 03 6221 0999

➞ www.mrctas.org.au

SENIORS GROUPS

Zonta Club of Hobart
Derwent Inc

☎ 03 6260 2397

➞ www.zontadistrict23.org.au

SOCIETIES AND GROUPS

Hobart Games Society
(Hogs)

➞ www.hogs.org.au

SUPPORT GROUPS

Eastern Shore Prostate
Cancer Support Group

☎ 03 6169 1900

➞ www.cancertas.org.au



Clarence City Council

38 Bligh Street, Rosny Park TAS 7018

PO Box 96 Rosny Park TAS 7018

Telephone 03 6217 9500

Email clarence@ccc.tas.gov.au

Facebook [/ClarenceCityCouncil](https://www.facebook.com/ClarenceCityCouncil)

www.ccc.tas.gov.au