

Get active in the **NORTH 2022**

Sport, recreation and physical activity
opportunities for older adults



EVERYDAY ESSENTIALS FOR YOUR COVID SAFETY KIT

A few basic items can help reduce your COVID risk every day and ensure you're prepared if local cases occur or new community safety measures are introduced. Tasmanians are keeping on top of COVID, but things can change at any time. Stay prepared.



WHAT TO KEEP IN YOUR KIT

Face masks are required for interstate travel and may become essential in other settings to reduce community risk



Hand sanitiser with you and soap at home



Tissues to cover coughs and sneezes

Check in TAS app on your phone – check in when you're out and about



**KEEP
ON TOP OF**

COVID

Public Health Hotline **1800 671 738**
www.coronavirus.tas.gov.au/covid-safety-kit



Tasmanian
Government

The Tasmanian Government recognises the many benefits that come from participating in sport, recreation and physical activity. These include health, wellbeing, economic and social benefits.

This publication provides information on some of the opportunities available to older adults in northern Tasmania.

The information in this booklet was accurate as at December 2021. The listings should not be regarded as recommendations from Communities, Sport and Recreation.

It is the responsibility of all individuals to ensure they are physically capable of participating in activities and to check arrangements for their safety with each organisation.

To receive notification of the next edition of *Get Active*, or to add your activity, email: sportrec@communities.tas.gov.au

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AEROMODELLERS

Launceston Model Aero Club Inc

- When:** Saturday and Sunday mornings (weather permitting)
Where: Symmons Plains Airfield, 14872 Midland Highway, Perth
Cost: Adults \$190 per year, juniors \$45 per year
Equipment: Must supply own equipment
Contact: Michael Green (President) on 0413 014 574 or 63 982781
Email: secretary@lmacrc.com
Website: www.lmacrc.com
Wheelchair accessible

AQUA FITNESS

Low Impact Aqua Fitness

- When:** Tuesday 8:45 am – 9:15 am
Where: Launceston Swim School,
25 Shamrock Street, South Launceston
Cost: \$11 per session
Equipment: BYO bathers, towel, drink bottle
Contact: Lindy Crack on 6343 3565
Email: swim@launcestonswimschool.com.au
Website: www.launcestonswimschool.com.au

ARCHERY

Paringa Archers Launceston Inc

- When:** First Wednesday 6:30 pm – 9:00 pm (public sessions)
Second and fourth Saturday 9:30 am – 12:00 pm (public sessions)
Where: 201 Reatta Road, Trevallyn
Cost: \$20 per session
Equipment: Archery equipment supplied; closed footwear required
Contact: President on 0411 878 658
Email: president@paringaarchers.org.au
Website: www.paringaarchers.org.au
Facebook: Paringa Archers
Wheelchair accessible

BOWLS - INDOOR

Deloraine Indoor Bias Bowls Association Inc

When: Thursday 7:15 pm (April to August)
Where: Various clubs within Meander Valley
Cost: \$35 annual membership, plus \$2 - \$4 per week
Contact: Marilyn Robinson on 6362 3247 or 0439 613 828
Email: marilyn@aaapt.net.au
Wheelchair accessible

Launceston Indoor Bias Bowls Association Inc

When: Wednesday 7:15 pm – 10:30 pm
Where: Various clubs within Launceston region
Cost: \$35 annual membership, plus \$2 - \$3 per night
Contact: Lois Cummings on 6331 1407
Email: cummingsld@bigpond.com
Wheelchair accessible

Northern Division Indoor Bias Bowls Association

When: Weekly pennant. Weekend championships 9:00 am – 6:00 pm
Where: Various associations within the division
Cost: Approximately \$35 annual membership as per associations
Contact: Rhonda Aram on 0438 089 353
Email: rhonda.aram@bigpond.com
Wheelchair accessible

Perth Indoor Bowls Club Inc

What: Indoor Carpet Bowls
When: Monday 1:00 pm – 3:30 pm
Where: Perth Community Centre, 173 Fairtlough Street, Perth
Cost: \$10 annual fee, plus \$4 weekly fee
Contact: Barry Geard (President) on 6398 1201
Wheelchair accessible

YMCA of Launceston Inc

What: Social indoor carpet bowls
When: Wednesday 9:30 am – 12:00 pm
Where: 8A Blaydon Street, Kings Meadows
Cost: Members: \$8 per session, casual: \$10 per session
Contact: 6344 3844
Email: reception@ymcalaunceston.org
Website: www.ymcalaunceston.org
Facebook: YMCA Launceston
Wheelchair accessible

BOWLS - OUTDOOR

East Launceston Bowling and Community Club

When: Thursday 10:00 am, Saturday 11:00 am
Where: 22 Adelaide Street, East Launceston
Cost: \$32 social, \$127 club, \$197 pennant
Contact: Penny Greenberg on 6331 5018
Email: elbclub@bigpond.com
Facebook: East Launceston Bowls Club
Wheelchair accessible

Invermay Bowls and Community Club Inc

What: Lawn Bowls and Bingo
When: Bowls Daily 1:00 pm – close,
Bingo Monday 10:30 am and Friday 7:00 pm
Where: Forster Street, Invermay
Cost: \$6 green fees per person
Contact: Vicki Quail on 0407 171 874
Email: invermaybcc@gmail.com
Facebook: Invermay Bowls Club
Wheelchair accessible

Launceston Bowls and Community Club Inc

When: Tuesday 12:30 pm (Social Jackpot Pairs) all year
Thursday 11:00 am (Social Jackpot Pairs) – April to September

Where: 2 Home Point Parade, Seaport

Cost: \$10 Jackpot pairs

Equipment: All equipment can be provided

Contact: Club on 6331 6591

Email: lbci@bigpond.com

Wheelchair accessible

Longford Bowls and Community Club

What: Social bowls

When: Tuesday 12:00 pm

Where: 3 Archer Street, Longford

Cost: \$10 per session

Equipment: Bowls can be supplied

Contact: Club on 6391 1367

Email: longfordbowls@gmail.com

Facebook: Longford Bowls and Community Club

Wheelchair accessible

Scamander Bowls Club

When: Thursday 12:30 pm (during summer), indoor bowls offered during winter

Where: Scamander Sports Complex, Coach Road, Scamander

Cost: \$5 per session

Contact: Michael Seymour on 0418 294 688 or club on 6372 5333

Email: scamanderbowlsclub@gmail.com

Facebook: Scamander Bowls Club

St Helens Bowls Club Inc

- When:** Winter bowls: Tuesday, Thursday and Saturday 12:30 pm
registration for 1:00 pm.
Summer bowls: Tuesday and Thursday 12:30 pm
registration for 1:00 pm
- Where:** 10 Circassian Street, St Helens
- Cost:** \$7 social bowls
\$20 Social membership, \$55 Social bowling membership
\$135 Full membership
- Equipment:** Free use of equipment for beginners and visitors
- Contact:** Jane Pickett on 0458 420 842 or Club on 6376 1943
- Email:** sthelensbowls@gmail.com
- Website:** www.sthelens.bowls.com.au
- Facebook:** St Helens Bowls Club
- Wheelchair accessible – venue only**

BRIDGE

Tamar Bridge Club

- When:** Monday 1:00 pm, Tuesday and Thursday 7:30 pm
- Where:** St Leonards Hall, St Leonards Road, St Leonards
- Cost:** \$40 annual membership, \$5 per session
- Contact:** Secretary on 0407 535 197
- Email:** secretary@tamar.bridgeaustralia.org
- Website:** www.tamar.bridgeaustralia.org
- Wheelchair accessible**

CHESS

YMCA Launceston – Chess Club

When: Wednesday 6:00 pm – 9:00 pm
Where: YMCA Launceston – 8A Blaydon Street, Kings Meadows
Cost: \$6 per session
Contact: 6444 3844
Email: reception@ymcalaunceston.org
Website: www.ymcalaunceston.org
Facebook: <https://www.facebook.com/ymcalaunceston>
Wheelchair accessible

COMMUNITY CENTRES

Flinders Island Day Centre

What: Varied activities including 'Eating with Friends', movie days, secret men's business
When: Tuesday 1:00 pm, Thursday 11:00 am
Where: Multi-Purpose Centre, Whitemark
Contact: Sue Hallas or Leigh Matthews on 6359 0200
Email: sue.hallas@ths.tas.gov.au
Wheelchair accessible

St Marys Day Centre

What: Daily respite group - aged, frail and people with disability
When: Wednesday 9:30 am – 2:30 pm
Where: St Marys Community Health Centre
Cost: \$6.20 plus additional cost for transport
Contact: Hayley Gilbert on 6387 5555
Email: hayley.gilbert@ths.tas.gov.au
Wheelchair accessible

Westbury Day Centre

- What:** Day respite centre
When: Monday, Wednesday and Friday 9:30 am – 3:00 pm
Where: Westbury Community Health Centre,
89 Meander Valley Road, Westbury
Cost: \$12 per day (includes transport, morning tea,
two course lunch and afternoon tea)
Contact: Esther Lee on 6701 2162 or 0417 842 602
Email: esther.lee@ths.tas.gov.au
Wheelchair accessible

Westbury Dementia Day Centre

- What:** Day respite centre
When: Monday and Friday 9:30 am – 3:00 pm
Where: Westbury Community Health Centre, 89 Meander Valley
Road, Westbury
Cost: \$12 per day (includes transport, morning tea, two course
lunch and afternoon tea)
Contact: Rebecca Shephard on 6701 2151 or 0428 413 284
Email: rebecca.shephard@ths.tas.gov.au
Wheelchair accessible

COTA TASMANIA (COUNCIL ON THE AGEING)

- What:** COTA Tasmania is the peak body representing the needs and
interests of older people in Tasmania
When: Monday - Friday 9:00 am – 3:00 pm (appointments preferred)
Location: Westella, 181 Elizabeth Street, Hobart
Contact: 6231 3265
Email: admin@cotatas.org.au
Website: www.cotatas.org.au
Wheelchair accessible

COUNTRY WOMEN'S ASSOCIATION (CWA)

When: Various, phone for details
Where: Various locations, phone for details
Contact: State office on 6231 3706
Email: admin@cwaintasmania.com.au
Website: cwaintasmania.com.au
Facebook: CWA in Tas Inc

CROSSWORDS

Cryptic Crossword Group

When: Friday 10:00 am – 12:00 pm
Where: Beaconsfield House, 33 Grubb Street, Beaconsfield
Cost: \$2
Contact: Brenda Webber on 6383 1160
Wheelchair accessible

CROQUET

Northern Tasmanian Croquet Centre

When: Monday and Thursday 10:00 am and 1:00 pm
Where: St Leonards Sports Centre, St Leonards
Cost: First visit free
Equipment: All equipment provided
Contact: Lee Turner on 0439 310 070
Email: lee-tee@bigpond.com
Wheelchair accessible

St Leonards Croquet Club Inc

- When:** Wednesday 10:00 am – 3:00 pm
Where: Northern Tasmania Croquet Centre,
St Leonards Road, St Leonards
Cost: Visiting players \$10 per visit
Equipment: Enclosed, flat soled shoes must be worn, all
equipment provided
Contact: Joan Williams on 0498 489 751
Email: stleonardscroquetclub@gmail.com
Website: www.croquettas.com

CYCLING

Tamar Bicycle Users Group

- What:** Graded bike rides of various standards and distances
When: Most days of the week – see Facebook or website for details
Where: Various Launceston locations
Cost: Free initially but purchasing insurance is recommended
Contact: Malcolm Reid on 0419 107 892
Email: contactus@tbug.org.au
Website: www.tamarbug.org.au

DANCING

Launceston Caledonian Society Scottish Country Dancers

- When:** Alternate Saturdays 7:30 pm – 10:30 pm
Where: St Catherine's Hall, Penquite Road, Norwood
Cost: \$5 per session
Contact: Betty Lavery on 6327 3180
Email: bettylavery@gmail.com

Launceston Circle Dancing Group

When: Monday 10:00 am
Where: St Catherine's Hall, 190 Penquite Road, Norwood
Cost: \$7.50 per session, term discounts
Equipment: Dress comfortably. Flat shoes are best
Contact: Julie on 0402 048 147 or Estelle on 6327 2685
Email: dancingcirclelaunceston@gmail.com

Launceston Square Dance Club

When: Wednesday 7:00 pm – 10:00 pm
Where: Launceston Bowls Club, 2 Home Point Parade, Launceston
Cost: \$2 learners, \$5 members
Contact: Glenn MacLaren on 0438 446 535 or
Di Ashton on 0488 005 452
Email: dianeashton444@gmail.com
Facebook: Square Dancing Launceston
Wheelchair accessible

The Reel Scottish Country Dancers

What: A subgroup of the Folk Federation of Tasmania
When: Alternate Saturdays 7:30 pm
Where: St Catherine's Hall, Penquite Road, Norwood
Cost: \$5 per session
Contact: Tony Northey on 6331 8892 or 0412 554 713
Email: tonynorthey@gmail.com

PEOPLE WITH DISABILITY

New Horizons Tasmania

When: Office open Monday-Thursday 9:30 am – 4:00 pm;
Friday 9:30 am – 3:00 pm
Cost: \$40 adult annual membership, \$70 family, \$32 junior (under 16)
Contact: Office on 6326 3344
Email: info@newhorizonstas.org.au
Website: www.newhorizonstas.org.au
Facebook: New Horizons Tasmania
Wheelchair accessible

EQUESTRIAN

Dressage Tasmania North Zone

- What:** Dressage
When: Monthly competitions
Where: Thirlstane Golf Club
Cost: Membership \$84 per annum
Entry fees for competition \$40 per test
Equipment: Need your own horse and equipment
Contact: Alana Fazackerley on 0400 577 326
Email: dressage@gmail.com
Website: <https://www.tas.equestrian.org.au/dressage/>
Facebook: <https://www.facebook.com/dressagetasmania>

Lilydale District pony Club Inc (Adult Riders)

- What:** Horse Riding
When: Third Saturday of each month 9:30 am
Where: Karoola recreation Ground, 1126 Piper's River Road, Karoola
Cost: \$160 Insurance and affiliation with Pony Club Tasmania
\$40 per Rally
Equipment: Own horse required
Contact: Janice Van Riel on 0408 951 455
Email: lilydalepc@gmail.com
Facebook: Lilydale District Pony Club and Adult Riding Club
Wheelchair accessible

Northern Adult Riding Club Inc (NARC)

- When:** Last Sunday of each month 10:00 am
Where: Westbury and surrounding areas
Cost: \$50 annual membership, \$40 per rally
Contact: Sallie Wadley on 0428 974 718
Email: members@northernadultridingclub.org.au
Website: www.northernadultridingclub.org.au
Facebook: Northern Adult Riding Club

EXERCISE GROUPS

Active Ageing - Riverside

- What:** Seniors exercise classes
When: Wednesday 1:00 pm – 2:00 pm and 2:00 pm – 3:00 pm
Where: Windsor Medical Precinct, Windsor Drive, Riverside
Cost: \$10 per session
Contact: Erin Woolley on 6330 1572
Email: woolley59@hotmail.com
Wheelchair accessible

Active Ageing - Kings Meadows

- What:** Seniors exercise classes
When: Tuesday 2:30 pm – 3:30 pm
Where: Kings Meadows Health Centre, McHugh Street, Kings Meadows
Cost: \$10 per session
Contact: Erin Woolley on 6330 1572
Email: woolley59@hotmail.com
Wheelchair accessible

Exercise Right

- What:** eBook – Exercise for Older Adults
Cost: Free
Contact: 07 3171 3335
Email: info@essa.org.au
Website: <https://bit.ly/ExerciseforOlderAdultseBook>

Health Revival Longford

- What:** Offering boot camp, boxing, conditioning, Zumba® Strong, Healthy Hearts, Living Longer Living Stronger, fully equipped gym
- When:** 5:00 am – 11:00 pm seven days a week – phone or check Facebook for class timetables
- Where:** 8 Burghley Street, Longford
- Cost:** \$15 casual or \$30 per fortnight for full single membership (unlimited gym and classes), senior rate applies
- Contact:** Office on 6391 1055
- Email:** info@healthrevival.com.au
- Facebook:** Health Revival Longford
- Wheelchair accessible**

Police Citizens Youth Club - PCYC

- What:** General fitness class
- When:** Monday - Friday 9:30 am
- Cost:** \$5.50 per session for members. First trial class is free
- What:** Senior fitness
- When:** Tuesday and Thursday 10:00 am – 11:30 am
- Cost:** \$4 per session for members. First trial class is free
- Contact:** PCYC Reception on 6344 2411
- Email:** info@pcyclaunceston.org.au
- Website:** www.pcyclaunceston.org.au/senior-fitness
- Facebook:** PCYC Launceston
- Wheelchair accessible**

YMCA Launceston - Fitness Room

- What:** Fitness Room
- When:** Call to confirm
- Where:** 8A Blaydon Street, Kings Meadows
- Cost:** Members \$9 per hour, casual \$11.50 per hour
- Contact:** 6344 3844
- Email:** reception@ymcalaunceston.org
- Website:** www.ymcalaunceston.com
- Facebook:** <https://www.facebook.com/ymcalaunceston>

YMCA Launceston - Exercise Classes

- What:** Gentle Exercise Classes
When: Wednesday 10:00 am – 11:00 am
Cost: Members: \$7.50 per session, casual: \$9.50 per session
- What:** Healthy Hearts
When: Wednesday 10:00 am – 11:00 am
Cost: Members: \$7.50 per session, casual: \$9.50 per session
- What:** Forever Fit
When: Wednesday 10:00 am – 11:00 am
Cost: Members: \$8 per session, casual: \$10 per session
- What:** Zumba
When: Thursday 6:00 pm – 6:45 pm
Cost: Members: \$9.50 per session, casual \$12 per session
- What:** F.A.M.E (fitness and mobility exercises after stroke)
When: Wednesday and Friday 11:15 am – 12:15 pm
Cost: Members \$11 per session, casual \$15 per session
- Where:** 8A Blaydon Street, Kings Meadows
Contact: 6344 3844
Where: 8A Blaydon Street, Kings Meadows
Email: reception@ymcalaunceston.org
Website: www.ymcalaunceston.com
Facebook: <https://www.facebook.com/ymcalaunceston>
- Wheelchair accessible**

FIELD NATURALISTS

Launceston Field Naturalist Club

- What:** A not for profit organisation open to all community members 'to encourage the study of all-natural history and to support the conservation of our natural heritage'.
- When:** General meetings first Tuesday of each month 7:30 pm (except January) Field activity most months (phone or see website for details)
- Where:** Monthly meetings Scotch Oakburn College (Senior Campus), Penquite Road, Newstead and at the club's 58 hectare property, The John Skemp Field Centre, Myrtle Bank, 33 km from Launceston
- Cost:** \$55 family, \$35 single annual membership
- Contact:** Noel Manning (Secretary) on 0458 030 767
- Email:** secretary@lfnc.org.au
- Website:** www.lfnc.org.au

North East Tasmania Field Naturalist Club Inc

- What:** To encourage the study and appreciation of the natural world and support its conservation
- When:** Second Saturday of each month 10:00 am
- Where:** Various meeting places
- Cost:** \$20 single, \$30 family annual membership
- Contact:** Louise Brooker on 0417 149 244
- Email:** brooker@vision.net.au
- Website:** www.netasfieldnats.org.au

FISHING

Fly Fishers' Club of Tasmania Inc.

When: First Wednesday of each month 7:30 pm (except January)

Where: 1-3 Chant Street, East Launceston

Cost: \$30 joining fee, \$84 annual subscription

Contact: Richard Hawley on 0429 888 687

Email: secretary@flyfisherscluboftasmania.org.au

Website: www.flyfisherscluboftasmania.org.au

Facebook: The Fly Fishers Club of Tasmania

Wheelchair accessible

Westbury Fishing Club

When: First Tuesday of each month 7:30 pm (except January)

Where: Westbury RSL Club, Lonsdale Promenade, Westbury

Cost: \$30 Senior, \$45 Family, \$5 Junior (14-17 years),
under 14 free annual membership

Contact: David Rybarczyk on 6393 1771 or 0400 929 174

Email: tmca3@dodo.com.au

Wheelchair accessible

FRIENDSHIP GROUPS

Hadspen Friends

What: Meet friends, socialise, reminisce, participate in games, guest speakers, outings and enjoy a meal together. Bus transport available

When: Tuesday 10:00 am – 3:00 pm (transport available)

Where: Hadspen Community Centre

Cost: \$12 per day (includes meal and transport)

Equipment: Bring yourself and a friend. Everything is supplied.

Contact: Westbury Community Health on 6701 2150

Wheelchair accessible

Ionian Club Launceston

- What:** Women's group offering friendship and support to residents and newcomers to Launceston and surrounding areas.
- When:** Lunch Meeting: first Thursday of each month 11:30 am – 1:30 pm.
Coffee catchups: second Wednesday and last Friday of each month 10:30 am – 11:30 am
- Where:** Club meeting: Penny Royal Restaurant.
Coffee catchups: Grain Café, Silos, Invermay
- Cost:** \$45 new members (includes badge), \$30 ongoing membership, lunch and coffee at own cost.
- Contact:** Anna Fitzpatrick (Secretary) on 0439 992 802
- Email:** launceston@ionians.net
- Website:** www.ionians.net/launceston/launceston-home
- Facebook:** Launceston Ionians
- Wheelchair accessible**

Newstead Baptist Church

- What:** Seniors Drop-in Centre
- When:** Friday 1:00 pm – 3:30 pm
- Where:** 14 Wentworth Street, Newstead
- Cost:** \$2 per session
- Contact:** Church Office on 6331 6891
- Email:** info@newsteadbaptist.org.au
- Website:** www.minist60.wixsite.com/newsteadbaptist
- Wheelchair accessible**

Ravenswood Over 50 Club Association Inc

- What:** Indoor and outdoor bowls, darts and bingo
- When:** Monday 12:30 pm, Bingo Tuesday 12:45 pm
- Where:** Ravenswood Community and Sports Centre,
39-41 Lambert Street, Ravenswood
- Cost:** Various
- Equipment:** Felt pen for Bingo
- Contact:** Karen Jacobs on 6339 2912
- Email:** ravenswoodover50s@bigpond.com.au
- Wheelchair accessible**

Westbury Day Centre

- What:** Meet friends, socialise, participate in games, guest speakers, outings, reminiscing, enjoy a meal together.
Bus transport available.
- When:** Monday, Wednesday and Friday 10:00 am – 3:00 pm
(Day Centre Westbury)
Monday and Friday 10:00 am – 3:00 pm
(Rainbow Room, Westbury)
- Where:** Westbury Community Health Centre,
89 Meander Valley Road, Westbury
- Cost:** \$12 per day
- Equipment:** Bring yourself, everything is supplied.
- Contact:** Westbury Community Health on 6701 2150
- Wheelchair accessible**

GARDENING

George Town Garden Club

- When:** Third Thursday of each month 10:00 am
- Where:** Low Head Bowls Club
- Cost:** \$10 annual membership
- Contact:** Judy Stagg on 6382 1728
- Email:** johnandjudy10@bigpond.com

Longford Garden Club

- What:** Meetings, garden visits and flower show
- When:** Second Wednesday of each month 7:30 pm
(except January, June and July)
- Where:** Phone for details
- Cost:** \$15 annual membership (some functions have extra cost)
- Contact:** Cathie Green (Secretary) on 0429 115 567
- Email:** Longford.garden54@gmail.com
- Facebook:** Longford Garden Club
- Wheelchair accessible meetings only**

Tasmanian Floral Art Society Inc

- When:** Saturday, various 10:00 am – 3:00 pm
Where: Hobart, Longford, Devonport
Cost: Annual subscription \$10 plus workshop, \$5 members, \$8 non-members
Contact: Anne Marshall on 0448 990 837 or
Norma Gordon on 6244 1271
Email: mervyn.gordon@bigpond.com
Website: www.ausfloralart.org.au
Wheelchair accessible

Westbury Garden Club

- When:** Third Monday of each month 7:00 pm
except June, July and December
Where: Westbury Fire Brigade rooms, William Street, Westbury
Cost: \$10 annual membership
Contact: Karen Mackenzie (Secretary) 0455 932 342
Email: karenmac1957@gmail.com
Facebook: Westbury Garden Club, Westbury, Tasmania
Wheelchair accessible

Windsor Community Garden (West Tamar Council)

- What:** Garden is open to residents as a passive recreational activity.
A committed group of friendly gardeners, always looking for
new members
When: Open to members during daylight hours
Where: Windsor Community Precinct, 1 Windsor Drive, Riverside
Cost: \$27 per year general member, \$59 per year personal
membership
Contact: Community Development Officer on 6323 9200
Email: wtc@wtc.tas.gov.au
Website: www.wtc.tas.gov.au/Your-Community/Recreation-and-Community-Facilities/Windsor-Community-Garden

GOLF

Deloraine Golf Club Inc

- When:** Tuesday – Veterans 10:00 am, Wednesday – Ladies 10:00 am,
Saturday – Medley 10:00 am
- Where:** 1263 Osmaston Road, Deloraine
- Cost:** \$430 Annual Membership, \$20 Green Fees
- Contact:** Secretary on 0418 277 073 or Club House on 6362 2132
- Email:** secretary@delorainegolfclub.com.au
- Website:** www.delorainegolfclub.com.au
- Facebook:** Deloraine Golf Club

Exeter Golf Club Inc

- When:** Bar and club house open Sunday to Saturday,
Tuesday (ladies' competition),
Wednesday (veterans' competition)
Saturday (men's and ladies' competition)
- Where:** 41 Main Road, Exeter
- Cost:** \$6000 annual membership, \$25 green fees
- Contact:** Sue Clark (Captain) on 0488 950 886 or
Clubhouse on 6394 4427
- Email:** secretary@exetergolfclub.com.au
- Website:** www.exetergolfclub.com.au
- Facebook:** Exeter Golf Club Tas

Greens Beach Golf Club

- When:** Monday 9:00 am – 3:00 pm,
Tuesday, Wednesday and Thursday 9:00 am – 6:00 pm,
Friday and Saturday 9:00 am - close
- Where:** 1764 Greens Beach Road, Greens Beach
- Cost:** \$30 18 holes, \$20 club hire, \$5 buggy hire,
\$35 cart hire for 18 holes, 9 holes \$25.
- Contact:** Tracy Duncan on 6383 9102
- Email:** info@greensbeachgolf.com.au
- Website:** www.greensbeachgolf.com.au
- Facebook:** Greens Beach Golf Club
- Wheelchair accessible**

Moorina Golf Club

When: Course open 9:00 am – 5:00 pm daily
Where: Tasman Highway, Moorina
Cost: \$10 per person green fees
Contact: Lyn Mullins on 0438 542 413
Email: lynnettemullins@bigpond.com
Facebook: Moorina Golf Club
Wheelchair accessible

Mowbray Golf Club Inc

When: 7 days, guests welcome
Where: 28 Grubb Street, Mowbray
Cost: \$25 as many holes as you like (live in Tasmania),
\$35 interstate visitors
Equipment: Clubs, buggies and carts available for hire
Contact: Jamie Corkill (Head Pro) on 6326 3832
Email: golf@mowbraygolfclub.com
Website: www.mowbraygolfclub.com

Scottsdale Golf Club

When: Tuesday and Saturday
Where: 97 George Street, Scottsdale
Cost: \$15 Green fees, \$5 Juniors
Contact: David Clough on 0438 165 061
Email: jondifarms@bigpond.com

Tim O'Shanter Golf and Community Club

When: Competition days – Wednesday and Saturday 9:00 am
Meals: Friday 5:30 pm and Saturday 12:00 pm
Where: 19 Fairway Avenue Lulworth
Cost: \$15 per person Green Fees
Contact: Berni Chapman on 0413 905 082
Email: ltamoshantergolfclub@gmail.com
Website: www.timoshantergolfclub.com.au
Facebook: Tim O'Shanter Golf and Community Club
Wheelchair accessible

HANDICRAFTS

Embroiderers Guild of Tasmania Inc

When: Thursday 9:30 am – 2:30 pm (Feb-Dec)
Where: Elderly Citizens Clubrooms, 16 Landale Street, Invermay
Cost: \$35 subscription per annum, \$3 per session
Equipment: BYO sewing plus equipment – needle, thread etc. BYO lunch.
Contact: Secretary on 0437 769 444
Email: contact@embroiderylaunceston.com
Wheelchair accessible

Hearts 'n' Hands Craft Group

When: Thursday 10:00 am – 12:00 pm (during school terms)
Where: Anglican Parish Hall, 56 Cecilia Street, St Helens
Cost: \$2 per week for morning tea
Contact: Carole Withers on 6376 1638
Wheelchair accessible

Newstead Baptist Church - Chat'n'Choose

When: Thursday 9:30 am – 11:30 am
Where: 14 Wentworth Street, Newstead
Cost: \$2 per session
Contact: Church Office on 6331 6891
Email: info@newsteadbaptist.org.au
Website: www.minist60.wixsite.com/newsteadbaptist
Wheelchair accessible

Tatana Quilters

When: Monday 10:00 am – 2:00 pm
Where: Tresca Community Centre, 39 Main Road, Exeter
Cost: \$2 Bring your own lunch. Tea and coffee provided
Equipment: Bring your own craft project
Contact: Jeanette Oakley on 6394 3078 or
Sandi Duckmanton on 0490 942 345
Email: ping2012@dodo.com.au
Wheelchair accessible

Westbury Baptist Church Craft Group

When: Thursday 9:30 am – 12:00 pm (school terms)
Where: Parklands, 53 Franklin Street, Westbury
Cost: \$3 per week (morning tea included)
Contact: Mary Baker on 0408 335 618
Email: info@westburybaptistchurch.com
Wheelchair accessible

HISTORY

Launceston Historical Society

When: Third Sunday of each month 2:00 pm
(except January, March and December)
Where: Queen Victoria Museum and Art Gallery, Inveresk
Cost: Varies: \$25 single, \$20 concession, \$35 concession family
Contact: Marion Sargent on 6331 4890 or 0438 432 848
Email: launcestonhistory@gmail.com
Website: www.launcestonhistory.org.au
Facebook: Launceston Historical Society
Wheelchair accessible

Tasmanian Family History Society Inc - Launceston Branch

What: Family history research
When: Tuesday 10:00 am – 3:00 pm
Where: City Park Stables, 45 Tamar Street, Launceston
Cost: \$45 annual membership, \$35 concession, \$10 visitors
Contact: Fran Keegan on 0490 826 863
Email: ltntasfh@bigpond.com
Website: www.launceston.tasfhs.org
Wheelchair accessible

MACHINERY

The Historical Machinery Club of Tasmania

What: Collecting, Restoring and showing historical machinery

When: Phone for time

Where: Phone for location

Cost: \$45 initial fee then \$40 annually

Contact: John Booth (Secretary) on 0417 228 247

Email: hmctinc@gmail.com

Website: www.hmct.com.au

Facebook: Historical Machinery Club of Tasmania INC.

Wheelchair accessible

MEN'S SHED

Riverside Men's Shed

What: Woodworking Activities

When: Wednesday 10:00 am – 4:00 pm

Where: 29 Benson Court, Riverside

Cost: \$3 Entry Fee and \$45 Membership

Equipment: Eye and Ear Protection, Hi-Vis Vest and Strong Footwear

Contact: Mike (Secretary) on 0429 948 857

Email: riversidemensshed@gmail.com

Blog: riversidemensshed.blogspot.com

MOTORING

Veteran Car Club of Australia (VCCA) Northern Section

What: Restoration, maintenance and use of old cars

When: See club magazine 'Small Torque', webpage or Facebook

Where: 67 Lawrence Vale Road, South Launceston

Cost: \$80 annual membership

Contact: Joe Clippingdale on 6396 1144

Email: jaclipp@bigpond.com

Website: www.vccatas.org.au

Facebook: Veteran Car Club of Australia - Tas Inc

Wheelchair accessible

MUSIC

Launceston Jazz Club Inc

- When:** Last Tuesday of each month 6:30 pm
Where: The Boathouse Centre, Lindsay Street, Launceston
Cost: Annual membership \$15,
Entry \$10 Members, \$15 non-members
Contact: Veronica Lyons on 0439 319 601
Email: launcestonjazzclub@gmail.com
Facebook: Launceston Jazz Club
Wheelchair accessible

University of Tasmania Community Music Program

- What:** Music education - woodwind, brass and percussion at five different levels
When: Monday - Wednesday 5:30 pm – 9:30 pm
(according to rehearsal time for each ensemble)
Where: A107, Newnham Campus, UTAS
Cost: \$160 annual subscription plus optional instrument rental
Contact: Vanessa Clark on 0408 343 877
Email: vclark@utcmp.org.au
Website: www.utcmp.org.au

NATIONAL SENIORS AUSTRALIA

- What:** National Seniors Australia is an independent voice for over 50s
Meetings include guest speakers, topical and social events
When: Fourth Tuesday each month 10:30 am
Where: Joan Marshall Room, Kings Meadows Health Centre,
McHugh Street, Kings Meadows
Cost: \$45 annual membership, \$75 annual joint membership
Contact: Marlene Bushby on 6334 0634
or Shirley Kirkby on 0417 798 142
Email: shirleykirkby@bigpond.com
Facebook: National Seniors Australia
Wheelchair accessible

ORIENTEERING

Esk Valley Orienteering Club

- When:** As notified in weekly e-bulletin and on website
Where: Varies, mostly in urban parks
Cost: \$12 for casual adult
Contact: Donelda Niles (Secretary) on 0419 358 385 or
Christine Brown (President) on 0439 443 367
Email: evoc@tasorienteeing.asn.au
Website: www.tasorienteeing.asn.au
Facebook: Esk Valley Orienteering Club

PHOTOGRAPHY

Northern Tasmanian Camera Club

- When:** Second Tuesday of each month 7 pm (except January)
Where: Kings Meadows Lions Club, 18 Merino Street, Kings Meadows
Cost: \$30 annual membership plus \$2 door charge
Contact: Fiona Carter (Secretary) on 0400 888 419
Email: fionaannecarter@gmail.com
Website: www.northtascameraclub.org
Facebook: Northern Tasmanian Camera Club
Wheelchair accessible

West Tamar Camera Club

- When:** First Wednesday each month (except January) 7:30 pm
Where: Uniting Church Hall, Exeter
Cost: \$25 annual membership plus \$2 each night
Contact: Felix Stubb on 0407 008 756
Email: cwesttamar@gmail.com
Facebook: West Tamar Camera Club

PICKLEBALL

Pickleball Tasmania

When: Day and evening sessions available
Where: Launceston and George Town
Cost: Varies depending on the venue
Contact: Alison Wheatley on 0411 485 671
Email: hello@pickleballtasmania.org
Website: www.pickleballtasmania.org.au
Facebook: <https://www.facebook.com/PickleballTas>
Wheelchair accessible

YMCA Launceston – Pickleball

What: A paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles to hit a ball over a net.
When: Thursday 10:00 am – 11:30 am
Where: 8A Blaydon Street, Kings Meadows
Cost: Members: \$8.50, casual: \$11
Contact: 6344 3844
Email: reception@ymcalaunceston.org
Website: www.ymcalaunceston.com
Facebook: YMCA Launceston
Wheelchair accessible

PROBUS CLUBS

Combined Probuss Club of Scottsdale

What: Meetings, guest speakers and bus trips
When: Fourth Wednesday of each month 9:45 am
Where: Northbourne Hall, Scottsdale
Cost: \$25 per year plus morning tea
Contact: Barbara Jessup (Secretary) on 0419 562 502
Email: bandbjessup@bigpond.com.au
Website: www.probussouthpacific.com
Wheelchair accessible

Exeter Probus Club

What: Meetings, guest speakers and outings
When: Second Monday of each month 10:30 am – 12:30 pm
Where: Exeter Golf and Country Club
Cost: Annual membership plus morning tea
Contact: Ann Mills (Secretary) on 6394 4580
Email: gamills3@bigpond.com
Wheelchair accessible

Ladies' Probus Club of Kings Meadows

What: Meetings, Guest speakers and Bus Trips
When: First Thursday of each month 10:00 am – 12:00 pm
Where: Lions Club Rooms, 18 Merino Street, Kings Meadows
Cost: \$20 joining fee, \$20 per annum, plus morning tea each month
Contact: Lois Bracken on 6339 1272
Email: tbbracken@bigpond.com.au
Website: www.probussouthpacific.org
Wheelchair accessible

Norwood Combined Probus Club Inc

What: Guest speakers, quiz, show and tell etc
When: Second Thursday of each month
10:00 am – 12:00 pm (lunch at various venues optional)
Where: New venue in 2022 – contact secretary for details
Cost: \$25 joining fee, \$35 annual membership, plus \$3 morning tea
Contact: Pat Luscombe (Secretary) on 0418 132 300
Email: pat14@bigpond.com
Wheelchair accessible

Prospect Combined Probus Club

When: Second Wednesday of each month 10:00 am
Where: Australian-Italian Club, 416 Westbury Road, Prospect
Cost: \$15 joining fee, \$30 annual membership, \$5 per meeting
Contact: Nola Heazlewood (Secretary) on 6340 1689
Email: johnnola@bigpond.com
Wheelchair accessible

Riverside Ladies' Probus Club

- When:** First Wednesday of each month 10:00 am – 12:00 pm
(except January)
- Where:** Windsor Community Precinct, West Tamar Highway, Riverside
- Cost:** \$60 annual membership
- Contact:** Averil Robinson on 6327 3384 or Karen Bird on 6327 2799
- Email:** daveandav@tpg.com.au
- Wheelchair accessible**

Scamander Combined Probus Club Inc

- When:** Fourth Wednesday of each month 10:00 am – 12:00 pm
- Where:** Scamander Beach Hotel, Tasman Highway, Scamander
- Cost:** \$30 Registration plus \$6 per meeting
- Contact:** Valmai Spencer on 0437 397 219
- Email:** lspencervalmai@gmail.com
- Wheelchair accessible**

South Launceston Ladies' Probus Club

- When:** Second Monday of each month 10:00 am
- Where:** East Launceston Bowls Club, Adelaide Street
- Cost:** \$30 annual membership
- Contact:** Shirley Morris on 6328 1254
- Email:** shirley_morris@bigpond.com
- Wheelchair accessible**

Westbury Ladies' Probus Club

- When:** Third Thursday of each month 10:00 am – 12:00 pm
- Where:** Supper Room, Westbury Town Hall, Lyall Street, Westbury
- Cost:** \$25 annual membership plus \$6 for morning tea each meeting
- Contact:** Nita Clarke (Secretary) on 6393 7268 or 0409 937 268
- Email:** amelia.clarke66@gmail.com

ROWING

North Esk Dragon Boat Club

- When:** Saturday 8:30 am – 9:30 am all year round
Tuesday and Thursday 5:30 pm – 6:30 pm during daylight savings
- Where:** North Esk Rowing Club, 55a Lindsay Street, Launceston
- Cost:** Three free come and try sessions then a yearly fee applies
- Equipment:** All equipment provided (paddles, life jackets etc)
- Contact:** northeskdiragons.com
- Email:** secretary.northeskdiragons@gmail.com
- Website:** www.northeskdiragons.com
- Facebook:** North Esk Dragon Boat Club

North Esk Rowing Club

- What:** Rowing and Dragon Boat Paddling
- When:** Daily
- Where:** 55 Lindsay Street, Invermay
- Cost:** \$487 per annum full senior membership.
Introductory, junior and social memberships available
- Equipment:** All equipment provided; gym facilities available
- Contact:** Georgina Dalgleish on 0438 302 783
- Email:** north.esk@gmail.com
- Website:** www.revolutionise.com.au/nerc/home
- Facebook:** North Esk Rowing Club
- Wheelchair accessible**

Tamar Rowing Club

- When:** Daily
- Where:** Tamar Rowing Club, 14 West Tamar Road, Launceston
- Cost:** Approx. \$500 annual rowing membership, other memberships available such as social and associate, phone for details
- Contact:** Kim Wilson on 0427 956 179
- Email:** secretarytamar@gmail.com
- Website:** www.tamarrowingclub.org.au
- Wheelchair accessible**

SAILING

Port Dalrymple Yacht Club

- When:** Sunday (October - May)
Where: 9 Kemps Parade, Beauty Point
Cost: Club membership
Equipment: Club training dinghies available
Contact: Club Secretary on 6383 41 10 or Club Bosun on 0437 072 181
Email: pdyc@bigpond.com
Website: www.pdyc.yachting.org.au

Sailability in Launceston

- When:** Monday to Friday - tidal
Where: Old Launceston Seaport, Alexandra Walk, Launceston
Cost: \$8 donation per person per sail
Contact: Bob Silberberg OAM on 0417 583 866
Email: bpm4@hotmail.com

SHOOTING

SSAA Scottsdale Silhouette Pistol Target and Hunting Club Inc

- What:** Target shooting
When: Second and fourth Saturday of each month 10:00 am
Where: 34900 Tasman Highway, Scottsdale
Cost: \$10 range fees for non-members, \$5 for members
\$50 per annum single membership
\$75 per annum family membership
Equipment: Club pistol, rifle, metallic silhouette and paper targets
Contact: Wolf Hoffmannbeck on 0455 779 423
Email: t04scottsdale@bigpond.com
Website: www.ssaatas.com.au/branch/t04/
Facebook: Scottsdale SSAA
Wheelchair accessible

SINGING

Launceston Ladies Choir

- When:** Monday 1:00 pm – 2:30 pm
Where: Milton Hall, Frederick Street, Launceston
Cost: \$30 annual membership plus \$2 per week to cover music and hall hire
Contact: Sharyn Martin on 0403 179 151
Email: thebigp@bigpond.net.au
Wheelchair accessible

Meander Valley Choir

- What:** Singing
When: Wednesday 6:30 pm – 8:00 pm
Where: Uniting Church Hall, corner William and Dexter Streets, Westbury
Cost: \$30 annual membership
Contact: Beverley Stevenson on 0418 741 162
Email: bj.stevenson@bigpond.com
Wheelchair accessible

North East Singers

- When:** Thursday 7:00 pm – 8:30 pm
Where: Scottsdale Uniting Church, 14b King Street, Scottsdale
Cost: \$30 annual membership
Contact: Gail Ryan on 0419 786 327
Email: gailjryan@bigpond.com
Website: www.northeastingers.weebly.com

Serenata

- What:** Singing
When: Wednesday 7:30 pm
Where: City Baptist Church, 11 Fredrick Street
Cost: Annual membership plus \$6 per session
Contact: Rob Tierney on 0417 555 398
Wheelchair accessible

SOROPTIMIST INTERNATIONAL

Soroptimist International (George Town Branch)

- What:** Worldwide organisation for professional and businesswomen advocating for human rights and gender equality through advocacy and fundraising
- When:** Second Tuesday each month 6:00 pm
- Where:** York Cove Restaurant and Conference Room,
2 Ferry Road, George Town
- Cost:** Annual dues – phone for details
- Contact:** Jane Zimmerman
- Email:** sigeorgetown@siswp.org
- Facebook:** SISWPGT
- Wheelchair accessible**

Soroptimist International (Launceston Branch)

- What:** Worldwide organisation for professional and businesswomen advocating for equality for women and girls. Members engage in project work, fundraising, advocacy and social activities
- When:** First Wednesday each month 6:30 pm
- Where:** Colonial Motor Inn, Elizabeth Street, Launceston
- Cost:** Joining fee plus annual membership
- Contact:** Susan Johns on 0419 826 829
- Email:** silaunceston@siswp.org
- Facebook:** Soroptimist International Launceston
- Wheelchair accessible**

SQUASH

Health Revival Longford

- When:** Thursday 5:30 pm
- Where:** 8 Burghley Street, Longford
- Cost:** Phone for details
- Contact:** Office on 6391 1055
- Email:** info@healthrevival.com.au
- Facebook:** Health Revival Longford
- Wheelchair accessible**

Newstead Tennis and Squash Club

- When:** Daily 4:00 pm – 8:00 pm
(unless otherwise arranged with Facilities Manager)
- Where:** 49 - 63 Olive Street, Newstead
- Cost:** \$15 per hour
- Equipment:** Racquets, balls and safety glasses available.
Clean non-marking shoes required
- Contact:** Robbie Carrick (Facilities Manager) on 0403 400 730
- Email:** newsteadtennisandsquashcentre@hotmail.com
- Website:** www.ntsc.net.au
- Facebook:** Newstead Tennis and Squash Centre

STAMP COLLECTING

Launceston Philatelic Society

- What:** Stamp, cover and postcard collecting
- When:** First Thursday and third Saturday of each month
(phone for times)
- Where:** Max Fry Hall, Gorge Road, Trevallyn
- Cost:** \$20 Launceston members, \$15 Country Members
and \$2 juniors (under 16) annual memberships
- Contact:** Robert Antel on 0415 802 140
- Email:** letna179@gmail.com
- Website:** www.launcestonstampclub.org.au
- Wheelchair accessible**

SWIMMING

Launceston Masters Swimming Club Inc

- When:** Monday and Thursday 7:00 pm, Wednesday 6:00 am, Saturday 7:00 am
- Where:** Launceston Aquatic Centre, corner York and High Streets, Launceston
- Cost:** \$110 annual membership plus \$10 per casual swim. Direct debit and annual memberships are available. A monthly direct debit rate is \$45 per month.
- Contact:** Tim Shaw (President)
- Email:** launcestonlemmings@gmail.com
- Facebook:** Launceston Masters Swimming Club Inc
- Wheelchair accessible**

TAI CHI

Iron Lotus Tai Chi

- When:** Various days and times
- Where:** Launceston, Legana, Dilston, Longford, Beaconsfield and Bridport, phone for more details
- Cost:** \$8 - \$10 per one hour class
- Contact:** Grant Scurr on 0418 606 656
- Email:** ironlotustaichi@gmail.com
- Website:** www.ironlotustaichi.wixsite.com/ironlotustaichi
- Wheelchair accessible**

Tai Chi Australia – Margaret Young Memorial Group

When: Tuesday 12:30 pm
Where: Glenarra Lakes Retirement Village, Youngtown
Cost: \$6 per session
When: Friday 11 am
Where: Aveo Mowbray Links, 30 Janefield Street, Mowbray
Cost: \$5 per session
Equipment: Flat shoes, comfortable clothes
Contact: Sue Armes on 6395 1130
Email: info@taichiaustralia.com.au
Website: www.taichiaustralia.com.au
Facebook: www.facebook.com/taichiaustralia
Wheelchair accessible

TABLE TENNIS

Northern Tasmanian Table Tennis Association – NTTTA

What: Table tennis – social play or competition. Male and female players of all levels and abilities are invited to play
When: Tuesday 7:00 pm – 9:00 pm competition
Monday and Thursday 7:00 pm – 9:00 pm social/practice nights
Where: Elphin Sports Centre, Racecourse Crescent, Launceston
Cost: \$5 per night for practice/social nights. First visit free.
See website or phone for details of membership and associated costs for competition
Equipment: Equipment available or bring your own.
Soft soled shoes are required
Contact: Peter Dunphy on 0417 560 765
Email: pdunphy1@bigpond.com.au
Website: www.nttta.org.au
Facebook: Northern Tasmanian Table Tennis Association Inc.
Wheelchair accessible

TENNIS

Binalong Bay Ratepayers and Tennis Association Inc

When: Daylight hours, 365 days per year
Where: Main Road foreshore, Binalong Bay
Cost: \$5 per hour or \$50 per annum
Contact: Jillian Breen on 0408 520 919
Email: jillianbreen@bigpond.com
Wheelchair accessible

Greens Beach Tennis and Community Club

When: Monday, Wednesday and Friday 9:30 am (social tennis)
Where: Greens Beach
Cost: \$60 family membership, court hire \$15 per day
Contact: secretary/manager on 6383 9102
Email: info@greensbeachgolf.com.au
Website: www.greensbeachgolf.com.au
Facebook: <http://www.facebook.com/greensbeachgolf>

Legana Tennis Club

Where: Fulton Street, Legana
Cost: See website
Contact: Marcel Kerrison on 0437 312 271
Email: legana.tennis@gmail.com
Website: www.tennis.com.au/leganac

Newstead Tennis and Squash Club

When: Daily 4:00 pm – 8:00 pm
(unless otherwise arranged with Facilities Manager)
Where: 49 - 63 Olive Street, Newstead
Cost: \$20 per hour casual squash
Contact: Robbie Carrick (Facilities Manager) on 0403 400 730
Email: newsteadtennisandsquashcentre@hotmail.com
Website: www.ntsc.net.au
Facebook: Newstead Tennis and Squash Centre
Wheelchair accessible

Riverside Tennis Club

- When:** Courts available seven days/evenings
Where: 2 Eden Street, Riverside
Cost: Annual membership (varies) adult, junior or family (phone for details)
Contact: Linda deWater (Treasurer) on 6327 1166 or 0407 273 994
Email: ldewater@bigpond.com
Website: www.tennis.com.au/riversidetc
Facebook: Riverside Tennis Club

WALKING

Deloraine Walking Club

- When:** Every weekend (usually Saturdays)
Where: Various locations
Cost: \$25 single, \$47 couple, \$50 family per year, \$5 per walk for non-members
Contact: Diane Godfrey on 0407 879 893
Email: digodfrey296@gmail.com
Website: www.delorainewalkingclub.weebly.com

Launceston Ramblers Club

- What:** Bushwalking club
When: Wednesday and Sunday (phone for times)
Where: Various locations
Cost: \$35 Subscription per annum
Equipment: Suitable bushwalking attire
Contact: Linda McKenzie on 0407 879 802
Email: launcestonramblers@gmail.com
Facebook: Launceston Ramblers Club Inc

WALKING FOOTBALL/SOCCER

Police Citizens Youth Club – PCYC

- What:** Walking soccer
When: Monday 11:00 – 12:30 pm and Friday 10:30 – 12:00 pm
Where: PCYC Launceston, 146 Abbott Street, Newstead
Cost: \$8 per session non-members, \$4 per session for members
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston

YOGA

YMCA Launceston - Yoga

- When:** Monday 6:15 pm – 7:15 pm
Where: 8A Blaydon Street, Kings Meadows
Cost: Members: \$11 per session, casual: \$13 per session
Contact: 6344 3844
Email: reception@ymcalaunceston.org
Website: www.ymcalaunceston.com
Facebook: YMCA Launceston
Wheelchair accessible



Department of Communities Tasmania
Communities, Sport and Recreation

Phone: 1800 252 476

sportrec@communities.tas.gov.au

www.communities.tas.gov.au/csr/sportrec

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To receive notification of the next edition of
Get Active, or to add your activity, email:

sportrec@communities.tas.gov.au

For more information about physical
activity events and resources visit the
Get Moving Tasmania website:

www.getmoving.tas.gov.au