

Get active in the **NORTH 2024**

Sport, recreation and physical activity
opportunities for older adults



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 2023. The listings should not be regarded as recommendations from Active Tasmania.

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:** info@active.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
Email: secretary@lmacrc.com
Website: www.lmacrc.com

Wheelchair accessible

Archery

Paringa Archers Launceston Inc

- When:** First Wednesday of each month, 6:30 pm – 9:00 pm
(public sessions) Second and fourth Saturday of each month,
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: Thursdays, 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@net.au
Wheelchair accessible

Launceston Indoor Bias Bowls Association Inc

When: Wednesdays, 7:15 pm – 10:30 pm
Where: Various clubs within Launceston region
Cost: \$35 annual membership, plus \$2 – \$3 per night
Contact: Karlyne Brooks on 0409 434 120
Email: libba7250@gmail.com
Wheelchair accessible

Northern Division – Tasmanian Indoor Bias Bowls Association

When: Weekly pennant, 7:00 pm – 10:30 pm
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

Bowls – Outdoor

Bass and Flinders Bowls and Community Club

When: Tuesdays, 2:30 pm
Where: 225 Low Head Road, Low Head
Cost: Nil (social bowls)
Contact: Lorraine Webb on 0438 251 535
Email: yainey@bigpond.com
Wheelchair accessible

Cressy Bowls and Community Club

When: Mondays to Fridays, 4:00 pm
Saturdays and Sundays, 10:00 am (during bowls season)
Indoor bowls Monday nights, Eightball and darts Wednesday nights

Where: 21 Macquarie Street, Cressy

Cost: \$30 Social Membership
\$160 Full Membership
\$155 Pensioner Membership

Contact: Club on 6397 6331

Email: cressybowlingclub@bigpond.com

Wheelchair accessible

East Launceston Bowling and Community Club

When: Open every day, call to book a time

Where: 22 Adelaide Street, East Launceston

Cost: Free to try, memberships available from \$40

Equipment: Club can provide all equipment

Contact: Courtney Hobbs on 0490 201 301

Email: club@elbc.com

Website: www.elbc.com.au

Facebook: East Launceston BC & Function Centre

Wheelchair accessible

George Town Community Bowls and Croquet Club

When: Pennant Bowls: Thursdays and Saturdays during Pennant season
Social Bowls: Tuesdays and Saturdays (during off season),
Wednesdays (during Pennant season)
Croquet: Mondays and Fridays

Where: 11-27 Goulburn Street, George Town

Cost: Varies depending on activity

Contact: Mary Reece (Secretary) on 0457 700 076 or Club on 0493 272 055

Email: georgetownbowlsclub@gmail.com

Facebook: George Town Bowls & Croquet Club

Wheelchair accessible

Invermay Bowls and Community Club Inc

- What:** Lawn bowls, bingo and Tai Chi
When: Bowls: Tuesdays to Saturdays
Bingo: Mondays, 10:30 am and Fridays, 7:00 pm
Tai Chi: Wednesdays, 10:45 am – 11:30 am
Where: Forster Street, Invermay
Cost: \$10 green fees per person for bowling
Free for Tai Chi
Contact: Vicki Quail on 0407 171 874
Email: invermaybcc@gmail.com
Facebook: Invermay Bowls Club
Wheelchair accessible

Kings Meadows Bowls Club

- When:** Tuesdays to Saturdays, 10:00 am – 5:00 pm
Where: 18 Carr Street, Kings Meadows
Cost: \$10 per 3 hours
Equipment: Set of bowls (a set can be supplied by club if necessary),
appropriate footwear
Contact: Ruth Kilov (Secretary) on 0447 524 840
Email: kingsmeadowsbowls@bigpond.com
Facebook: Kings Meadows Bowls Club
Wheelchair accessible

Launceston Bowls and Community Club Inc

- When:** Tuesdays, 11:00 am Jackpot pairs - all year
Thursdays, 11:00 am random draw pairs - April to end of September
Where: 5 Home Point Parade, Launceston
Cost: \$8 per person
Equipment: Bowls available is required
Contact: Club on 6331 6591
Email: lbci@bigpond.com
Wheelchair accessible

Longford Bowls and Community Club

What: Social bowls
When: Tuesdays, 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
Website: www.longfordbowlsclub.com
Facebook: Longford Bowls and Community Club
Wheelchair accessible

St Helens Bowls and Community Club

When: Winter bowls: Tuesdays, Thursdays, and Saturdays,
12:00 pm registration for 12:30 pm start
Summer bowls: Tuesdays and Thursdays, 12:30 pm registration
for 1:00 pm start
Where: 10 Circassian Street, St Helens
Cost: \$7 social bowls, \$25 social membership, \$75 bowling membership
Equipment: Free coaching and use of equipment for beginners
Contact: Diane Somers on 0484 693 840 or Jane Pickett on 0458 420 842
Email: sthelensbowls@gmail.com
Facebook: St Helens Bowls Club Tasmania
Wheelchair accessible – venue only

Trevallyn Bowls and Community Club

When: Tuesdays, 12:30 pm
Where: 62 Gorge Road, Trevallyn
Cost: \$10
Equipment: Bowls supplied, flat soled shoes required
Contact: Geoffrey Buchanan on 0432 182 599
Email: trevallynbc@bigpond.com
Website: trevallynbowlsclub.squarespace.com
Facebook: Trevallyn Bowls and Community Club
Wheelchair accessible

Westbury Bowls Club

- What:** Pennant bowls, social games and carnivals
- When:** Thursdays and Saturdays (during pennant season)
Thursday bowls during off season
- Where:** 9 Franklin Street, Westbury
- Cost:** \$179 per year full bowling membership, \$20 per year social membership
- Equipment:** Some bowls available for barefoot bowls and beginners
- Contact:** Owen Preston (Secretary) on 0484 246 816
- Email:** westburybowls@telstra.com
- Wheelchair accessible**

Boxing

Police Citizens Youth Club – PCYC

- When:** Tuesdays and Thursdays, 6:30 pm – 7:30 pm
- Where:** PCYC Launceston, 146 Abbott Street, Newstead
- Cost:** \$12 member, \$17 casual
- Contact:** PCYC Reception on 6344 2411
- Email:** info@pcyclaunceston.org.au
- Website:** www.pcyclaunceston.org.au
- Facebook:** PCYC Launceston
- Wheelchair accessible**

Bridge

Tamar Bridge Club

- When:** Mondays, 1:00 pm, Tuesdays and Thursdays, 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**

Community Centres

St Marys Day Centre

What: Daily respite group – aged, frail and people with disability

When: Wednesdays, 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 Centre – Social Group

When: Mondays, Wednesdays and Fridays, 9:00 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

COTA Tasmania (Council on the Ageing)

What: COTA Tasmania (Council on the Ageing) has been the voice of older Tasmanians for over 50 years.

When: See website for further information.

Location: Head Office: Level 12, 39 Murray Street, Hobart

Contact: 6231 3265

Email: admin@cotatas.org.au

Website: www.cotatas.org.au

Wheelchair accessible

Country Women's Association (CWA)

- What:** The CWA is engaged in a wide range of activities such as home and handicraft activities. The CWA supports other community organisations and provide social activities and connection for members.
- When:** Various, check website or phone for details
- Where:** Various locations, check website or phone for details
- Cost:** \$58 annual membership
- Contact:** State Executive Officer on 6231 3706
- Email:** admin@cwaintasmania.com.au
- Website:** www.cwaintasmania.com.au
- Facebook:** CWA in Tas Inc

CWA – Launceston City

- When:** First Sunday of each month, 2:00 pm
- Where:** 23 Ormley Street, Kings Meadows
- Cost:** Annual subscription
- Contact:** Lindy Perkins (Branch President) on 0439 893 051
- Email:** cwalauncestoncity@gmail.com
- Facebook:** CWA in Tas Inc

Crosswords

Cryptic Crossword Group

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

Croquet

George Town Community Bowls and Croquet Club

- When:** Croquet Mondays and Fridays
- Where:** 11-27 Goulburn Street, George Town
- Cost:** Varies depending on activity
- Contact:** Mary Reece (Secretary) on 0457 700 076 or Club on 0493 272 055
- Email:** georgetownbowlsclub@gmail.com
- Facebook:** George Town Bowls & Croquet Club
- Wheelchair accessible**

Northern Tasmanian Croquet Centre

When: Mondays and Thursdays, 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 Helens Croquet Club Inc

When: Mondays, 1:30 pm – 4:00 pm
Tuesdays, 9:00 am – 11:30 am (Daylight Saving) and
9:30 am – 11:30 am (standard time)
Thursdays, 9:00 am – 11:30 am (Daylight Saving) and
9:30 am – 11:30 am (standard time)
Saturdays, 9:00 am – 11:30 am (Daylight Saving) and
9:30 am – 11:30 am (standard time)

Where: Eagle Street, St Helens (entry opposite Council Recycling Depot)

Cost: \$5 per game for initial 3 sessions then \$90 annual membership

Equipment: Complimentary use of club mallets

Contact: Margaret Williams (President) on 0407 492 765

Email: sthelenscroquet@gmail.com

Website: www.croquettas.com

Wheelchair accessible

St Leonards Croquet Club Inc

When: Wednesdays, 9:30 am – 3:00 pm, plus other days by arrangement

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: Sylvia Wing on 0417 541 549

Email: stleonardscroquetclub@gmail.com

Website: www.croquettas.com/venue/st-leonards

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: Rafael Molina on 0476 047 915
Email: contactus@tbug.org.au
Website: www.tamarbug.org.au

Dancing

Launceston Caledonian Society Scottish Country Dancers

- When:** Alternate Saturdays
January - March 7:30 pm – 10:00 pm
April – September 2:30 pm – 5:00 pm
October – December 7:30 pm – 10:00 pm
Please contact Betty Laverty before attending for the first time
Where: St Catherine's Hall, Penquite Road, Norwood
Cost: \$5 per session
Contact: Betty Laverty on 6327 3180
Email: bettylaverty@gmail.com

Launceston Circle Dancing Group

- When:** Mondays, 10:00 am (including public holidays)
Where: R.A.O.B. Hall, Corner Birch and Rowan Avenues, Newstead
Cost: \$5 per session, term discounts.
First visits' two-for-one, so take a friend – although they don't dance as partners
Equipment: Dress comfortably. Flat shoes are best
Contact: Julie on 0402 048 147 or just arrive almost any Monday
Email: dancingcirclelaunceston@gmail.com

Launceston Square Dance Club

- When:** Mondays, 2:00 pm – 4:00 pm
Wednesdays, 7:00 pm – 10:00 pm
- Where:** Launceston Bowls Club, 2 Home Point Parade, Launceston
- Cost:** Monday \$5 per person
Wednesday \$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**

Parents Alone and Friends Association

- What:** Ballroom dancing (social)
- When:** Thursdays, 7:30 pm – 10:00 pm
First Saturday of each month 8:00 pm – 11:00 pm
- Where:** Launceston Elderly Senior Citizens Club, 16 Landale Street, Invermay
- Cost:** \$5 Thursday, \$6 Saturday
- Contact:** Janice Oliver on 0439 961 404
- Wheelchair accessible**

The Reel Scottish Country Dancers

- What:** A subgroup of the Folk Federation of Tasmania
- When:** Alternate Saturdays, 7:30 pm
- Cost:** \$5 per session
- Contact:** Tony Northey on 6331 8892 or 0412 554 713
- Email:** tonynorthey@gmail.com

West Side Square Dance Club

- When:** Fridays, 7:00 pm – 9:00 pm
- Where:** West Launceston Bowls Club
- Cost:** \$8 per person
- Contact:** Trent Short on 0455 404 104
- Email:** trent.short@7mail.com
- Facebook:** West Side Square Dance Club

People with Disability

New Horizons Tasmania

- What:** See website for all programs and newsletter
- When:** Office open Mondays to Thursdays, 9:30 am – 4:00 pm;
Fridays, 9:30 am – 3:00 pm
- Where:** 292-294 Invermay Road, Mowbray
- Cost:** \$40 adult annual membership, \$70 family
(needed for children under 14 years of age),
\$34 junior (14-16 years)
- Contact:** Tom McIntee (Sports Coordinator North) or Office on 6326 3344
- Email:** tom@newhorizonstas.org.au or info@newhorizonstas.org.au
- Website:** www.newhorizonstas.org.au
- Facebook:** New Horizons Tasmania
- Wheelchair accessible**

Equestrian

Dressage Tasmania North Zone

- When:** Monthly
- Where:** Thirlstane Golf Club
- Cost:** \$80 annual membership, approximately \$40 per event
- Equipment:** Your own horse, tack and clothing
- Contact:** Megan Whalley via email
- Email:** dressagenorth@gmail.com
- Website:** www.tas.equestrian.org.au/dressage/
- Facebook:** Dressage Tasmania

Lilydale District Pony Club Inc (Adult Riders)

- What:** Horse Riding
- When:** Third Saturday of each month, first lesson commences at 10:00 am
- Where:** Karoola recreation Ground, 1126 Piper's River Road, Karoola
- Cost:** \$211.85 for membership, insurance and affiliation,
plus \$45 per rally attended
- Equipment:** Own horse and gear is required
- Contact:** Janice Van Riel on 0408 951 455
- Email:** lilydalepc@gmail.com
- Facebook:** Lilydale District Pony Club and Adult Riding Club
- Wheelchair accessible**

Exercise Groups

Active Ageing – Newstead

- What:** Seniors exercise classes
When: Mondays, 11:00 am
Where: Newstead Baptist Church Hall, corner Douglas and Wentworth Streets, Newstead
Cost: \$10 per session
Contact: Erin Woolley on 6330 1572
Email: woolley59@hotmail.com
Wheelchair accessible

Active Ageing - Riverside

- What:** Seniors exercise classes
When: Wednesdays, 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

Body Connect Exercise Physiology

- What:** Individually designed exercise program in a group setting
Supervised by an Exercise Physiologist
When: Group sessions available Monday to Friday (phone for times)
Where: 53 Canning Street, Launceston
Cost: \$222 per 12-week term (\$18.50 per session)
Concession rate \$204 per 12-week term (\$17 per session)
Contact: Dr Katie-Jane Brickwood on 0408 484 874
Email: info@bodyconnecttas.com.au
Facebook: Body Connect Exercise Physiology
Wheelchair accessible

Police Citizens Youth Club – PCYC

- What:** Seniors fitness
When: Tuesdays and Thursdays, 10:00 am – 11:30 am
Where: PCYC Launceston, 146 Abbott Street, Newstead
Cost: \$10 per week members (3 months minimum), \$20 casual visit
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston
Wheelchair accessible

Field Naturalists

Central North Field Naturalists

- What:** Short walks to appreciate nature and support biodiversity conservation
When: First Sunday of each month, 10:00 am
Where: Various nature reserves in central north and north west Tasmania
Cost: \$30 single, \$35 family annual membership, visitors welcome
Contact: Simon Van der veen (Secretary) via email
Email: disjunctnaturalists@gmail.com
Website: www.disjunctnaturalists.com

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 62 hectare property, The John Skemp Field Centre, Myrtle Bank, 33 km from Launceston
Cost: Annual membership – see website for details
Contact: Andrew Smith (Secretary) on 0402 893 378
Email: secretary@lfnc.org.au
Website: www.lfnc.org.au
Wheelchair accessible for meetings, limited for activities – phone for further details

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**

French

Alliance Francaise de Launceston

- What:** French language classes and social events
- When:** French classes Tuesdays, 7:00 pm – 8:30 pm, during school terms
Café et Conversation (casual event) first Saturday of the month
Other social events throughout the calendar year
- Where:** Various
- Cost:** Various (see website for activity/event details)
- Contact:** Rod Howell (President) on 0408 348 479
- Email:** info@aflaunceston.org
- Website:** www.aflaunceston.org
- Facebook:** Alliance Française Launceston

Friendship Groups

Crossroads NORTH

- What:** Friendship/activity group. All welcome
- When:** Third Tuesday of month, 6:00 pm – 8:00 pm (except January)
Occasional bus trips on the weekend
- Where:** Launceston North Uniting Church, 128 George Town Road, Newnham
- Cost:** \$5 each for activity and tea in the Hall, \$10 each BBQ,
\$25 each bus trips
- Equipment:** All activities in the Hall will come with equipment supplied.
Participants on bus trips may need spending money for their own purchases.
- Contact:** Carolyn Gray on 0407 843 715
- Email:** carolyngraycrossroads@gmail.com
- Facebook:** @crossroadnorthfunfriendly

Furneaux Friends (Flinders Island)

- What:** Social support group offering various activities
- When:** Tuesdays and Thursdays, 12:30 pm – 3:30 pm
- Where:** Flinders Island Multi-Purpose Centre, 4 James Street, Whitemark
- Costs:** From \$5 per session (depending on cost of meal at Eating With Friends)
- Contact:** Haydn Moon or Sue Hallas on 6359 0200
- Email:** haydn.moon@ths.tas.gov.au or sue.hallas@ths.tas.gov.au
- Wheelchair accessible**

Hadspen Friends

- What:** Meet friends, socialise, reminisce, participate in games, guest speakers, outings and enjoy a meal together. Bus transport available
- When:** Tuesdays, 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 fourth Friday of each month, 10:30 am
- Where:** Lunch: Steve's Bar and Grill, 110 Balfour Street, Launceston
Coffee catchups: Launceston Library, Civic Square, St John Street, Launceston
- Cost:** \$45 annual subscription. Lunch and coffee at own cost.
- Contact:** Rowena Lennings (President) on 0418 490 376 or
Debby Kemsley (Secretary) on 0477 772 739
- Email:** launceston@ionians.net
- Website:** www.ionians.net/launceston/launceston-home
- Facebook:** Launceston Ionians
- Wheelchair accessible**

Newstead Baptist Church

- What:** Drop-in Centre
- When:** Fridays, 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.newsteadbaptist.org.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:** Mondays, Wednesdays, and Fridays, 10:00 am – 3:00 pm
(Day Centre Westbury)
Mondays and Fridays, 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**

Futsal

Futsal PCYC Launceston

- When:** Wednesdays, 7:00 pm – 8:30 pm
Where: 146 Abbott Street, Newstead
Cost: \$10 member, \$20 casual
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston

Gardening

George Town Garden Club

- When:** Third Thursday of each month, 10:00 am
Where: Bass and Flinders Bowls Club, Low Head
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:** Saturdays, 10:00 am – 3:00 pm
Where: Hobart and Latrobe (call for more details)
Cost: \$10 annual subscription plus workshop fee \$5 members, \$8 non-members
Contact: Anne Marshall on 0448 990 837 or Norma Gordon on 6244 1271
Email: mervyn.gordon@bigpond.com
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) on 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:** \$35 per year general member, \$66 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:** Tuesdays – Veterans 10:00 am, Wednesdays – Women 10:00 am
Saturdays – 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 Wednesdays and Saturdays, Tuesdays (women's competition), Wednesdays (veterans' competition) Saturdays (men's and women's' competition)

Where: 41 Main Road, Exeter

Cost: \$650 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: Mondays, 9:00 am – 3:00 pm, Tuesdays, Wednesdays, and Thursdays, 9:00 am – 6:00 pm Fridays and Saturdays, 9:00 am – close Sundays and public holidays, 11:00 am – 3:00 pm

Where: 1764 Greens Beach Road, Greens Beach

Cost: \$30 for 18 holes, \$25 for 9 holes, \$20 club hire, \$5 buggy hire, \$35 cart hire for 18 holes

Contact: Jacqui Wilson on 6383 9102

Email: info@greensbeachgolf.com.au

Website: www.greensbeachgolf.com.au

Facebook: Greens Beach Golf Club

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: lynmullins58@gmail.com

Facebook: Moorina Golf Club

Wheelchair accessible

Scottsdale Golf Club

When: Tuesdays and Saturdays
Where: 97 George Street, Scottsdale
Cost: \$15 green fees, \$5 juniors
Contact: David Clough on 0438 165 061
Email: jondifarms@bigpond.com

Tam O'Shanter Golf and Community Club

When: Competition days – Wednesdays and Saturdays, 9:00 am
Meals: Fridays, 5:30 pm and Saturdays, 12:00 pm
Where: 19 Fairway Avenue, Lulworth
Cost: \$15 per person green fees
Contact: Berni Chapman on 0413 905 082 or Club on 6329 1225
Email: tamoshantergolfclub@gmail.com
Website: www.tamoshantergolfclub.com.au
Facebook: Tam O'Shanter Golf and Community Club
Wheelchair accessible

Handicrafts

Newstead Baptist Church – Chat 'n' Choose

When: Thursdays, 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.newsteadbaptist.org.au/
Wheelchair accessible

Tatana Quilters

What: Quilting and other needlework
When: Mondays, 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

History

Launceston Historical Society

When: Third Sunday of each month, 2:00 pm (except January and December)

Where: Queen Victoria Museum and Art Gallery, Inveresk

Cost: Varies: \$25 single, \$20 concession, \$35 concession family

Contact: Marion Sargent (President) on 0438 432 848

Email: launcestonhistory@gmail.com

Website: www.launcestonhistory.org.au

Facebook: Launceston Historical Society, Tasmania

Wheelchair accessible

Tasmanian Family History Society Inc - Launceston Branch

What: Family history research

When: Tuesdays, 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

The Historical Machinery Club of Tasmania

What: Collecting, restoring and showing historical machinery

When: Phone for time

Where: Phone for location

Cost: \$50 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

Landcare

West Tamar Landcare Inc

What: Outdoor conservation work including weeding and planting native plants

When: Various

Where: Mainly Paper Beach and Exeter

Cost: Nil

Equipment: All provided, but please wear appropriate clothing, footwear and hat

Contact: Jayne Shapter on 0447 944 377

Email: mjs2899@outlook.com

Facebook: West Tamar Landcare Inc.

Wheelchair accessible

Martial Arts

Police Citizens Youth Club – PCYC

What: Karate Jiu-Jitsu

When: Mondays and Wednesdays, 6:30 pm – 8:00 pm,
Saturdays 10:00 am – 12:00 pm

Cost: \$8 member, \$20 casual

What: Aikido

When: Mondays and Wednesdays, 6:00 pm – 7:45 pm

Cost: \$10 member, \$20 casual

Where: PCYC Launceston, 146 Abbott Street, Newstead

Contact: PCYC Reception on 6344 2411

Email: info@pcyclaunceston.org.au

Website: www.pcyclaunceston.org.au

Facebook: PCYC Launceston

Wheelchair accessible

Men's Shed

Riverside Men's Shed

- What:** Woodworking activities
When: Tuesdays and Wednesdays, 9:00 am – 2:00 pm
Where: 29 Benson Court, Riverside
Cost: \$3 entry fee and \$55 membership
Equipment: Eye and ear protection, dust mask, hi-vis vest and strong footwear
Contact: Mike (Secretary) on 0429 948 857
Email: riversidemensshed@gmail.com

Motoring

Veteran Car Club of Australia (Tas) Inc

- What:** Restoration, maintenance and using cars over 30 years old
When: See website or club magazine
Where: 67 Lawrence Vale Road, South Launceston
Cost: \$80 per year full membership
Contact: Joe Clippingdale on 6396 1144
Email: jaclipp@bigpond.com
Website: www.vccatas.com
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: \$15 annual membership, \$10 entry members, \$15 non-members
Contact: Veronica Lyons on 0439 319 601
Email: launcestonjazzclub@gmail.com
Facebook: Launceston Jazz Club

Wheelchair accessible

Launceston Railway Silver Band

- What:** Brass band
When: Mondays, 7:00 pm
Where: Corner Percy and Maitland Streets, Launceston
Cost: \$80 annual subscription
Equipment: Loan instruments available for new players
Contact: Jan Hills on 0419 893 819
Email: launcestonrailwaysilverband@outlook.com
Facebook: Launceston Railway Silver Band

University of Tasmania Community Music Program

- What:** Music education - woodwind, brass and percussion at four different levels
When: Mondays to Wednesdays, 5:30 pm – 9:30 pm
(according to rehearsal time for each ensemble)
Where: A107, Newnham Campus, UTAS
Cost: \$200 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: Mowbray Hotel
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, 7:00 pm (except January)
Where: Kings Meadows Lions Club, 18 Merino Street, Kings Meadows
Cost: \$50 annual membership
Contact: Jack Barker (Secretary) on 0408 461 223
Email: jack.barker88@bigpond.com
Website: www.northtascameraclub.org
Facebook: Northern Tasmanian Camera Club
Wheelchair accessible

West Tamar Camera Club

- When:** First Wednesday each month, 7:30 pm (except January)
Where: Uniting Church Hall, Exeter
Cost: \$40 per annual including contributions to hall hire
Contact: Leeola Hepher on 0418 572 568
Email: dleeola@hotmail.com

Pickleball

Pickleball Tasmania

- When:** Day and evening sessions available
- Where:** Deloraine, George Town, Launceston, Northern Midlands and Westbury (see specific information below)
- Costs:** Costs vary depending on venue
- Equipment:** All equipment will be provided
- Contact:** Ali Wheatley on 0411 485 671 or through Facebook message option
- Email:** hello@pickleballtasmania.org
- Website:** www.pickleballtasmania.org.au or www.pickleballtasmania.org.au/playing-pickleball/where-to-play/
- Facebook:** Pickleball Tasmania or Northern Tasmania Pickleball

Pickleball Deloraine

- When:** Thursdays, 7:45 pm – 9:15 pm
- Where:** Deloraine Community Complex, 8 Alverston Drive, Deloraine
- Cost:** \$5
- Equipment:** All equipment provided
- Hosted by:** Lisa
- Email:** hello@pickleballtasmania.org
- Website:** www.pickleballtasmania.org.au

Pickleball George Town

- When:** Thursdays, 10:00 am – 12:00 pm
- Where:** George Town Indoor Racquet Club – Graham Fairless Centre
- Cost:** Small fee
- Equipment:** All equipment provided
- Contact:** Marita on 0468 430 348

Pickleball Launceston

When: Mondays, 10:00 am – 12:00 pm (intermediate plus to advanced players)
Hosted by: Jenny and Steve Bristow
Email: hello@pickleballtasmania.org
Website: www.pickleballtasmania.org.au

When: Thursdays, 10:00 am – 12:00 pm
Where: Elphin Sports Centre, Launceston
Cost: \$10 or \$8 for registered PAT members
Equipment: All equipment provided
Contact: Heather Hepburn 0438 272 311 or
Northern Tasmanian Pickleball through Facebook message option
Facebook: Northern Tasmanian Pickleball

Pickleball Launceston PCYC

When: Fridays, 6:00 pm – 7:30 pm
Only runs three Fridays a month, please phone PCYC to confirm dates
Where: 146 Abbott Street, Newstead
Cost: Dependant on numbers
Equipment: All equipment provided
Hosted by: Dan or Tanya
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston

Pickleball Northern Midlands

When: Tuesdays, 10:00 am – 12:00 pm, Sundays, 2:00 pm – 4:00 pm
Where: Health Revival Longford, 10 Burghley Street, Longford
Cost: \$7
Equipment: All equipment provided
Hosted by: Tracey and Gary Hatfield
Northern Tasmanian Pickleball through Facebook message option
Facebook: Northern Midlands Pickleball

Pickleball Westbury

- When:** Tuesdays, 9:00 am – 11:00 am
Where: Westbury Sports Centre, 21 Franklin Street, Westbury
Cost: Small fee
Equipment: All equipment provided
Hosted by: Joan and Malcolm
Email: hello@pickleballtasmania.org
Website: www.pickleballtasmania.org.au

Probus Clubs

Combined Probus Club of Scamander

- 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: 1spencervalmai@gmail.com
Wheelchair accessible

Combined Probus Club of Scottsdale

- What:** Meetings, guest speakers and outings
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.probusouthpacific.com
Wheelchair accessible

Exeter Probus Club

- What:** Meetings, guest speakers and outings
When: Second Monday of each month, 10:00 am – 12:00 pm
Where: Exeter Community Hub
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: Muriel Bisset via email
Email: mandbbissett@gmail.com
Website: www.probusouthpacific.org

Wheelchair accessible

Probus Club of Launceston Club

What: Meetings, walks, theatre, twilight bowls, dining, Socrates Cafe
When: Fourth Tuesday of each month, 10:00 am
Where: Launceston Golf Club
Cost: \$65 annual membership, \$3 raffle at meetings
Contact: Ian Hardwick (Secretary) via email
Email: launcestonm@probusclubs.com.au
Website: www.probuscluboflaunceston.org.au

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: Green Centre 'Peace Haven', Penquite Road, Norwood
Cost: \$25 joining fee, \$35 annual membership, plus \$3 morning tea
Contact: Pat Luscombe (Secretary) on 0418 132 300
Email: patl4@bigpond.com

Wheelchair accessible

Prospect Combined Probus Club

When: Second Wednesday of each month, 10:00 am
Where: Launceston Residential Village, 12 Casino Road, Prospect
Cost: \$15 joining fee, \$30 annual membership, \$5 per meeting
Contact: Bob Godfrey (Secretary) on 0408 419 959
Email: bobgodfrey1@gmail.com

Riverside Ladies' Probus Club

When: First Wednesday of each month, 9:45 am (for 10:00 am start) – 12:00 pm (except January)

Where: Windsor Community Precinct, 1 Windsor Drive, Riverside

Cost: \$60 annual membership

Contact: Judith DeJong on 6327 3917

Email: neika52@bigpond.com

Wheelchair accessible

South Launceston Ladies Probus Club

When: Second Monday of each month, 10:00 am

Where: East Launceston Bowls Club, Adelaide Street, Launceston

Cost: \$30 annual membership

Contact: Mrs Helen Tonks on 0410 955 526

Email: helentonks50@gmail.com

Wheelchair accessible

Trevallyn Combined Probus Club

What: Meetings, guest speakers, bus trips

When: Third Monday of each month, 10:00 am – 12:00 pm

Where: Trevallyn Bowls Club, Gorge Road, Trevallyn

Cost: \$30 joining fee, \$50 per annum, includes morning tea each month

Contact: June Pearton (Secretary) on 0438 812 996

Email: trevallynprobusclub@gmail.com

Website: www.probussouthpacific.org

Wheelchair accessible

Rowing

Deloraine Flames Dragon Boat Club

- When:** Sundays, 10:00 am – 11:00 am (year-round)
Thursdays, 6:00 pm – 7:00 pm (daylight savings only)
- Where:** Meander River, Deloraine
- Cost:** \$5 per Sunday session, \$2 per Thursday session
- Equipment:** Wear suitable footwear (sandals or sneakers are ideal) and bring a spare change of clothes. All paddling gear provided.
- Contact:** Andy Dunn on 0409 537 372
- Email:** deloraine.flames.sec@gmail.com
- Facebook:** Deloraine Flames Dragon Boat Club

North Esk Dragon Boat Club

- When:** Saturdays/Sundays, 8:30 am – 9:30 am most of the year (stop for winter)
Tuesdays and Thursdays, 5:30 pm – 6:30 pm during daylight savings
- Where:** North Esk Rowing Club, 55a Lindsay Street, Launceston
- Cost:** Dragon Pass for a month of paddling, then a yearly fee applies
- Equipment:** All equipment provided (paddles, life jackets etc)
- Contact:** northeskdiragons.org.au
- Email:** secretary.northeskdiragons@gmail.com
- Website:** www.northeskdiragons.org.au
- Facebook:** North Esk Dragon Boat Club

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

Running

Parkrun – North

- What:** Free, weekly, 5 km walk/jog/run.
All abilities and paces are welcome, for everyone aged 4+
- When:** Saturdays. All parkruns in northern Tasmania start at 9:00 am
- Where:** George Town, Kate Reed Reserve (Silverdome)
Launceston (starts behind UTAS Stadium), O’Connors Beach, St Helens
Westbury Town Common, Whitemark (Flinders Island) and
Windsor Precinct (Riverside)
- Cost:** Free
- Contact:** See website for all the details
- Email:** dominique.emmett@parkrun.com
- Website:** www.parkrun.com.au
- Facebook:** parkrun Australia

Each event also has their own dedicated page (for example Launceston parkrun)

Wheelchair accessible except for Kate Reed which is a trail course

Sailing

Sailability in Launceston

- When:** Mondays to Fridays (tidal)
- Where:** Old Launceston Seaport, Alexandra Walk, Launceston
- Cost:** \$8 donation per person per sail
- Equipment:** Life jackets provided. All boat captains and crew
licenced and accredited
- Contact:** Steve McElwee on 0407 272 419
- Email:** amcelwee@bigpond.net.au
- Facebook:** Launceston Sailability

School for Seniors

Launceston School for Seniors

- What:** Opportunities for over 50s to keep their minds and bodies active, in a friendly, fun and safe environment. Stimulating courses in arts and crafts, science, music, language, games and sports
- When:** Mondays to Fridays, 9:00 am – 3:30 pm (or later) depending on courses enrolled
- Where:** 8 High Street, Launceston
- Cost:** \$80 per semester irrespective of number of course registered (two semesters per year)
- Equipment:** Depends on courses undertaken – see website for further details
- Contact:** Vicki on 6334 4007 (Monday to Friday 9:00 am – 12:00 pm during school terms)
- Email:** admin@lss.org.au
- Website:** lss.org.au.org.au
- Wheelchair accessible**

Shooting

SSAA Scottsdale Silhouette Pistol Target and Hunting Club Inc

- What:** Target shooting including precision rifle, precision rimfire, and pistol competitions
- 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:** Three club pistols and one .22 rifle for hire
The club uses both paper and steel targets
Paper targets can be purchased at the club
- Contact:** Kevin Thomas (President) on 0437 675 190
- Email:** kthomas001@bigpond.com
- Website:** www.ssaatas.com.au/branch/t04/
- Wheelchair accessible**

Singing

Meander Valley Choir

- What:** Singing
When: Wednesdays, 7:00 pm – 8:30 pm
Where: Uniting Church Hall, corner William and Dexter Streets, Westbury
Cost: None, until AGM in March 2024
Contact: Beverley Stevenson on 0418 741 162
Email: bj.stevenson@bigpond.com
Wheelchair accessible

Serenata

- What:** Singing
When: Wednesdays, 7:15 pm
Where: Merrington Centre, St Michaels School, Hoblers Bridge Road, Newstead
Cost: \$50 per annum membership plus \$6 per session
Contact: Carol on 0448 851 103
Email: gandcotley@outlook.com
Wheelchair accessible

Soroptimist International

Soroptimist International Launceston

- 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 of each month, 6:30 pm
Where: Colonial Motor Inn, Elizabeth Street, Launceston
Cost: Joining fee plus annual membership
Contact: Lauren Johnson (Secretary) via email
Email: silaunceston@siswp.org
Facebook: Soroptimist International Launceston
Wheelchair accessible

Squash

Newstead Tennis and Squash Club

- When:** Daily, 4:00 pm – 9:00 pm (unless otherwise arranged with Facilities Manager)
- Where:** 49-63 Olive Street, Newstead
- Cost:** \$20 per hour
- Contact:** Martin Maddox (Facilities Manager) on 0481 261 265 (after 4:00 pm)
- Email:** newsteadtennisandsquashcentre@hotmail.com
- Website:** www.ntsc.net.au
- Facebook:** Newstead Tennis and Squash Centre
- Wheelchair accessible**

Stamp Collecting

Launceston Philatelic Society

- What:** Stamp, cover and postcard collecting. Visitors welcome
- When:** First Tuesday of each month, doors open at 6:30 pm for 7:00 pm start
- Where:** Max Fry Hall, Gorge Road, Trevallyn
- Cost:** Membership \$20 Launceston members, \$15 country members and \$2 juniors (under 16)
- Contact:** Shane Matson on 0437 857 038
- Email:** matto782@hotmail.com
- Website:** www.launcestonstampclub.org.au
- 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:** \$10 – \$12 per one hour class
- Contact:** Grant Scurr on 0418 606 656
- Email:** ironlotustaichi@gmail.com
- Website:** www.ironlotustaichi.wixsite.com/ironlotustaichi
- Wheelchair accessible**

Invermay Bowls and Community Club Inc (Tai Chi)

When: Tai Chi Wednesdays, 10:45 am – 11:30 am

Where: Forster Street, Invermay

Cost: Free

Contact: Vicki Quail on 0407 171 874

Email: invermaybcc@gmail.com

Facebook: Invermay Bowls Club

Wheelchair accessible

Police Citizens Youth Club – PCYC

What: Tai Chi

When: Wednesdays, 10:00 am – 1:30 pm

Where: PCYC Launceston, 146 Abbott Street, Newstead

Cost: \$10 members, \$20 casual

Contact: PCYC Reception on 6344 2411

Email: info@pcyclaunceston.org.au

Website: www.pcyclaunceston.org.au

Facebook: PCYC Launceston

Wheelchair accessible

Tai Chi Australia – Margaret Young Memorial Group

- When:** Tuesdays, 10:30 am
Where: Eureka Elphinwood Gardens, Landsborough Avenue, Newstead
Cost: \$3 per session
- When:** Tuesdays, 12:30 pm
Where: Glenara Lakes Retirement Village, Youngtown
Cost: \$6 per session
- When:** Fridays, 11:00 am
Where: Aveo Mowbray Links, 30 Janefield Street, Mowbray
Cost: \$5 per session
- When:** Fridays, 1:00 pm
Where: Pilgrim Uniting Church, Patterson Street, Launceston
Cost: \$6 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

Deloraine Table Tennis League

- What:** Table tennis and Boccia
When: Wednesdays, 7:00 pm – 9:00 pm, Thursdays, 3:00 pm – 5:00 pm
Boccia (phone for details)
Where: Meander Valley Performing Arts Centre, 2 Meander Road, Deloraine
Cost: First try is free, thereafter \$5 adults and \$2 school age
Equipment: All equipment is provided. Coaching is available
Contact: Chris Gard on 0455 552 908
Email: delorainetabletennisleague@gmail.com
Website: www.delorainetabletennis.org/home/
Facebook: Deloraine Table Tennis League
- Wheelchair accessible**

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:** Tuesdays, 7:00 pm – 9:00 pm competition
Mondays and Thursdays, 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:** secretary@nttta.org.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:** Mondays, Wednesdays and Fridays, 9:30 am (social tennis)
- Where:** Greens Beach
- Cost:** \$99 family membership, court hire \$15 per day
- Contact:** Secretary/Manager on 6383 9102
- Email:** info@greensbeachgolf.com.au
- Website:** www.greensbeachgolf.com.au
- Facebook:** Greens Beach Golf Club

Legana Tennis Club

Where: 3-5 Fulton Street, Legana
Cost: See website
Email: legana.tennis@gmail.com
Website: www.tennis.com.au/leganatc
Facebook: Legana Tennis Club

Newstead Tennis and Squash Club

When: Daily, 4:00 pm – 9:00 pm (unless otherwise arranged with Facilities Manager)
Where: 49-63 Olive Street, Newstead
Cost: \$20 per hour
Contact: Martin Maddox (Facilities Manager) on 0481 261 265 (after 4:00 pm)
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) may be overnight
Where: Various locations
Cost: \$35 single, \$67 couple, \$70 family (two adults + children) per year, \$5 per walk for non-members
Equipment: Own gear required – day packs, boots, wet weather gear etc
Contact: Brad Rugless on 0411 364 939
Email: brad.rugless@technikaus.net
Website: www.delorainewalkingclub.weebly.com
Facebook: Deloraine Walking Club

Launceston Ramblers Club

- What:** Bushwalking club
When: Wednesdays and Sundays (phone for times)
Where: Various locations
Cost: \$40 subscription per annum
Equipment: Suitable bushwalking attire and equipment
Contact: Heather Saunders on 0447 737 270
Email: launcestonramblers@gmail.com
Facebook: Launceston Ramblers Club Inc

Walking Soccer

Police Citizens Youth Club – PCYC

- When:** Fridays, 10:30 am – 12:00 pm
Where: PCYC Launceston, 146 Abbott Street, Newstead
Cost: \$10 members, \$20 casual
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston

Weightlifting

Police Citizens Youth Club – PCYC

- What:** Olympic weightlifting
- When:** Mondays and Wednesdays, 5:00 pm – 7:30 pm,
Saturdays, 9:30 am – 12:00 pm
- Where:** PCYC Launceston, 146 Abbott Street, Newstead
- Cost:** \$8 members, \$20 casual
- Contact:** PCYC Reception on 6344 2411
- Email:** info@pcyclaunceston.org.au
- Website:** www.pcyclaunceston.org.au
- Facebook:** PCYC Launceston
- Wheelchair accessible**

Yoga

Meander Valley Yoga

- When:** Tuesdays, 4:00 pm – 5:30 pm and Thursday, 10:30 am – 12:00 pm
(Western Creek) Wednesdays, 5:00 pm – 6:30 pm (Deloraine)
Sundays (Online via zoom) please enquire
contact@meandervalleyyoga.com
Weekend and longer Yoga retreats – see www.meandervalleyyoga.com
For current class and retreat information please check the website
- Where:** 795 Western Creek Road, Western Creek
- Cost:** \$15 casual class cost, \$120 10-week term, \$108 Health care card
- Equipment:** BYO mats, blanket, stool or meditation cushion and low pillow
- Contact:** Kristina on 0497 025 308 or Pia on 0424 035 347
- Email:** contact@meandervalleyyoga.com
- Website:** www.meandervalleyyoga.com
- Facebook:** Meander Valley Yoga

Police Citizens Youth Club – PCYC

What: Yoga
When: Fridays, 9:00 am – 10:00 am
Where: PCYC Launceston, 146 Abbott Street, Newstead
Cost: Dependant on numbers
Equipment: Yoga mat
Contact: PCYC Reception on 6344 2411
Email: info@pcyclaunceston.org.au
Website: www.pcyclaunceston.org.au
Facebook: PCYC Launceston
Wheelchair accessible



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