

# Get active in northern Tasmania

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Activities for older adults in 2025



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 2024. 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](mailto:info@active.tas.gov.au)

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## 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](mailto:president@paringaarchers.org.au)

**Website:** [www.paringaarchers.org.au](http://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@aapt.net.au](mailto:marilyn@aapt.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](mailto: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:** Marilyn Robinson on 0439 613 828

**Email:** marilyn@aapt.net.au

**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**

### **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:** Neil Heathcote on 6344 4664

**Email:** kingsmeadowsbowls@bigpond.com

**Facebook:** Kings Meadows Bowls Club

**Wheelchair accessible**

## **St Helens Bowls and Community Club**

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- 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:** \$10 social bowls, \$25 social membership, \$85 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**

## **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**

## **Croquet**

### **Northern Tasmanian Croquet Centre**

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- When:** Mondays and Thursdays, 10:00 am and 11:30 am
- Where:** St Leonards Sports Centre, St Leonards
- When:** Wednesdays, 10:00 am and 11:30 am
- Where:** East Launceston Croquet Club, cnr High and Adelaide Streets
- Cost:** \$5 per session
- Equipment:** All equipment provided
- Contact:** Lee Turner on 0439 310 070
- Email:** lee-tee@bigpond.com

## **Riverside Croquet**

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**When:** Tuesday 9:30 am – 2:30 pm  
Saturday 9:30 am – 12:00 pm

**Where:** Riverside Golf Club

**Cost:** \$7 per visit

**Equipment:** All equipment provided

**Contact:** Silvia Wing on 0417 541 549

**Email:** swing549@gmail.com

**Wheelchair accessible**

## **St Helens Croquet Club Inc**

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**When:** Mondays and Fridays 1:30 pm – 4:00 pm  
Tuesdays, Thursdays and Saturdays from 9:00 am (Daylight Saving)  
10:00 am June, July and August

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

**Cost:** \$7 per game day for first three days then \$90 annual membership

**Equipment:** Mallets and all equipment supplied

**Contact:** Bruce Knight (Secretary) on 0429 033 392

**Email:** sthelenscroquet@gmail.com

**Website:** www.croquettas.com

**Wheelchair accessible**

## **St Leonards Croquet Club Inc**

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**When:** Wednesdays, 9:30 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:** Sylvia Wing on 0417 541 549

**Email:** stleonardscroquetclub@gmail.com

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

## 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 Lavery before attending for the first time

**Where:** St Catherine's Hall, Penquite Road, Norwood

**Cost:** \$5 per session

**Contact:** Betty Lavery on 6327 3180

**Email:** bettylavery@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**

### Tamar Cloggers

**When:** Thursdays, 5:00 pm

**Where:** St Catherine's Hall, Norwood

**Cost:** 10-week beginner lessons at \$10 per lesson. \$10 after that time

**Contact:** Chris Anderson via text on 0447 868 491

**Email:** chrisedith56choreo@gmail.com

**Facebook:** Tamar Cloggers



## Equestrian

### Dressage Tasmania North Zone

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**When:** Monthly  
**Where:** Thirlstane Golf Club  
**Cost:** \$85 annual membership, approx \$42 half year, \$15 day membership  
**Equipment:** Your own horse, tack and clothing  
**Contact:** Secretary via email  
**Email:** [dressagenorth@gmail.com](mailto:dressagenorth@gmail.com)  
**Website:** [www.tas.equestrian.org.au/equestrian](http://www.tas.equestrian.org.au/equestrian)  
**Facebook:** Dressage Tasmania

### Lilydale District Pony Club Inc (Adult Riders)

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**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:** Upfront membership plus \$45 per rally attended  
**Equipment:** Own horse and gear is required  
**Contact:** Lisa on 0447 720 297  
**Email:** [lilydalepc@gmail.com](mailto:lilydalepc@gmail.com)  
**Facebook:** Lilydale District Pony Club and Adult Riding Club  
**Wheelchair accessible**

## Exercise Groups

### Active Ageing – Newstead

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**What:** Seniors exercise classes  
**When:** Mondays, 11:00 am – 12:00 pm and 12:00pm – 1:00pm  
**Where:** Newstead Baptist Church Hall, corner Douglas and Wentworth Streets, Newstead  
**Cost:** \$15 per session  
**Contact:** Erin Woolley on 6330 1572  
**Email:** woolley59@hotmail.com  
**Wheelchair accessible**

### Active Ageing – Riverside

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**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:** \$15 per session  
**Contact:** Erin Woolley on 6330 1572  
**Email:** woolley59@hotmail.com  
**Wheelchair accessible**

### Parkrun – North

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**What:** A 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)

## Field Naturalists

### Central North Field Naturalists

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- What:** Various nature and private reserves in central north and north west Tasmania
- 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 and website
- Email:** [cnfnats@gmail.com](mailto:cnfnats@gmail.com)
- Website:** [www.cnfn.org.au](http://www.cnfn.org.au)

### North East Tasmania Field Naturalist Club Inc

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- 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](mailto:brooker@vision.net.au)
- Website:** [www.netasfieldnats.org.au](http://www.netasfieldnats.org.au)

## Fishing

### Fly Fishers' Club of Tasmania Inc.

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- When:** First Wednesday of each month, 7:30 pm (except January)
- Where:** 1–3 Chant Street, East Launceston
- Cost:** \$30 joining fee, \$84 standard or \$42 pensioner annual subscription
- Contact:** Richard Hawley on 0429 888 687
- Email:** [secretary@flyfisherscluboftasmania.org.au](mailto:secretary@flyfisherscluboftasmania.org.au)
- Website:** [www.flyfisherscluboftasmania.org.au](http://www.flyfisherscluboftasmania.org.au)
- Facebook:** The Fly Fishers Club of Tasmania
- Wheelchair accessible**

## French

### Alliance Française de Launceston

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- What:** French language classes and social events
- When:** French classes Tuesday evenings, during school terms  
Café et Conversation (casual event) first Saturday of the month  
Other social events throughout the calendar year
- Where:** Various (phone or see website for details)
- Cost:** Various (see website for activity/event details)
- Contact:** Rod Howell (President) on 0408 348 479
- Email:** [rodhowell.howell1@gmail.com](mailto:rodhowell.howell1@gmail.com)
- Website:** [www.aflaunceston.org](http://www.aflaunceston.org)
- Facebook:** Alliance Française Launceston

## Friendship Groups

### Ionian Club Launceston

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- 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 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:** Secretary on 0448 818 013
- Email:** [launceston@ionians.net](mailto:launceston@ionians.net)
- Website:** [www.ionians.net/launceston](http://www.ionians.net/launceston)
- Facebook:** Launceston Ionian Club Inc
- Wheelchair accessible**

## **Newstead Baptist Church**

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**What:** Drop-in Centre  
**When:** Fridays, 1:00 pm – 3:00 pm  
**Where:** 14 Wentworth Street, Newstead  
**Cost:** \$2 per session  
**Contact:** Church Office on 6331 6891 or Geoff Marston  
**Email:** [info@newsteadbaptist.org.au](mailto:info@newsteadbaptist.org.au)  
**Website:** [www.newsteadbaptist.org.au/](http://www.newsteadbaptist.org.au/)  
**Wheelchair accessible**

## **Gardening**

### **Longford Garden Club**

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**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](mailto:longford.garden54@gmail.com)  
**Facebook:** Longford Garden Club  
**Wheelchair accessible** meetings only

### **Westbury Garden Club**

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**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](mailto:karenmac1957@gmail.com)  
**Facebook:** Westbury Garden Club, Westbury, Tasmania  
**Wheelchair accessible**

## Golf

### Deloraine Golf Club Inc

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**When:** Tuesdays, 10:00 am – Veterans  
Wednesdays, 10:00 am – Women  
Saturdays, 9:30 am – Medley

**Where:** 1263 Osmaston Road, Deloraine

**Cost:** \$470 Annual Membership, \$20 Green Fees

**Contact:** Secretary on 0418 277 073 or Club House on 6362 2132

**Email:** [secretary@delorainegolfclub.com.au](mailto:secretary@delorainegolfclub.com.au)

**Website:** [www.delorainegolfclub.com.au](http://www.delorainegolfclub.com.au)

**Facebook:** Deloraine Golf Club

### Exeter Golf Club Inc

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**When:** Tuesdays (women's competition),  
Wednesdays (veterans' competition)  
Saturdays (men's and women's competition)

**Where:** 41 Main Road, Exeter

**Cost:** \$650 annual membership, \$30 green fees

**Equipment:** Clubs, cart and buggy hire available

**Contact:** Sue Clark (Captain) on 0488 950 886 or Clubhouse on 6394 4427

**Email:** [info@exetergolfclub.com.au](mailto:info@exetergolfclub.com.au)

**Website:** [www.exetergolfclub.com.au](http://www.exetergolfclub.com.au)

**Facebook:** Exeter Golf Club Tas

### Riverside Golf Club

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**When:** Everyday

**Where:** 244 West Tamar Road, Riverside

**Cost:** Membership and green fees (see website for latest information)

**Equipment:** Equipment and motorised cart hire available

**Contact:** Pro Shop on 6327 3312

**Email:** [info@riversidegolf.com.au](mailto:info@riversidegolf.com.au)

**Website:** [www.riversidegolfclub.com.au](http://www.riversidegolfclub.com.au)

**Facebook:** The Riverside Golf Club

**Wheelchair accessible**

## **Tam O'Shanter Golf and Community Club**

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**When:** Competition days – Wednesdays and Saturdays, 9:00 am  
**Where:** 19 Fairway Avenue, Lulworth  
**Cost:** \$20 per round  
**Contact:** Berni Chapman on 0413 905 082 or Club on 6329 1225  
**Email:** [secretary@tamoshantergolfclub.com.au](mailto:secretary@tamoshantergolfclub.com.au)  
**Website:** [www.tamoshantergolfclub.com.au](http://www.tamoshantergolfclub.com.au)  
**Facebook:** Tam O'Shanter Golf and Community Club  
**Wheelchair accessible**

## **Handicrafts**

### **Launceston Textile Hub – HWSG Guild Tasmania**

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**When:** Tuesdays, 1:00 pm – 3:30 pm  
First Saturday of each month, from February to early December  
**Where:** Elderly Citizens Club, 16 Lansdale Street, Invermay  
**Cost:** \$5 per visit, \$45 Annual Membership  
**Equipment:** Come and try options available  
**Contact:** Bronwyn Platz  
**Email:** [bpplatz@gmail.com](mailto:bpplatz@gmail.com)  
**Website:** [www.hwsdguildtasmania.org/](http://www.hwsdguildtasmania.org/)  
**Wheelchair accessible**

### **Newstead Baptist Church – Chat 'n' Choose**

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**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](mailto:info@newsteadbaptist.org.au)  
**Website:** [www.newsteadbaptist.org.au/](http://www.newsteadbaptist.org.au/)  
**Wheelchair accessible**

## 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:** \$50 annual membership, \$40 concession, \$10 visitors  
**Contact:** Fran Keegan on 0490 826 863  
**Email:** secretary@launceston.tasfhs.org  
**Website:** www.launceston.tasfhs.org  
**Facebook:** TFHSLaunceston  
**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**



## Men's Shed

### Riverside Men's Shed

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**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

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**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

### University of Tasmania Community Music Program

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**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:** G Block, Newnham Campus, UTAS  
**Cost:** \$180 annual subscription  
**Equipment:** Instrument hire available  
**Contact:** Vanessa Clark on 0408 343 877  
**Email:** vclark@utcmp.org.au  
**Website:** www.utcmp.org.au  
**Wheelchair accessible**

## Photography

### Northern Tasmanian Camera Club

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- 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**

## Pickleball

### Pickleball Tasmania

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- What:** There are so many places to play Pickleball in Tasmania and the list keeps growing! To find out more about when each club has playing sessions, where they play and how to make contact, visit the Pickleball Tasmania Web site and go to the 'Where to Play' tab.  
Everyone of all ages, capabilities and experience is welcome to play this fun sport.
- When:** Day and evening sessions available  
**Where:** George Town, Launceston, Northern Midlands and Westbury  
**Costs:** Varies depending on venue  
**Equipment:** All equipment will be provided  
**Contact:** Email 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

## Probus Clubs

### Combined Probus Club of Scamander

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**When:** Fourth Wednesday of each month, 10:30 am  
**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

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**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

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**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**

### Probus Club of Launceston Club

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**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**

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**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, \$60 annual membership  
**Contact:** Pat Luscombe (Secretary) on 0418 132 300  
**Email:** patl4@bigpond.com  
**Wheelchair accessible**

## **Prospect Combined Probus Club**

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**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:** John Heazlewood on 0402 284 099  
**Email:** johnnola@bigpond.com

## **Riverside Ladies' Probus Club**

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**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:** Lynne Ward on 0439 131 118  
**Email:** lynnegward138@mac.com  
**Wheelchair accessible**

## **Trevallyn Combined Probus Club**

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**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](http://www.probussouthpacific.org)  
**Wheelchair accessible**

## Rowing

### Deloraine Flames Dragon Boat Club

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- 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. Life jacket and paddle provided.
- Contact:** Ange McKay on 0409 962 581
- Email:** deloraine flames.sec@gmail.com
- Facebook:** Deloraine Flames Dragon Boat Club

### North Esk Dragon Boat Club

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- 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:** [northeskdraftons.org.au](http://northeskdraftons.org.au)
- Email:** [secretary.northeskdraftons@gmail.com](mailto:secretary.northeskdraftons@gmail.com)
- Website:** [www.northeskdraftons.org.au](http://www.northeskdraftons.org.au)
- Facebook:** North Esk Dragon Boat Club

### Tamar Rowing Club

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- When:** Email to confirm days and times
- Where:** Tamar Rowing Club, 14 West Tamar Road, Launceston
- Cost:** Approx. \$550 annual rowing membership, other memberships available such as social and associate, email for details
- Contact:** Secretary via email
- Email:** [secretarytamar@gmail.com](mailto:secretarytamar@gmail.com)
- Website:** [www.tamarrowingclub.org.au](http://www.tamarrowingclub.org.au)

## Singing

### Meander Valley Choir

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**What:** Singing  
**When:** Wednesdays, 7:00 pm – 8:30 pm  
**Where:** Uniting Church Hall, corner William and Dexter Streets, Westbury  
**Cost:** \$20 annual membership  
**Contact:** Jo Fitzgerald 0407 951 823  
**Email:** johanphpas@gmail.com  
**Wheelchair accessible**

## Soroptimist International

### Soroptimist International Launceston

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**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, 6:00 pm  
**Where:** Colonial Hotel, Launceston  
**Cost:** Joining fee plus annual membership  
**Contact:** Lauren Johnson (Secretary) via email  
**Email:** silaunceston@siswp.org  
**Website:** <https://siseap.org/>  
**Facebook:** Soroptimist International Launceston  
**Wheelchair accessible**

## Squash

### Newstead Tennis and Squash Club

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**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](http://www.ntsc.net.au)  
**Facebook:** Newstead Tennis and Squash Centre  
**Wheelchair accessible**

## Tai Chi

### Iron Lotus Tai Chi

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**When:** Various days and times  
**Where:** Launceston, Bridport, Beaconsfield, Legana, Longford, Youngtown  
**Cost:** \$12 – \$15 per one hour class  
**Contact:** Grant Scurr on 0418 606 656  
**Email:** [ironlotustaichi@gmail.com](mailto:ironlotustaichi@gmail.com)  
**Website:** [www.ironlotustaichi.wixsite.com/ironlotustaichi](http://www.ironlotustaichi.wixsite.com/ironlotustaichi)  
**Wheelchair accessible**

## Table Tennis

### Deloraine Table Tennis League

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

## Tennis

### Binalong Bay Ratepayers and Tennis Association Inc

- When:** Daylight hours, 365 days per year.  
Court bookings are made through the QR code displayed on court fence
- Where:** Main Road foreshore, Binalong Bay
- Cost:** \$5 per hour
- Contact:** Jillian Breen on 0408 520 919
- Email:** [jillianbreen@bigpond.com](mailto:jillianbreen@bigpond.com)
- Wheelchair accessible**

### 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](mailto:newsteadtennisandsquashcentre@hotmail.com)
- Website:** [www.ntsc.net.au](http://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:** Jacqui Green on 0407 894 370
- Email:** [jacquig33@icloud.com](mailto:jacquig33@icloud.com)
- Website:** [www.tennis.com.au/riversidetc](http://www.tennis.com.au/riversidetc)
- Facebook:** Riverside Tennis Club



## Walking

### Launceston Ramblers Club

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- 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

## Yoga

### Meander Valley Yoga

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- When:** Tuesdays, 4:00 pm – 5:30 pm and Thursdays, 10:30 am – 12:00 pm (Western Creek). Wednesdays, 5:00 pm – 6:30 pm (Deloraine). Sundays (online via Zoom) – please enquire at [contact@meandervalleyyoga.com](mailto:contact@meandervalleyyoga.com). Weekend and longer yoga retreats – see [www.meandervalleyyoga.com](http://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](mailto:contact@meandervalleyyoga.com)
- Website:** [www.meandervalleyyoga.com](http://www.meandervalleyyoga.com)
- Facebook:** Meander Valley Yoga

## Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.





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