

Living Well

FREE AUTUMN 2024 COMMUNITY PROGRAM

FREE Activities - You MUST register!	Who	When	Where
Arvo's @ The Junction Youth hangout space with activities and food, hosted by Youth Family and Community Connections. During school terms only.	11 - 17 years	Tuesdays, 3 pm to 4:45 pm, <i>13th Feb. to 10th Apr.</i>	Devonport Junction, 64 Stewart Street.
Footy Fun Day and Development Program Join the East Devonport Football Club for an arvo of footy fun, skill development, giveaways and the start of the new 12 week training program. Suitable for kids who don't play, or would like to give AFL a go! Bring along runners and a water bottle.	All ages and abilities	Fridays 5 pm to 8 pm, <i>16th Feb. to 3rd May</i>	East Devonport Football Club, Girdlestone Park, East Devonport.
Garden Propagation Workshop A sharing of knowledge about how to increase your garden plants by taking cuttings, using division, layering and other simple methods that work. Demonstrations and identification of plants that are easily propagated at home and when to do so, is also included.	Adults	Saturday 10 am to Midday, <i>17th Feb.</i>	Tasmanian Arboretum, 46 Old Tramway Road Eugenana, TAS 7310. Meet at the Nursery.
Ageing Stronger Active Longer Low impact fitness sessions designed to help improve strength, balance, and coordination. Bring a drink bottle and wear comfortable loose-fitting clothing. <i>New registrations are required for all 2024 classes.</i>	Seniors	Tuesdays 1 pm to 2 pm, <i>20th Feb. to 23rd Apr.</i> Wednesdays 11:30 am to 12:30 pm, <i>21st Feb. to 24th Apr.</i> Thursdays 12 pm to 1 pm, <i>22nd Feb. to 25th Apr.</i>	Tue / Thur: Devonport Recreation Centre. Wed: East Devonport Recreation Centre.
Learn to Play Squash Bring along a friend, family member or come solo, and learn to play with the Devonport Squash Club. Bring a drink bottle and wear loose fitting clothing. All equipment supplied.	All ages and abilities	Tuesdays 3:30 pm to 4:30 pm <i>20th Feb. to 23rd Apr.</i>	Squash Courts, Devonport Recreation Centre. Forbes St.
Dance Fitness Low impact Dance fitness classes with Chris Crossman. Easy to learn and lots of fun. Bring a drink bottle and wear loose fitting clothing.	Adults, all fitness levels	Thursdays, 11 am to Midday <i>22nd Feb. to 18th Apr.</i>	Don Memorial Hall.
Games Night + Gaming Together Come along for an arvo or evening of card, board, console and PC games! All games supplied, or bring along your own games and snacks. Fortnightly 'Games Nights' are for anyone aged 15+ . Weekly 'Gaming Together' is for teens between 12 and 18 years.	12 - 18 years 15 years +	Gaming Together: Thursdays 4 pm to 6 pm, <i>22nd Feb. to 11th Apr.</i> Saturday Games Nights: 1 pm to 5 pm + 5:30 pm - 9pm <i>24th Feb. to 20th Apr.</i>	Devonport Online, Level 1, paranapple Centre.
Mums Boot Camp Enjoy the outdoors as your increase your fitness and wellbeing over 10 weeks with Bootcamps Tasmania. Bring a drink bottle, wear a hat, sunscreen, runners and comfortable loose-fitting clothing.	Mums with young children	Fridays 9:30 am to 10:15 am <i>23rd Feb. to 26th Apr.</i>	Mersey Bluff Playground, grassed area.
Tai Chi and Qigong Learn the Qigong set 'Ba Duan Jin' (also known as 8 Treasures) and the first 10 movement of the Wu Style Tai Chi (sometimes spelled Taiji) form. Bring a hat, sunscreen, water bottle and loose-fitting clothing.	All ages and abilities	Saturdays 9:30 am to 10:30 am <i>24th Feb. to 27th Apr.</i>	Haines Park Devonport CBD.
Arboretum Photography Workshop Perfect for novice photography enthusiasts and those having trouble getting results with nature photography. Suitable for beginners. BYO lunch and meet at the Education Centre.	Adults	Thursday, 10 am to 3 pm <i>7th Mar.</i>	Tasmanian Arboretum, 46 Old Tramway Road Eugenana, TAS 7310.
International Cafe Come along to Devonport's monthly migrant get together. Bring along a share plate (optional) and your friends and family.	Migrant Community	Sundays, 2 pm to 4 pm. <i>Every first Sunday of the month.</i>	Senior Citizen's Club, 8 Victoria Parade Devonport.



HOW TO REGISTER FOR AN ACTIVITY

1. SCAN THE QR CODE or
2. VISIT WWW.DEVONPORT.TAS.GOV.AU

you need to register to participate in our free programs. Each time you attend we will ask you to scan a code from your phone or complete a paper attendance form



**Living Well
Devonport**

is supported by
Devonport City Council
and **FREE** for local
community