

# TasRec North Calendar.

## July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 <b>Green Thumbs!</b> 10:00-1:00	3 <b>Open Studio Arts</b> 10:30- 1:00	4	5
6	7 <b>Tas Tracks</b> 9:30-12:30 <b>Crafternoon!</b> 1:30-4:30	8	9 <b>Gourmet Student</b> 10:00-1:00	10 <b>Open Studio Arts</b> 10:30- 1:00	11	12
13	14 <b>Tas Tracks</b> 9:30-12:30 <b>Crafternoon!</b> 1:30-4:30	15 <b>Up and About</b>	16 <b>Green Thumbs!</b> 10:00-1:00	17 <b>Open Studio Arts</b> 10:30- 1:00	18	19
20	21 <b>Tas Tracks</b> 9:30-12:30 <b>Crafternoon!</b> 1:30-4:30	22 <b>Up and About</b>	23 <b>Gourmet Student</b> 10:00-1:00	24 <b>Open Studio Arts</b> 10:30- 1:00	25	26
27	28 <b>Tas Tracks</b> 9:30-12:30 <b>Crafternoon!</b> 1:30-4:30	29 <b>Up and About</b>	30 <b>Green Thumbs!</b> 10:00-1:00	31 <b>Open Studio Arts</b> 10:30- 1:00		



**Bookings are essential, please ring 1800TASREC, or email [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au)**

**with your details and chosen activity. See next pages for further information.**

### A short note on current guidelines...

TasRec is continuing to return to our normal ways of working, however as we remain with some restrictions in place, we are still at this stage unable to travel as a group to our usual variety of places.

We are very much looking forward to this lifting, and as soon as we know when this will be, TasRec will shift our activities to reflect this change.

Please keep an eye out for updates as they emerge! It will be great to returning to our usual ways of being together and being able to explore our wider areas again.

To continue supporting everyone's health and wellbeing and ensure that we all continue to be able to come along to TasRec programs, can we all please keep taking care in making sure we maintain regular hygiene and handwashing practices, while keeping our social distancing measures in place.

Thankyou everyone, it's great to be back!

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### Feedback, suggestions?

We are always very keen to receive feedback and hear any suggestion you may have. It is always great to know what would be most meaningful for you that we can build into the TasRec schedule.

If there is anything you would like to let us know about how TasRec could work better for you, please get in touch through 1800TASREC, fill out a feedback form, or chat with your TasRec team member.

Everyone's voice is a valued contribution!

### For all Bookings and cancellations...

For all activities, please book in by calling **1800TASREC** between 9am and 5pm on weekdays, or send an email to [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au) that states your name and the activity and date you would like to attend.

**Thankyou!**

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### Up and About!

RFT's fantastic exercise program Up and About will be taking a well-earned 2 week break in the first half of July, and will return in the 3<sup>rd</sup> week of July.

Weekly sessions will then be held in groups in person, once again. Times and venues are being confirmed, so please stay tuned for updates as they emerge!

RFT would like to extend a massive thanks to Deb Hewson, for all her passion and dedication in setting up Up and About, and running it in the amazing and energetic way that she has. Deb has now left the role of Up and About project Leader and is returning to her work with Tasmanian Health Service. RFT and Up and About will miss her commitment to everyone involved!

Up and About continues, and we will keep you posted with updates news of its continuing throughout 2020. In the meantime referrals can still be made for groups to come. please get in touch Recreation Team Leader Nick Icton on 0438430165, or by emailing [upandabout@rftas.org.au](mailto:upandabout@rftas.org.au), to find out more.

### Gourmet Student + Green Thumbs

Each Thursday TasRec will look at the relationship between the food we consume and where it comes from, and work toward being able to supply some of our own food, straight from the garden. These sessions are hosted by Sam our expert of food and gardens, and will aim to explore and connect all aspects of affordable and healthy meal creation, the variety of food we can grow, and how that can be done.

Topics will include:

- Using seasonal, affordable produce
- Use of food garden produce
- Nutrition consideration and reading food labels
- Dietary considerations
- Safe food handling and storage.
- Menu planning and catering
- Food preserving methods
- Meal creation!

There are limited places available for each session (4 for Gourmet Student), so please be sure to book in! Please advise staff of any dietary requirements or allergies that you may have.

Every Thursday 10-1 at Mowbray RFT.

\*Throughout each session we will maintain social distancing in line with current advice, as well as ensure hygiene and hand washing is regular throughout the activity. Please advise staff of any dietary requirements or allergies that you may have.

## Open Studio Arts.

Open Studio Arts has re-opened!

Please join us again with our wonderful host of the arts Steph, who is ready to guide and support you in your creative endeavors and share her skills in a range of arts techniques and creative ideas.

All tools and materials supplied, so all you need is your creativity!

Where: RFT Mowbray Community Unit

When: Every Friday 10:30- 1:00

We are currently unable to do a pickup or drop-off to and from Mowbray RFT, so hope that you are able at this time to arrange transport. As soon as we can this will return.

Light refreshments provided.

\*Throughout each session we will maintain social distancing in line with current advice, as well as ensure hygiene and hand washing is regular throughout the activity.

Please advise staff of any dietary requirements or allergies that you may have.

## Tuesday Crafternoons!

Winter is the perfect time for staying cosy and warm and spending time on craft projects, so TasRec is very pleased have welcomed Magriet on board to lead our newest activity, Crafternoon!

Magriet brings a range of crafty skills to share with you, and can support you in all steps of the way in making a collection of useful items for you and your home, using a range of techniques, including:

Embroidery,  
Beading,  
Candle decorating,  
Knitting and Crocheting  
Felting and Sewing  
And more!

Some projects may have a small cost to cover materials. Tuesday afternoons 1:30-4:30, at Mowbray RFT Community unit.

Please book in as places are limited!



## TasTracks!

As we are currently unable to drive to wonderful places further afield, for now we will leave on our walks on foot from RFT in Mowbray. There are still some amazing and accessible places within walking distance!

Join us as we adventure out with our walking guide Molly to explore the local surrounds and the beauty of our amazing home.

-Please bring along snacks and ample water to keep you going, and please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/ jumper.

Leaves from Mowbray RFT, every Tuesday at 9:30am.