

# TasRec North-West Calendar

## July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 <b>Open Studio Arts Via Zoom Online 2:15-4:15pm</b>	3 <b>Gardening 10:00-1:00</b>	4	5
6	7 <b>Tas Tracks 10:00-1:00</b>	8	9 <b>Open Studio Arts Via Zoom Online 2:15-4:15pm</b>	10 <b>Ten Pin Bowling 1:00- 3:30</b>	11	12
13	14 <b>Tas Tracks 10:00-1:00</b>	15 <b>Games in the park with Realink! 1:00- 3:30</b>	16 <b>Open Studio Arts Via Zoom Online 2:15-4:15pm</b>	17 <b>Gardening 10:00-1:00</b>	18	19
20 <b>Up and About</b>	21 <b>Tas Tracks 10:00-1:00</b>	22	23 <b>Open Studio Arts Via Zoom Online 2:15-4:15pm</b>	24 <b>Ten Pin Bowling 1:00- 3:30</b>	25	26
27 <b>Up and About</b>	28 <b>Tas Tracks 10:00-1:00</b>	29 <b>Games in the park with Realink! 1:00- 3:30</b>	30 <b>Open Studio Arts Via Zoom Online 2:15-4:15pm</b>	31 <b>Gardening 10:00-1:00</b>		



**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 with you!

### **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!

### **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 Ulverstone with our walks guide Christine. There are some amazing and accessible places within walking distance from there!

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

---

### **For all Bookings...**

For all bookings or any attendance cancellation, please phone **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!**

### **Open Studio Arts-via Zoom online**

As TasRec in the Northwest is currently without an in person facilitator for our arts program, or a venue to host, there is currently the opportunity to connect with others in the online space via the program Zoom.

These online sessions are facilitated by recreation Team Leader Nick Icton, and will run weekly on Thursday afternoons until approximately the end of July.

Each week there is a different theme that is used a way to inspire and share ideas, that moves into individual art making. These are then shared as a group throughout the session.

There is limited space available in these sessions, so please book your place, and be sure to bring along whatever creative materials you have on hand.

If you are new to Zoom, you will need a phone or computer with a microphone and webcam, internet data and a secure connection, and a private space in which to work. Please get in touch with Nick on 0438430165 if you would like more info or to set up a Zoom test run.

---

### **Gardening!**

As we are also currently without a space for our weekly cook-ups, we can use this time to focus on the growing of food! Come along Friday mornings with Garden/ food wiz Jodie as we look at ways to re-vamp the vegie patch and add to the selection of food that will soon be ready for the picking, and eating!

All tools and materials supplied, just bring yourself, warm clothes if needed, and your wonderful green thumbs.

At Ulverstone RFT 10:00-1:00 on every second Friday

### Games in the park with Reclink!

TasRec is pleased to be welcoming Sam Rubock from Reclink along to get out and active with us and share some games in the park. Sam will have Disc Golf and Botchy Ball, among others. A great opportunity after our long time of being housebound!

Where? In the park across the road from Ulverstone RFT

When? 1:00-3:30 on Wednesdays 15/07 + 29/07

### 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.



### Ten Pin Bowling

On both Friday's the 10<sup>th</sup> and 24<sup>th</sup> of July we will head down to booked afternoon sessions at Devonport Ten Pin Bowls for a couple of games of Ten Pin Bowling. The perfect indoor winter sport!

Transport will leave from Ulverstone RFT at 1:00, to return at around 3:30pm.

Please be sure to book in, there are a limited 6 spots for this activity.