

TasRec South Calendar.

July 2020

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



Bookings are essential, please ring 1800TASREC, or email 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!

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 3rd 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, to find out more.

Gourmet Student

Continuing into July is TasRec's food and cooking session Gourmet Student, which aims to explore all aspects of affordable and healthy meal creation, including:

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

And this is just the beginning! We are working to develop a diverse food program that covers all the essentials, while delving into some of the more specialist areas in the realm of food creation.

Where: RFT's Connect In Centre, 29 Patrick st Hobart.

When: Every Friday 10:00-12:30

Places for each day are limited to 5, so please book in!

*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.

For all Bookings and cancellations...

To book into any activity, or to cancel your attendance, please phone **1800TASREC** between 9am and 5pm on weekdays, or send an email to tasrec@richmondfutures.com.au that states your name and the activity and date you would like to attend.

Thankyou!



Open Studio Arts

TasRec's weekly arts session is pleased to be back with you. June saw us explore acrylic pouring and some eco paper dyeing, and July is sure to be another interesting month of creative explorations!

Open Studio Arts is here to support your creative ideas and projects, and it's regular host Nick from RFT is here to offer guidance, ideas, and techniques using the range of materials that we have on hand.

Sessions are held in a safe, accepting, and non-judgmental environment in our Friday studio space at RFT's Connect In Centre on Patrick st.

Every Friday afternoon in July, from 1:00-3:30pm.

Come along and explore your creativity!

There is no cost, and materials are provided.

Light refreshments are also 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.

TasTracks!

As we are currently unable to drive to wonderful places further afield, for now we will leave on our walks from RFT's Connect In Centre on Patrick st. There are still some amazing and accessible places within walking distance from there!

Each week we will choose between South Hobart rivulet, Queens Domain, Botanic Gardens, or the Hobart waterfront.

***Please note TasTracks will be returning to our normal Tuesday walks from the 7th July.**

-Please bring a packed lunch and ample water to keep you going.

--Please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/ jumper.