

# TasRec Calendar

## Term 4: October – December 2021



### How the Program Works

Week one from the 27th September – 1st October is our taster week. Come along to all sessions and try them out! Then we have a 10 week term, commencing 4th October to the 21st December where participants book into the 10 sessions for the activities they wish to attend.

### Program Overview

Social Group	Open Arts	Just Move	Cooking
A chance to play board games, pool, bingo, play music and have a coffee and a catch up!	Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery.	Movement is key to mental and physical health. Join in on this ability sensitive, circuit based exercise program with professional instructors guiding your increase in ability!	Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.
<b>Venue:</b> Ulverstone / 7 – 9 Lugana Cres	<b>Venue:</b> 7 – 9 Lugana Cres	<b>Venue:</b> Athlete 42, 2 Flora Street	<b>Venue:</b> 7 – 9 Lugana Cres

### Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Tuesday	Just Move	Athlete 42	Chloe / Emily	1:00pm – 2:00pm
Wednesday	Open Arts	Lugana Cres	Chloe / Sam	1:00pm – 3:00pm
Thursday	Social Group	Ulverstone / Lugana Cres	Chloe / Emily	11:00am – 1:00pm
Friday	Cooking	Lugana Cres	Emily	10:00am – 12:00pm

### Bookings

Phone: 1800TASREC (1800827732)  
 Email: [referrals@richmond tas.com.au](mailto:referrals@richmond tas.com.au)  
 Online: [rft.org.au/services/tasrec-online-booking/](http://rft.org.au/services/tasrec-online-booking/)

### Enquiries

Leader: **Nadia Cole**  
 Phone: 0439 952 252  
 Email: [nadiac@richmond tas.com.au](mailto:nadiac@richmond tas.com.au)

### Cannot attend a session, text or call:

Emily: 0458 883 602  
 Chloe: 0437 366 641  
 Nadia: 0439 952 252

**Venue:** Ulverstone Neighbourhood House  
 7 – 9 Lugana Cres, West Ulverstone  
 (Except Just Move)

