

# 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 22nd December where participants book into the 10 sessions for the activities they wish to attend.

### Program Overview

|   |   |  |   |
|---|---|--|---|
| <b>TasTracks</b><br>Walks in and around Launceston with transport from Mowbray or meeting at the walk location. A list of location starting points will be provided once participants have booked in.<br><b>Venue:</b> TBC                            | <b>Creative Arts</b><br>Explore your creativity in more sculptural ways. Includes mosaics, ceramics and papier-maché!<br><b>Venue:</b><br>RFT Mowbray                               | <b>Craft</b><br>Learn practical and creative skills you can decorate your home or yourself with. Includes sewing, beading, jewellery making, ceramics.<br><b>Venue:</b><br>RFT Mowbray                         |   |
| <b>Just Move</b><br>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!<br><b>Venue:</b><br>PhysioFit, 305 Wellington St | <b>Cooking</b><br>Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.<br><b>Venue:</b><br>RFT Mowbray | <b>Open Arts</b><br>Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery.<br><b>Venue:</b><br>RFT Mowbray | <b>Equine Therapy</b><br>in conjunction with Reclink<br>Grow in confidence and ability by working with horses and qualified instructors. By appointment only.<br><b>Venue:</b><br>TBC |

### 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)

**Venue:** RFT Mowbray Community Unit  
 11 – 13 Barton St, Mowbray  
 (Except TasTracks, Just Move & Equine Therapy)



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## Timetable

| DAY            | WORKSHOP   | LOCATION   | WITH    | TIME              |
|----------------|--|------------|---------|-------------------|
| Monday         | TasTracks  | TBC        | Magriet | 1:00pm – 3:00pm   |
|                | Creative Arts                                    | Mowbray    | Sam     | 10:00am – 12:30pm |
| Tuesday        | Just Move  | Physio Fit | Kahlia  | 1:00pm – 2:00pm   |
| Tuesday        | Craft  | Mowbray    | Magriet | 2:00pm – 4:00pm   |
| Thursday       | Cooking  | Mowbray    | Sam     | 10:00am – 12:00pm |
| Friday         | Open Arts  | Mowbray    | Sam     | 2:30pm – 4:30pm   |
| By Appointment | Equine Therapy<br>in conjunction<br>with Reclink | TBC        | TBC     | Book a time       |



If you are unable to attend, please text or call:

Sam: 0417 312 195

Magriet: 0429 945 012

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