

TasRec Calendar

Term 1: January – March 2022



How the Program Works

Week one from the 4th January – 8th January is our taster week. Come along to all sessions and try them out!

Then we have an 11 week term, commencing 10th January – 27th March where participants book into the 11 sessions for the activities they wish to attend.

Program Overview

TasTracks	Skilling It	Open Arts	Just Move	Just Move – Women Only
<p>Walks in and around Hobart with transport from Hobart or meeting at the walk location. A list of location starting points will be provided once participants have booked in.</p> <p>Venue: Patrick St / location</p>	<p>Sessions will include barista lessons, CPR, computer skills, interviewing techniques and CV writing.</p> <p>Venue: Patrick St</p>	<p>Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery.</p> <p>Venue: Patrick St</p>	<p>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!</p> <p>Venues: Leap Physio, Bayfield St, Rosny Glenorchy YMCA, Constance Ave Huonville PCYC 40 – 72 Wilmot Rd</p>	<p>Circuit based exercise program for women run by women. 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!</p> <p>Venue: Leap Physio, Bayfield St, Rosny</p>
<p>Cooking</p> <p>Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.</p> <p>Venue: Patrick St</p>	<p>Dirt Club</p> <p>Help create a beautiful garden space for yourself and others to share or grow your own herbs and vegetables.</p> <p>Venue: kuntana liprini, 27 – 29 Garfield Road, Glenorchy</p>	<p>Social Group / Day Trip</p> <p>A chance to play board games, pool, bingo, play music and have a coffee and a catch up! Every second week enjoy a day out at one of the many parks, historical sites or wildlife sanctuaries around Hobart and its surrounds.</p> <p>Venue: Patrick St / TBC</p>	<p>Yoga</p> <p>Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD.</p> <p>Venue: Patrick St</p>	

Bookings

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

Enquiries

Leader: Nadia Cole
 Phone: 0439 952 252
 Email: nadiac@richmond tas.com.au

Venue: Richmond Fellowship Tasmania
 29 Patrick Street, Hobart
 (Except TasTracks / Day Trip & Just Move)



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South

Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	TasTracks / Day Trip	TBC	Tara	10:00am – 1:00pm
	Social Group	Patrick St	Tara / Linda	1:00pm – 4:00pm
Tuesday	Open Arts	Patrick St	Linda	10:30am – 12.30pm
	Just Move – Women Only	Rosny	Ash / Tara	12:15pm – 1:15pm
	Yoga	Patrick St	Helen / Tara	2:30pm – 3:30pm
Wednesday	Dirt Club	Glenorchy	Linda / Yolanda	10:00am – 12:00pm
Thursday	Just Move	Rosny	Ash / Tara	12:00pm – 1:00pm
		Glenorchy	Nick / Tara	1:30pm – 2:30pm
		Huonville	Emma	1:30pm – 2:30pm
Friday	Cooking	Patrick St	Linda	10:00am – 12:30pm
	Skilling It	Patrick St	Linda	1:30pm – 3:00pm
Saturday	Social Group	Patrick St	Linda / Tara	10:00am – 1:00pm

If you cannot attend a session, please text or call:

Linda: 0458858261
 Tara: 0458877802
 Nadia: 0439952252

Scan the QR code to send us your feedback



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