

TasRec Calendar

Term 1: January – March 2022



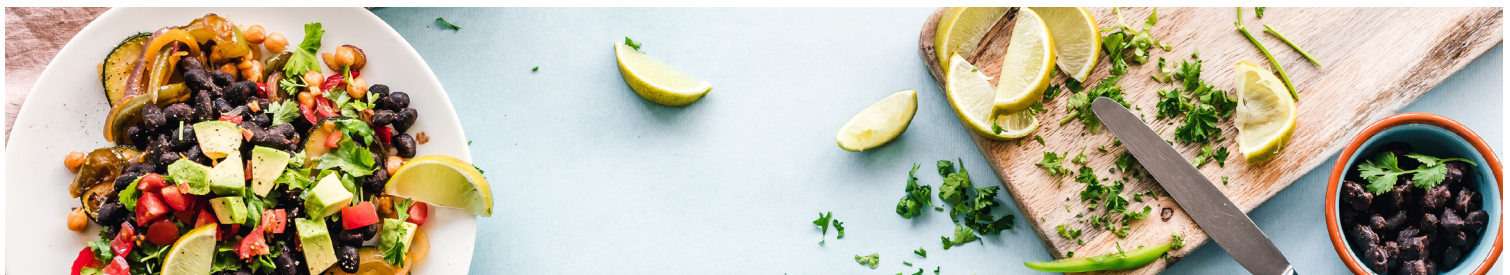
How the Program Works

Week one from the 10th January – 15th January is our taster week. Come along to all sessions and try them out!

Then we have a 10 week term, commencing 17th January – 27th March where participants book into the 10 sessions for the activities they wish to attend.

Program Overview

Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: 7 – 9 Lugana Cres	Yoga Classes with instructor Trista designed to challenge movement and relax the mind. Venue: 7 – 9 Lugana Cres	Just Move 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! Venue: Athlete 42, 2 Flora Street
Sports Activities In conjunction with Reclink – frisbee, soccer, touch football, ball games and other skill based activities. Venue: Bicentennial Park	Social & Skills Group A chance to play board games, pool, bingo, play music, have a coffee and catch up! Skills include barista lessons, CPR, computer skills, interviewing techniques and CV writing. Venue: TBC	Reclink Various activities in conjunction with Reclink. To book Reclink activities please contact Nadia Cole. Venue: Various



Bookings

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

Enquiries

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

Venue: Ulverstone Neighbourhood House
7 – 9 Lugana Cres, West Ulverstone
(Except Just Move, Sports Activities & Reclink)



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Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	Cooking	Lugana Cres	Support	11:00am – 1:00pm
	Yoga	Lugana Cres	Trista	4:30pm – 5:30pm
Tuesday	Just Move	Athlete 42	Chloe / Sam	1:00pm – 2:00pm
Wednesday	Sports Activities	Bicentennial Park	Chloe / Sam	2:00pm – 3:00pm
Thursday	Social & Skills Group	TBC	Chloe / Support	12:00pm – 2:00pm
Reclink	Various Activities	TBC	Support	Various



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

Chloe: 0437 366 641
Nadia: 0439 952 252

Scan the QR code to
send us your feedback



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