

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

TasTracks 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. Venue: TBC	Creative Arts Explore your creativity in more sculptural ways. Includes mosaics, ceramics and papier-maché! Venue: RFT Mowbray	Craft Learn practical and creative skills you can decorate your home or yourself with. Includes sewing, beading, jewellery making, ceramics. Venue: RFT Mowbray	
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: PhysioFit, 305 Wellington St	Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: RFT Mowbray	Open Arts Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery. Venue: RFT Mowbray	Equine Therapy in conjunction with Reclink Grow in confidence and ability by working with horses and qualified instructors. By appointment only. Contact Nadia Cole to book. Venue: TBC

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



TasRec Calendar

Term 1: January – March 2022



Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	TasTracks	TBC	TBC	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	TBC	11:00am – 1:00pm
Thursday	Cooking	Mowbray	Sam	10:00am – 12:00pm
Friday	Open Arts	Mowbray	Sam	1:30pm – 3:30pm
By Appointment	Equine Therapy in conjunction with Reclink	TBC	TBC	To book a time contact Nadia Cole



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

Sam: 0417 312 195
Nadia: 0439 952 252

Scan the QR code to
send us your feedback



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

