

TasRec Calendar

Term 2: April – June 2022



How the Program Works

Week one from the 4th April – 9th April is our taster week. Come along to all sessions and try them out!

Then we have a 10 week term, commencing 11th April – 24th June where participants book into the 10 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>Monthly sessions will include barista lessons, CPR, computer skills, interviewing techniques and CV writing.</p> <p>Session dates:</p> <ul style="list-style-type: none"> • 29.04.22 • 27.05.22 • 24.06.22 <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</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>Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.</p> <p>Venue: Patrick St</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>A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up!</p> <p>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>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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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 | 10:00am – 12:00pm |
| | 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 | Kiani / Tara | 12:00pm – 1:00pm |
| | | Glenorchy | Nick / Tara | 1:30pm – 2:30pm |
| Friday | Cooking | Patrick St | Linda | 10:00am – 12:30pm |
| | Skilling It (29.04, 27.05, 24.06) | Patrick St | Linda / Tara | 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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