

# TasRec Calendar

## Term 3: July – September 2022



### How the Program Works

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

Then we have a 10 week term, commencing 11th July – 24th September where participants book into the 10 sessions for the activities they wish to attend.

### Program Overview

<b>Social Group / Day Trip</b> A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up! Every second week enjoy a day out at one of the many parks, historical sites or tourist attractions around Launceston and its surrounds. <b>Venue:</b> 11 – 13 Barton St, Mowbray / TBC	<b>Creative Arts</b> Explore your creativity in more sculptural ways. Includes mosaics, ceramics and papier-maché! <b>Venue:</b> 11 – 13 Barton St, Mowbray	<b>Craft</b> Learn practical and creative skills you can decorate your home or yourself with. Includes sewing, beading, jewellery making, ceramics. <b>Venue:</b> 11 – 13 Barton St, Mowbray
<b>Just Move</b> 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! <b>Venue:</b> PhysioFit, 305 Wellington St	<b>Cooking</b> Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. <b>Venue:</b> 11 – 13 Barton St, Mowbray	<b>Open Arts</b> Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery. <b>Venue:</b> 11 – 13 Barton St, Mowbray

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



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## Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	Social Group / Day Trip	TBC	Lily	12:00pm – 3:00pm
	Creative Arts	Mowbray	Sam	10:00am – 12:30pm
Tuesday	Just Move	Physio Fit	Sian	1:00pm – 2:00pm
Tuesday	Craft	Mowbray	Lily	2:00pm – 4:00pm
Thursday	Cooking	Mowbray	Sam	10:00am – 12:00pm
Friday	Open Arts	Mowbray	Sam	1:30pm – 3:30pm



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

Sam: 0417 312 195  
Lily: 0427 811 689  
Nadia: 0439 952 252

Scan the QR code to  
send us your feedback



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