

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

TasTracks 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. Venue: Patrick St / location	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: Patrick St	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! Venues: Leap Physio, Bayfield St, Rosny Glenorchy YMCA, Constance Ave	Just Move – Women Only 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! Venue: Leap Physio, Bayfield St, Rosny
Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: Patrick St	Dirt Club Help create a beautiful garden space for yourself and others to share or grow your own herbs and vegetables. We will be taking a break over Winter and returning in Spring.	Social Group A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up! Venue: Patrick St / TBC	Yoga Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD. Venue: Patrick St

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



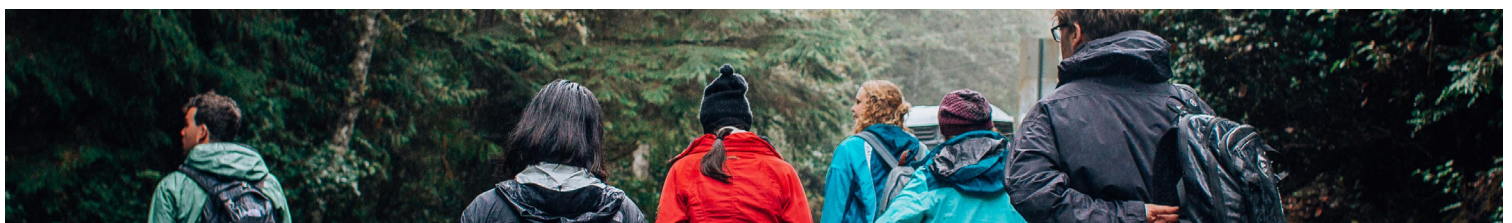
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Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	TasTracks / Day Trip	TBC	Tara	10:00am – 1:00pm
	Social Group	Patrick St	Tara / Linda	1:00pm – 3:30pm
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	Taking a break over Winter. Returning in Spring.		
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



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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