

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

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
Recovery Group Based on the Recovery Star, Recovery Group runs twice a week with a focus on reflective journalling and achieving your personal goals. Each week has a different topic with guest speakers, various activities and a chance to meet great people. We are here to help you on your mental health recovery journey. Venue: 7 – 9 Lugana Cres	Social Group / Day Trip This is a chance to join us for a day out, coffee and a chat. Every second week enjoy a day out at one of the many parks, historical sites or other tourist attractions around Ulverstone and its surrounds. 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@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: 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	Recovery Group	Lugana Cres	Support	9:00am – 11:00am
	Yoga	Lugana Cres	Trista	4:30pm – 5:30pm
Tuesday	Just Move	Athlete 42	Sarah / Sam	1:00pm – 2:00pm
Thursday	Cooking	Lugana Cres	Sarah	12:00pm – 2:00pm
Friday	Recovery Group	Lugana Cres	Support	9:00am – 11:00am
	Social Group / Day Trip	TBC	Sarah	12:00pm – 3:00pm
Reclink	Various Activities	TBC	Support	Various



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

Sarah: 0436 521 616
Nadia: 0439 952 252

Scan the QR code to
send us your feedback



Venue: Ulverstone Neighbourhood House
7 – 9 Lugana Cres, West Ulverstone
(Except Just Move, R U Game & Social Group)

