

TasRec Calendar: 2023

Term 1: 3 January – 6 April



How the Program Works

Week one from the 3rd January – 8th January is our taster week. Come along to all sessions and try them out!

Then we have a 12 week term, commencing 10th January – 6th April where participants book into the 12 sessions for the activities they wish to attend.

Regular Programs 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	Sports Activities Outdoor sports activities with Reclink including soccer, frisbee, cricket and rounders (weather dependent). Venue: Various

Bookings

Phone: 1800TASREC (1800827732)
Email: referrals@richmondtas.com.au
Online: rft.org.au/services/tasrec-online-booking/

Enquiries

Leader: Nadia Cole
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Email: nadiac@richmondtas.com.au

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



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Regular Activities Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	Recovery Group	Lugana Cres	Support	9:00am – 11:00am
Tuesday	Social Group / Day Trip	TBC	Sarah	10:00am – 12:00pm
	Just Move	Athlete 42	Sarah / Sam	1:00pm – 2:00pm
	Yoga	Lugana Cres	Trista	4:30pm – 5:30pm
Wednesday	Sports Activities	Various	Sarah / Sam	1:00pm – 2:00pm
Friday	Recovery Group	Lugana Cres	Support	9:00am – 11:00am
	Cooking	Lugana Cres	Sarah	1:00pm – 3:00pm



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



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