

# 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

| TasTracks  | Open Arts   | Just Move  | Just Move – Women Only   | Yoga  |
|--|---|--|--|---|
| <p>Walks in and around Hobart with transport from Hobart or meeting at the walk location.<br/>A list of location starting points will be provided once participants have booked in.</p> <p><b>Venue:</b><br/>Patrick St / location</p> | <p>Find new ways to express yourself, discover different ways to create or further develop your current creative skills.<br/>Includes painting, drawing, pottery.</p> <p><b>Venue:</b> 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><b>Venues:</b><br/>Leap Physio,<br/>Bayfield St, Rosny<br/><br/>Glenorchy YMCA,<br/>Constance Ave</p> | <p>Circuit based exercise program for women run by women.<br/><br/>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><b>Venue:</b><br/>Leap Physio,<br/>Bayfield St, Rosny</p>   | <p>Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD.</p> <p><b>Venue:</b> Patrick St</p> |
| Cooking  | Gardening Group   | Social Group   | Hanging With Horses  |   |
| <p>Tantalise your taste buds affordably!<br/>Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.</p> <p><b>Venue:</b> 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><b>Running fortnightly.</b></p> <p><b>Venue:</b><br/>Glenorchy / TBC</p>       | <p>A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up!</p> <p><b>Venue:</b><br/>Patrick St / TBC</p>   | <p>Horses are keen observers are vigilant and sensitive to movement and emotion. They often mirror a person's behaviour or emotions, conveying understanding and connection that allows a person to feel safe.<br/><br/>This also allows a person to maintain a sense of self-awareness, using the horse's behaviour and interactions for feedback and opportunities to check in and process what is happening in the moment.<br/><br/>Interactions with the horses include feeding, brushing, safety briefings and options to move onto riding at a later stage.</p> <p><b>Limited numbers.</b><br/><b>Venue:</b> TBC</p> |   |

### 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: (03) 6228 3344  
 Email: [nadiac@richmond tas.com.au](mailto:nadiac@richmond tas.com.au)

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



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### Regular Activities 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 | Gardening Group (Fortnightly) | Glenorchy  | Yolanda        | 10:00am – 12:00pm |
| Thursday  | Just Move                     | Rosny      | Ash / Tara     | 12:00pm – 1:00pm  |
|           |                               | Glenorchy  | Kiani / Tara   | 1:30pm – 2:30pm   |
| Friday    | Cooking                       | Patrick St | Linda          | 10:00am – 12:30pm |
|           | Hanging With Horses           | TBC        | Tara / Narelle | 1:30pm – 2:30pm   |
| Saturday  | Social Group                  | Patrick St | Tara / Linda   | 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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