

TasRec Calendar: 2024

Term 2: 15 April – 5 July



How the Program Works

Week one from the 15 – 19 April is our taster week. Come along to all sessions and try them out! Then we have a 10 week term, commencing 22 April – 5 July where participants book into the 10 sessions for the activities they wish to attend.

Regular Programs Overview

Cooking	Just Move	Social Group
Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.	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!	This is a chance to join us for a day out, coffee and a chat.
Venue: 7 – 9 Lugana Cres	Venue: Athlete 42, 2 Flora Street	Venue: TBC



Bookings

Phone: 1800 827 732
Email: referrals@richmond tas.com.au

Enquiries

Phone: (03) 6228 3344
Email: admin@richmond tas.com.au

Venue: Ulverstone Neighbourhood House
7 – 9 Lugana Cres, West Ulverstone



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Regular Activities Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Tuesday	Social Group	-	-	10:00am – 12:00pm
	Just Move	Athlete 42	-	1:00pm – 2:00pm
Friday	Cooking	Lugana Cres	-	1:00pm – 3:00pm



Scan the QR code to
send us your feedback



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