

South TasRec Program Calendar.

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	Tas Tracks 3 Springs to Octopus Tree 10:30-1:30 Tai Chi! 2:30 3:30	4 Archery at Hobart Archers 10:00 – 2:00	5 Up and About Program	6 Gourmet Student 10:00 – 12:30 Open Studio Arts 1:00-3:30	7	8
9 Public Holiday Eight Hours Day	10 Tas Tracks Natone Hill, Geilston Bay 10:30-1:30 Tai Chi! 2:30 3:30	11 Ride for fun and fitness 10:15-12:45	12 Up and About Program	13 Gourmet Student Diabetes Education Session #2 10:30-11:30 Open Studio Arts 1:00-3:30	14	15
16 Brightside Farm Sanctuary 10:00- 3:00	17 Tas Tracks Snug Falls 10:30-1:30 Tai Chi! 2:30 3:30	18 Ride for fun and fitness 10:15-12:45	19 Up and About Program	20 Gourmet Student 10:00 – 12:30 Open Studio Arts 1:00-3:30	21	22
23	24 Tas Tracks Fern Tree to Neika 10:30-1:30 Tai Chi! 2:30 3:30 Final session!	25 Ride for fun and fitness 10:15-12:45	26 Up and About Program	27 Gourmet Student 10:00 – 12:30 Open Studio Arts 1:00-3:30	28	29
30	31 Tas Tracks Hastings Caves! 9:30-4:00 \$10 per person					

Please ring 1800TASREC for all bookings or cancellations, or email tasrec@richmondfutures.com.au

See next pages for further information.

For all Bookings and cancellations...

To book into any activity, or to cancel your attendance, please phone **1800TASREC** between 9am and 5pm on weekdays, or send an email to tasrec@richmondfutures.com.au that states your name and the activity and date you would like to attend.

Thankyou!

Brightside Farm Sanctuary visit.

Set in the beautiful Huon Valley, Brightside Farm Sanctuary rescues and rehomes hundreds of farm animals each year, and provides opportunities for people to visit and learn about animal care and welfare.

On Monday the 16th we will head down to the farm to visit Emma and her team, and all the animals, and see the amazing work that is done.

Times:

10:00- Depart from Patrick st Connect In Centre

10:45-Coffee break on the way

11:30- Arrive at Brightside

1:30- Leave from Brightside

2:00- Break on the way back

3:00- Return to Connect In Centre

Please bring along a packed lunch, warm clothing as it may be cold/wet.

Please make sure to book in, there are limited places for this outing.

Ride for fun and fitness! with Cycling Tas!

Beginning in March TasRec is teaming up with Cycling Tas to deliver a series of supported bike rides at local cycle tracks around Hobart.

Stephen Watchorn from Cycling Tas will join us as we run through everything involved in having a safe and fun ride that will support you in your fitness goals, as well as teaching aspects of bike maintenance and safe cycling.

For the first session we will head to Wentworth Park in Howrah for a skills and safety check, and to talk through the necessary basics that are the foundation of safe riding and equipment checks.

We'll return to Wentworth Park for our second week, and following on from there we will head to tracks at:

-Bellerive Beach to Howrah

-Lindisfarne to Montagu Bay

-Geilston Bay to Lindisfarne

-GASP art park, Elwick Bay

-Intercity Cycleway, Glenorchy

Helmets and Bikes will be provided, please wear enclosed footwear and bring some drinking water.

Times:

10:15- meet at Patrick St Connect In Centre

10:45-ride start, various locations (can meet us there)

12:15- ride end and pack up bikes

12:45-return Patrick st

For further info regarding exact meeting places at riding tracks, or anything else, please get in touch with Recreation Team Leader Nicholas Iceton on 0438430165.

Gourmet Student Including our 2nd Diabetes Education Session

Beginning on Friday the 6th March is our new addition to the program, Gourmet Student!

This recreation community cooking session aims to explore all aspects of affordable and healthy meal creation, including:

-Using seasonal, affordable produce

-Use of food garden produce

-Nutrition consideration and reading food labels

-Dietary considerations

-Safe food handling and storage.

-Menu planning and catering

-Food preserving methods

On Friday the 13th March we are hosting Dietician Minke Hoeskstra from Diabetes Tasmania for our second of two diabetes education sessions.

This second session will cover the Australian Guide to Healthy Eating, healthy meal making, and food label reading.

All are welcome to this educational session, including support people.

Where: RFT's Connect In Centre, 29 Patrick st Hobart.

When: Gourmet Student. Ongoing, Friday

10:00-12:30 on the 06/03, 20/03, and 27/03

Diabetes Education Session #2 –

Friday 13/03 10:30-11:30.

Places for each day are limited to 6 (except the Diabetes Education Session), so please book in! Please advise staff of any dietary requirements or allergies that you may have.

Up and About!

RFT's fantastic exercise program Up and About continues into March, with sessions in the Hobart region running every Thursday.

Please get in touch with the Up and About Program Leader Deb Hewson on 0439952252 or Recreation Team Leader Nick Icton on 0438430165, or by emailing upandabout@rftas.org.au, if you would like to know more, or to join up and coming groups.

We are looking forward to hearing from you

Archery at Hobart Archers

On Wednesday the 4th March we will head down to Hobart Archers Archery Club to check out the excellent sport of archery! (this is the second reschedule of this activity, lets hope for perfect conditions!)

This session will be hosted and facilitated by trained archery coaches, who will guide participants in the safe use of equipment, and effective techniques for practicing this sport.

All participants will be required to read the club safety guidelines and sign the archery range rules agreement prior to attendance at this activity.

There is a limit of 6 people to this activity.

Please wear enclosed shoes and secure fitting clothing, and please bring a packed lunch.

Meet at Patrick st Connect In Centre at 10am.
See you there!

(If by chance the archery club cancels this activity due to the wind making it too dangerous, we will go fishing instead!)

Free Tai Chi classes with Wendy Hartshorn

TasRec is very pleased to welcome local Tai Chi instructor Wendy Hartshorn, continuing with our remaining 4 Tai Chi classes.

Tai Chi is an ancient exercise practice that is gentle yet strengthening, and is a proven method of calming the mind and supporting overall health and wellbeing

Wendy is an experienced group instructor and accredited Tai Chi teacher and fitness instructor, with experience and understanding of practicing within a mental health setting.

If you would like to revitalize your body and mind, feel an uplift in mood and increased energy, reduce feelings of stress and tone your body, all while integrating a greater sense of balance, then this is for you!

When: Every Tuesday from 2:30- 3:30, finishing on the 24th March

Where: At RFT's Connect In Centre, 29 Patrick st, Hobart.

Please wear comfortable clothing and bring some drinking water, nothing else needed!

For further information, please contact Nick at RFT on 0438430165.

TasTracks!

Join us as we explore our local and abundant natural spaces, have a great walk and experience the beauty of nature around us!

Walks in March will go to:

03/03- The Springs to Octopus Tree

10/03- Natone Hill, Geilston Bay

17/03- Snug Falls

24/03- Fern Tree to Neika

31/03- **Hastings Caves (see below for further info)**

-Please bring a packed lunch and ample water to keep you fueled!

--Please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/ jumper.

Transport leaves from Patrick st Connect In centre, and times are indicated on the calendar above.

Hastings Caves visit

Come along and see the marvels of the subterranean world! We will be guided through on a tour before having a BBQ lunch. There will be time to experience the Hot Spring if you would like to! (Please bring bathers and towel if so)

There is a cost of **\$10 per person** (usually \$19.20 concession). Please bring your concession card.

There is a chance of this being postponed if excessive rain creates dangerous conditions.

Please note there is a long drive of 1.5 hours each way from Hobart.

Times:

9:30am- meet at Patrick st Connect In Centre.

11:00am- arrive Hastings Caves

12:15pm- cave tour for 45 minutes

1:15pm - lunch and enjoying the springs

2:30pm- depart for Hobart

4:00pm- return to Patrick st Connect In Centre.

Open Studio Arts

In March we'll be working on finishing Paper Mache work from February, and then exploring some found object sculpturing. If you have anything around at home that you might like to repurpose into a work of art, bring it along!

Also, there is always space and materials available if you would like to work on your own project or art piece.

Sessions are hosted by Nick from RFT, and are held in a safe, accepting, and non-judgmental environment.

We have a large range of materials, and support is always on hand for whatever might be needed.

Come along and explore your creativity!
There is no cost, and materials are provided.
Light refreshments are also provided.

Feedback, suggestions?

We are always very keen to receive feedback and hear any suggestion you may have. It is always great to know what you love to do and would like more of, and maybe what you don't, and we are always working to improve the whole TasRec program to make it better for everyone.

If there is anything you would like to say, or wish to talk about, please get in touch through 1800TASREC, fill out a feedback form, or chat with your TasRec team member.

Everyone's voice counts!

If the weather is wet and wild?

Sometimes our local weather can make it difficult to stick to our plans!

In the event of wet and windy conditions on scheduled outdoor activity days, we may change activity plans. This is sometimes not determined until the day, but alternative activities can include:

Putt-Putt mini Golf in Moonah.

Local Museums

Art exhibitions.

Other one-off events

And we are always open to suggestions