



South TasRec Program Calendar.

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 No program today.	2 FCMHS Art Group 11am- 12:30pm Music Kitchen! 1-3pm at Patrick st.	3	4
5 Ten Pin Bowling 10:30-1:30 \$3 Homelessness Week Launch at Mathers Place. 10:30-1pm	6 Out and About! Tinderbox Hills. 10:30-1:30 Walk grade: easy Homelessness Week	7 BBQ Lunch 10:30-1:30 Tinderbox foreshore Homelessness Week	8 Open Studio Arts Paper and bookmaking! Week 2- 2:30-4:15 at Patrick st. Homelessness Week	9 FCMHS Art Group 11am-12:30 Music Kitchen! 1-3pm at Patrick st Homelessness Week	10 Homelessness Week	11 Homelessness Week
12	13 Out and About! Snug Falls 9:30-2:30 Walk Grade: moderate	14 BBQ Lunch 9:30-2:30 Silverwater Park, Woodbridge	15 Open Studio Arts Paper and bookmaking! Week 3- 2:30-4:15 at Patrick st.	16 FCMHS Art Group 11am-12:30 Music Kitchen! 1-3pm at Patrick st	17	18
19 Ten Pin Bowling 10:30-1:30 \$3	20 Out and About! Neirinna Creek (Margate) 10:30-1:30 Walk Grade: easy	21 Gallery Day! Moonah Arts Centre 10:30-1:30 -please bring your own packed lunch.	22 Open Studio Arts Paper and bookmaking! Week 4 Final! 2:30-4:15 at Patrick st.	23 FCMHS Art Group 11am-12:30 Music Kitchen! 1-3pm at Patrick st	24	25
26	27 Out and About! Sphinx Rock Circuit. 9:30-2:30 Walk Grade: Moderate.	28 BBQ Lunch 9:30-2:30 Richmond Park	29 Open Studio Arts Paper and bookmaking! Week 5 Final! 2:30-4:15 at Patrick st.	30 FCMHS Art Group 11am-12:30 Music Kitchen! 1-3pm at Patrick st	31	

Please see next page for further information.

<p>Welcome TASREC!</p> <p>July saw the state-wide launch of TASREC, the new name of our statewide Recreation Program. Together with this is the new booking system, which is simple and easy to use, and open for everyone to call. The number is:</p> <p>1800TASREC</p> <p>This is a toll free number, is up and running and ready to hear from you! Please call to book yourself in to TASREC activities.</p>	<p>Open Studio Arts! Paper and Book-making.</p> <p>Get creative and explore the art of paper and book-making. The sessions in August will work with already made paper, to turn this into books, using various binding techniques. If you have not been to the previous sessions, you can still come along, extra materials will be available, or can be made!</p> <p>Thursday afternoons with Nick, at Patrick St, from 2:30-4:15.</p> <p>Tea and Coffee provided.</p> <p>25/07- Week 1- Basic recycled paper making. 01/08- No session this week. 08/08- Week 2- Adding colour, texture, organic effects 15/08- Week 3- Paper production in preferred technique 22/08- Week 4- Book layout and binding methods 29/08- Week 5- Final structuring of books.</p>	<p>BBQ outings:</p> <p>-On BBQ outing days, lunch is provided. -Please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/ jumper -If there will be inclement weather, an alternative, indoor activity will be confirmed closer to the day of the outing.</p> <hr/> <p>Gallery Day!</p> <p>Join us as we check out some new local art, exhibiting at the Moonah Arts Centre. In the collection will be:</p> <p>-Matter, by Sean O'Connel -Bunkerville, by Christine Scott Vincent -Prickly Woman, by Laura Purcell</p> <p>For more info on the work and Moonah Arts Centre, please visit: http://www.moonahartscentre.org.au/</p> <p>The trip will be leave from Patrick st at 10:30, to return at 1:30. Please bring a packed lunch for this outing. Places limited, please book in!</p>
<p>Homelessness Week Launch.</p> <p>5th August, 10:30-1pm at Mathers Place in Hobart, will host the National Launch of Homelessness Week. RFT's own Roadhouse Ravens, together with Monique Brumby, will be performing at this event, further info to come! -Please arrange own transport if you are interested in attending.</p>	<p>FCMHS Art Group.</p> <p>Every Friday from 11am to 12:30, Forensic Community Mental Health Services Occupational Therapist Maddie will host an art group, that works on various group projects and individual works. This is a closed group, but attendance can be arranged by getting in touch with Nick at nicholasi@rftas.org.au</p>	<p>Ten Pin Bowling</p> <p>Come along to Zone Bowling in Moonah for a game or two of Ten Pin Bowling! Leaving from Patrick st at 10:30, to be back by 1:30. Bring along some lunch and your bowling fun! Cost is only \$3.</p>

Music Kitchen returns!

(with Matthew Fargher and members of the Roadhouse Ravens)

This new weekly workshop welcomes those with a taste for progressing their skills and experience of all aspects of music production, to work together in learning and practicing aspects of musical creation.

Practical skills to be covered are:

- Instrument Tuition,
- Songwriting, Instrument Repair,
- Playing together,
- Music appreciation and Playing by Ear,
- Recording techniques.

This workshop will be facilitated by experienced Musician and producer Matthew Fargher, together with members of the Roadhouse Ravens, who have been a part of Richmond Fellowship Tasmania for 12 years. They have extensive musical knowledge and experience which they are keen to share with anyone who wishes to come and share, learn and create together.

There will be a break for this activity through most of July. It will return on Friday the 26th.

-There are limited places available in this activity, so please book in.

Out and About:

Join us as we explore local opportunities for getting out, seeing some sights, and having a great walk!

We will venture to different places each week, with some walks being fairly quick and easy, and some being longer and a little more challenging. Walks are graded Easy, or Moderate, to indicate difficulty level.

-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. If inclement weather, outing will be held at alternative indoor location, to be confirmed closer to the outing day.

-Please bring a packed lunch and enough water.

--Please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/ jumper. If inclement weather, outing will be held at alternative indoor location, to be confirmed closer to the outing day.

Transport information:

-All activities leave from Patrick St Connect-In Centre at the specified times, unless otherwise stated.