

North-West TasRec Program Calendar.

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 Swimming Lesson #6 Splash Devonport 1:15-3:15pm	3 TasTracks! Warrawee Forest Reserve 10:30-1:30	4 Up and About 1-2pm Devonport	Gourmet Student! 5 10am-1pm Open Studio Arts 1-3:30pm	6	7	8
9 Swimming Lesson #7 Splash Devonport 1:15-3:15pm	10 TasTracks! Ferndene Gorge 10:30-1:30	11 Fishing Trip and BBQ Port Sorell 10:00-3:00 Up and About 1-2pm Devonport	Gourmet Student! 12 10am-1pm Open Studio Arts 1-3:30pm	13	14	15
16 Swimming Lesson #8 Splash Devonport 1:15-3:15pm	17 TasTracks! Cartoe Beach 10:30-1:30	18 Ten Pin Bowling Devonport Bowl. 12:30-3:30 \$4 per person	Gourmet Student! 19 10am-1pm Open Studio Arts 1-3:30pm	20	21	22
23 TasRec break begins, activities re- start on the 06/01/19	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve!					

Please see next page for additional information.

Fishing Trip and BBQ at Port Sorell

Summer has returned, and the waters are calling! (so are the fish). The tides and moon say it's a good day and time for fishing, so we'll head down to Port Sorell and see what we can muster up!

We'll top the day off with a BBQ lunch, so come and join us for a great day out, and the first of our summer fishing adventures!

Leaving from Ulverstone RFT at 10am and returning at 3pm.

Swimming lessons at Splash in Devonport!

Continuing until December the 16th is TasRec's weekly swimming lessons, at Splash Aquatic Centre in Devonport. Lessons run each Monday until the 16th December, from 1:45 to 2:45 each session.

Sessions are divided into two groups, the first from 1:45 – 2:15pm, for those who may be beginning their aqua education, and the second from 2:15 to 2:45pm for those who would like to improve their existing swimming skills.

These groups will be led by experienced and qualified swimming instructors, who are welcoming of all skill levels, and will work with you to reach your swimming goals!

Transport will leave each Monday from Ulverstone RFT, 7-9 Lugana Crescent Ulverstone, at 12:45pm, and will return at 3:45pm.

Please bring plenty of water and snacks, and your swimming gear, and get ready for a safe, fun and educational session in the pool!

Ten Pin Bowling

Come along to Devonport TenPin Bowl for a game or two of Ten Pin Bowling!

Leaving from Ulverstone RFT at 12:30 and returning at 3:30.

There is a cost of \$4 per person.

See you there!

Open Studio Arts

Every Thursday we get together and explore our creativity with our fantastic art instructor Kerry.

Bring along a project, an idea, or just come along and explore the materials supplied.

Held in a safe and accepting environment, with an experienced and supportive teacher of the arts. We have a large range of materials, and support is always on hand for whatever might be needed.

Come along to any or all sessions and bring along your imagination and open creativity!

Tea/Coffee provided.

Venue: Ulverstone Neighborhood House. 8-10 Lugana Crescent, Ulverstone.

Times: Every Thursday from 1-3:30pm

For all Bookings...

For all activities that you would like to attend, please get in touch with TasRec staff, by calling **1800TASREC (1800827732)**, between 9am and 5pm on weekdays, **and** we will make sure your place is booked! Alternatively, an email can be sent to tasrec@richmondfutures.com.au that states your name and the activity and date you would like to attend.

TasRec Christmas Break

From Friday the 23rd December TasRec will be taking a break, and activities will re-start on Monday the 6th of January.

This will give us all a chance to rest and rejuvenate for the year to come.

We thank you for a fantastic year of activities together and for helping us to build a wonderful program, and we look forward to the year to come and continuing to evolve TasRec's program.

Gourmet Student!

Come along to the Ulverstone Neighbourhood House kitchen from 10am to 1pm as we explore all things food creation!

This is a recent addition to the program that delves into all aspects of meal creation, and will include, over different weekly sessions:

- Seasonal recipe selection
- Using seasonal, affordable produce
- Nutrition consideration and reading food labels
- Dietary considerations
- Safe food handling and storage.
- Menu planning and catering
- Food preserving methods

Places for each workshop will be limited to 6, so please book in, and please be sure to let us know if you have any allergies!

Venue: Ulverstone Neighborhood House. 8-10 Lugana Crescent, Ulverstone.

TasTracks!

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

-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.

In December we will explore:

- Warrawee Forest Reserve in Latrobe,
- Ferdene Gorge in the Dial Range near Penguin
- Cartoe Beach

Trips leave from Ulverstone RFT each Tuesday at 10:30am and return at 1:30.

Up and About!

RFT's fantastic exercise program Up and About, is soon to finish up for the year.

New groups will return in the new year, so please get in touch with the Up and About Program Leader Deb Hewson on 0439952252, or by emailing upandabout@rftas.org.au, if you would like to know more, or to join up for groups in the new year.

We are looking forward to hearing from you!

Transport information:

-All activities leave from Ulverstone RFT, 7-9 Lugana Crescent Ulverstone, at the times specified, unless it is at Ulverstone Neighborhood House, or otherwise noted on the calendar.

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, or call Nick at RFT on 0438430165. There is a feedback form which you can obtain from RFT or Richmond Futures staff. You might also like to do this anonymously.

We would love to hear from you!