

# TasRec North Calendar.

## August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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3	4 <b>Tas Tracks</b> 9:30-12:30  <b>Crafternoon!</b> 1:00-4:30	5 Up and About Returning soon, watch this space!	6 <b>Gourmet Student</b> 10:00-1:00  <b>+TASREC BBQ Lunch</b> until 2:30	7 <b>Open Studio Arts</b> 10:30- 1:00	8	9
10	11 <b>Tas Tracks</b> First Basin Loop at Cataract Gorge 9:30-12:30  <b>Crafternoon!</b> 1:30-4:30	12	13 <b>Green Thumbs!</b> 10:00-1:00	14 <b>Open Studio Arts</b> 10:30- 1:00	15	16
17	18 <b>Tas Tracks</b> 9:30-12:30  <b>Crafternoon!</b> 1:30-4:30	19	20 <b>Gourmet Student</b> 10:00-1:00	21 <b>Open Studio Arts</b> 10:30- 1:00	22	23
24	25 <b>Tas Tracks</b> West Tamar Trail 9:30-12:30  <b>Crafternoon!</b> 1:30-4:30	26	27 <b>Green Thumbs!</b> 10:00-1:00	28 <b>Open Studio Arts</b> 10:30- 1:00	29	30
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**Bookings are essential, please ring 1800TASREC, or email [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au)**

**with your details and chosen activity. See next pages for further information.**

### A short note on current guidelines...

TasRec is continuing to return to our normal ways of working, however as we remain with some restrictions in place, we still have limitations as to how we can travel to places. In some instances we will use alternatives to our usual TasRec vehicle, such as maxi taxi's.

We are very much looking forward restrictions being further eased,, and as soon as we know when this will be, TasRec will shift our activities to reflect this change.

Please keep an eye out for updates as they emerge! It will be great to returning to our usual ways of being together and being able to explore our wider areas again.

To continue supporting everyone's health and wellbeing and ensure that we all continue to be able to come along to TasRec programs, can we all please keep taking care in making sure we maintain regular hygiene and handwashing practices, while keeping our social distancing measures in place.

Thankyou everyone!

### For all Bookings and cancellations...

For all activities, please book in by calling **1800TASREC** between 9am and 5pm on weekdays, or send an email to [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au) that states your name and the activity and date you would like to attend.

**Thankyou!**

### TASREC BBQ Lunch

For Gourmet Student on Thursday the 6<sup>th</sup> August, we'll cook up a BBQ storm and get together for some games and a TasRec catch up. TasRec Team Leader Nick will be coming along (and helping out in the kitchen!), and is excited to see everyone and check out how things are coming along in the garden!

Please book in for Gourmet Student via 1800TASREC or [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au).

Please RSVP to the BBQ by booking in by Wednesday the 5<sup>th</sup> August. **Everyone Welcome!**

And as always, please notify staff of any allergies or food sensitivities you may have when making your booking.

### TasTracks!

In August TasTracks will shake it up a little and get back out on the road to see some places a little further afield.

On the 11<sup>th</sup> August we'll head to Cataract Gorge for the First Basin Loop, and on the 25<sup>th</sup> to the West Tamar Trail.

On both the 4<sup>th</sup> and 18<sup>th</sup> August we'll leave for our walks on foot from Mowbray RFT.

Please make sure to book in via 1800TASREC or [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au)

-Please bring a packed lunch or snacks and ample water to keep you going, and please ensure suitable clothing is worn or brought along, including hat, weatherproof jacket/jumper.

Leaves from Mowbray RFT, every Tuesday at 9:30am, to return by 12:30pm.

### Gourmet Student + Green Thumbs

Each Thursday TasRec will look at the relationship between the food we consume and where it comes from, and work toward being able to supply some of our own food, straight from the garden. These sessions are hosted by Sam our expert of food and gardens, and will aim to explore and connect all aspects of affordable and healthy meal creation, the variety of food we can grow, and how that can be done.

Topics will include:

- 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
- Meal creation!

There are limited places available for each session (5 for Gourmet Student), so please be sure to book in! Please advise staff of any dietary requirements or allergies that you may have.

Every Thursday 10-1 at Mowbray RFT.

\*Throughout each session we will maintain social distancing in line with current advice, as well as ensure hygiene and hand washing is regular throughout the activity.

Please advise staff of any dietary requirements or allergies that you may have.

## Open Studio Arts.

Please join us again with our wonderful host of the arts Steph, who is ready to guide and support you in your creative endeavors and share her skills in a range of arts techniques and creative ideas.

All tools and materials supplied, so all you need is your creativity!

Where: RFT Mowbray Community Unit

When: Every Friday 10:30- 1:00

We are currently unable to do a pickup or drop-off to and from Mowbray RFT, so hope that you are able at this time to arrange transport. As soon as we can this will return.

\*Throughout each session we will maintain social distancing in line with current advice, as well as ensure hygiene and hand washing is regular throughout the activity.

Please advise staff of any dietary requirements or allergies that you may have.

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## Feedback, suggestions?

We are always very keen to receive feedback and hear any suggestion you may have. It is always great to know what would be most meaningful for you that we can build into the TasRec schedule.

If there is anything you would like to let us know about how TasRec could work better for you, please get in touch through 1800TASREC, fill out a feedback form, or chat with your TasRec team member.

Everyone's voice is a valued contribution!

## Tuesday Crafternoons!

Winter is the perfect time for staying cosy and warm and spending time on craft projects, so TasRec is very pleased have welcomed Magriet on board to lead our newest activity, Crafternoon!

Magriet brings a range of crafty skills to share with you, and can support you in all steps of the way in making a collection of useful items for you and your home, using a range of techniques, including:

Embroidery,

Beading,

Candle decorating,

Knitting and Crocheting

Felting and Sewing

And more!

Some projects may have a small cost to cover materials.

Tuesday afternoons 1:30-4:30, at Mowbray RFT Community unit.

Please book in as places are limited!



## Up and About!

TasRec would like to welcome Up and About's new project manager Nadia Cole, to the lead role in creating our upcoming Up and About sessions.

Nadia comes with a wealth of experience in working with a diversity of people in creating individualised exercise programs, and a thorough understanding of the range of support needs that people may have for enabling positive health outcomes.

Please watch this space for upcoming news on Up and About session times and venue's being confirmed.

Referrals can still currently be made for groups to come. Please get in touch with Up and About Leader Nadia Cole on 0439952252, or TasRec Team Leader Nick Iceton on 0438430165, or by emailing [upandabout@rftas.org.au](mailto:upandabout@rftas.org.au), to find out more or make a referral.

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