

# TasRec North-West Calendar

## August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4 Tas Tracks From Ulverstone RFT 10:00-1:00	5 Devonport Splash Swim sessions 1:00-4:00	6	7 Ten Pin Bowling -Devonport Ten Pin Bowl 1:00- 4:00	8	9
10 Up and About -returning! Time and venue to be confirmed	11 Tas Tracks Ferdene Gorge Reserve 10:00-1:00	12 Games in the park with Reclink! Now at Bicentennial Park 1:00- 3:30	13	14	15 Laser Tag -In the Zone- Burnie 10:30-1:30 \$7.50 pp	16
17 Up and About Time and venue to be confirmed	18 Tas Tracks From Ulverstone RFT 10:00-1:00	19 Devonport Splash Swim sessions 1:00-4:00	20	21 Ten Pin Bowling -Devonport Ten Pin Bowl 1:00- 4:00	22	23
24 Up and About Time and venue to be confirmed	25 Tas Tracks Tasmanian Arboretum 10:00-1:00	26 Games in the park Now at Bicentennial Park with Reclink! 1:00- 3:30	27	28	29	30
31 Up and About Time and venue to be confirmed						



Bookings are essential, please ring 1800TASREC, or email [tasrec@richmond futures.com.au](mailto:tasrec@richmond futures.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!

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### For all Bookings and cancellations...

For all bookings or any attendance cancellation, please phone **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!**

### Laser Tag! at "In the Zone" Burnie

TasRec is very pleased to announce that through our Reclink membership we have been able to plan a session of **3 games** at In the Zone in Burnie, at the small cost of only \$7.50 per person (for all three games).

*\*This session is booked in, but we need a minimum of 5 people, and can take a maximum of 6, so please make sure to book in via 1800TASREC or at [tasrec@richmondfutures.com.au](mailto:tasrec@richmondfutures.com.au).*

When? Saturday 15<sup>th</sup> August,  
Leaving Ulverstone RFT 10:30am  
Returning at 1:30pm.  
(Transport via maxi taxi)

Cost: Please bring \$7.50 to cover cost of all  
Three games

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### Ten Pin Bowling

On both Friday's the 7<sup>th</sup> and 21<sup>st</sup> August we will head down to booked afternoon sessions at Devonport Ten Pin Bowls for a couple of games of Ten Pin Bowling.

Transport will leave from Ulverstone RFT at 1:00, to return by 4:00pm.

Please be sure to book in, there are a limited 6 spots for this activity.

### Up and About!

TasRec would like to welcome Up and About's new project leader, 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.

Weekly sessions will return to their usual Monday slot, but please watch this space, as times and venue will soon be confirmed.

Referrals can 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 Icton on 0438430165, or by emailing [upandabout@rftas.org.au](mailto:upandabout@rftas.org.au), to find out more.

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### Swim sessions at Devonport Splash!

On Wednesdays the 5<sup>th</sup> and 19<sup>th</sup> August TasRec will head down to Devonport Splash Aquatic Centre, for some free pool time.

Bring along your inner fish, and don't forget the towel togs and goggles!

This is a free self-paced swim session, and not lessons, so is not suited to beginner swimmers.

\*Please let staff know if you have any physical limitations that may impact your swimming ability\*

Limited spots available so please be sure to book in.

Transport leaving Ulverstone RFT at 1:00pm, to return at 4:00pm, both days.

### Games in the park with Reclink!

TasRec is pleased to be welcoming Sam Rubock from Reclink back along to get active with us and share some more games in the park. Sam will have Disc Golf and Botchy Ball, among others.

Where? Bicentennial Park, Ulverstone.

Transport?- Best to walk!, drive/taxi optional

When? Leave Ulverstone RFT 12:30 / 1:00

Return at approximately 3:30  
on Wednesdays 12/08 + 26/08

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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!

### 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 Ferndene Gorge, and on the 25<sup>th</sup> to the Tasmanian Arboretum.

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



### Open Studio Arts

*TasRec is currently on the search for a new and wonderful arts facilitator for our usual weekly Open Studio arts. Our online sessions running last month have now come to a close, however one on one art therapy sessions are now available online. Please get in touch with TasRec Team Leader Nick Iceton at RFT on 0438430165 if you would like to know more.*

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### Gourmet Student

*TasRec currently also awaits our usual Gourmet Student venue at the Ulverstone Neighbourhood House to re-open. This is estimated to happen in mid- August, so please keep in store those wonderful food creation ideas until then! And please Watch this space for more news coming soon.*