

# TasRec South Calendar.

## August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 <b>Ten Pin Bowling</b> <b>Zone Bowling, Moonah</b> <b>12:30-3:30</b>	4 <b>Tas Tracks</b> <b>Queens Domain Loop</b> <b>10:00-1:00</b>	5	6 <b>Up and About</b> <b>Clarence PCYC 1:00pm</b>	7 <b>Gourmet Student</b> <b>10:00-12:30</b>  <b>Open Studio Arts</b> <b>1:00-3:30</b>	8	9
10	11 <b>Tas Tracks</b> <b>Natone Hill, Lindisfarne</b> <b>10:00-1:00</b>	12	13 <b>Up and About</b> <b>Clarence PCYC 1:00pm</b>	14 <b>Gourmet Student</b> <b>10:00-12:30</b>  <b>Open Studio Arts</b> <b>1:00-3:30</b>	15	16
17 <b>Ten Pin Bowling</b> <b>Zone Bowling, Moonah</b> <b>12:30- 3:30</b>	18 <b>Tas Tracks</b> <b>South Hobart Rivulet</b> <b>10:00-1:00</b>	19	20 <b>Up and About</b> <b>Clarence PCYC 1:00pm</b>  <b>TasRec BBQ</b> <b>11:30-2:00</b> <b>At Kuntana Liprini,</b> <b>Glenorchy</b>	21 <b>Gourmet Student</b> <b>10:00-12:30</b>  <b>Open Studio Arts</b> <b>1:00-3:30</b>	22	23
24	25 <b>Tas Tracks</b> <b>Waterworks reserve</b> <b>10:00-1:00</b>	26	27 <b>Up and About</b> <b>Clarence PCYC 1:00pm</b>	28 <b>Gourmet Student</b> <b>10:00-12:30</b>  <b>Open Studio Arts</b> <b>1:00-3:30</b>	29	30
31						



**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!

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### **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](mailto:tasrec@richmondfutures.com.au) that states your name and the activity and date you would like to attend.

Thankyou!

### **TASREC BBQ Lunch**

On Thursday the 20<sup>th</sup> August TasRec is hosting a BBQ lunch at Glenorchy's wonderful Kuntana Liprini Richmond Futures site.

We'll cook up a BBQ storm and get together for some games and a general TasRec catch up.

Please RSVP to the BBQ by booking in before Wednesday the 19th August.

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

**\*In the event of adverse weather this event will be re-scheduled\***

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### **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 Thursday slot, and the first group will be held at PCYC in Clarence, each Thursday at 1:00pm.

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.

### **Ten Pin Bowling**

On both Monday's 3<sup>rd</sup> and 17<sup>th</sup> August, we'll head down to booked afternoon sessions at Zone bowling in Moonah for a couple of games of Ten Pin Bowling.

Transport will leave from RFT's Hobart Connect In Centre at 12:30pm, and return at 3:30pm, or please let us know when booking in if you'd like to meet at the Zone instead.

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

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### **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 over to Natone Hill in Lindisfarne, and on the 25<sup>th</sup> to the Waterworks Track.

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

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's weekly arts session is pleased to be back with you. June saw us explore acrylic pouring and some eco paper dying, and July is sure to be another interesting month of creative explorations!

Open Studio Arts is here to support your creative ideas and projects, and it's regular host Nick from RFT is here to offer guidance, ideas, and techniques using the range of materials that we have on hand.

Sessions are held in a safe, accepting, and non-judgmental environment in our Friday studio space at RFT's Connect In Centre on Patrick st.

Every Friday afternoon in July, from 1:00-3:30pm.

Come along and explore your creativity!

There is no cost, and materials are provided.

Light refreshments are also provided.

\*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.

## 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!



## Gourmet Student

Continuing into July is TasRec's food and cooking session Gourmet Student, which aims to explore all aspects of affordable and healthy meal creation, including:

- Using seasonal, affordable produce
- Use of garden produce
- Nutrition consideration and of reading food labels
- Dietary considerations
- Hygiene, Safe food handling and storage.
- Menu planning and catering
- Food preserving methods
- And of course, cooking!

And this is just the beginning! We are working to develop a diverse food program that covers all the essentials, while delving into some of the more specialist areas in the realm of food creation.

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

When: Every Friday 10:00-12:30

Places for each day are limited to 5, so please book in!

\*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.