

TasRec Calendar

Term 4: October – December 2021



How the Program Works

Week one from the 27th September – 1st October is our taster week. Come along to all sessions and try them out!

Then we have a 10 week term, commencing 4th October to the 22nd December where participants book into the 10 sessions for the activities they wish to attend.

Program Overview

TasTracks / Day Trip	Open Arts	Just Move	Just Move – Women Only
<p>Walks in and around Hobart with transport from Hobart or meeting at the walk location. A list of location starting points will be provided once participants have booked in.</p> <p>Venue: Patrick St / location</p>	<p>Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery.</p> <p>Venue: Patrick St</p>	<p>Movement is key to mental and physical health. Join in on this ability sensitive, circuit based exercise program with professional instructors guiding your increase in ability!</p> <p>Venues: Leap Physio, Bayfield St, Rosny Glenorchy YMCA, Constance Ave Huonville PCYC 40 – 72 Wilmot Rd</p>	<p>Circuit based exercise program for women run by women.</p> <p>Movement is key to mental and physical health. Join in on this ability sensitive, circuit based exercise program with professional instructors guiding your increase in ability!</p> <p>Venue: Leap Physio, Bayfield St, Rosny</p>
Cooking	Singing	Social Group	Yoga
<p>Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.</p> <p>Venue: Patrick St</p>	<p>Let loose and sing as a group or on your own to your favourite tracks! Add your voice amongst friends.</p> <p>Venue: Patrick St</p>	<p>A chance to play board games, pool, bingo, play music and have a coffee and a catch up!</p> <p>Venue: Patrick St</p>	<p>Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD.</p> <p>Venue: Patrick St</p>

Bookings

Phone: 1800TASREC (1800827732)
 Email: referrals@richmond tas.com.au
 Online: rft.org.au/services/tasrec-online-booking/

Enquiries

Leader: **Nadia Cole**
 Phone: 0439 952 252
 Email: nadiac@richmond tas.com.au

Venue: Richmond Fellowship Tasmania
 29 Patrick Street, Hobart
 (Except TasTracks / Day Trip & Just Move)



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South

Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	TasTracks / Day Trip	Patrick St / location	Tara	10:00am – 1:00pm (Day Trip 10:00am Start)
	Social Group	Patrick St	Linda	1:00pm – 4:00pm
Tuesday	Open Arts	Patrick St	Linda	10:30am – 12:30pm
	Just Move – Women Only	Patrick St	Kiani / Tara	12:15pm – 1:15pm
	Singing	Patrick St	Linda	1:30pm – 3:00pm
Thursday	Just Move	Rosny	Ash / Tara	12:00pm – 1:00pm
		Glenorchy	Nick / Tara	1:30pm – 2:30pm
Friday	Cooking	Patrick St	Linda	10:00am – 12:30pm
	Yoga	Patrick St	Helen / Tara	1:30pm – 2:30pm
Saturday	Social Group	Patrick St	Linda / Tara	10:00am – 1:00pm

If you cannot attend a session, please text or call:

Linda: 0458858261

Tara: 0458877802

Nadia: 0439952252

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