

TasRec Calendar

Term 2: April – June 2022



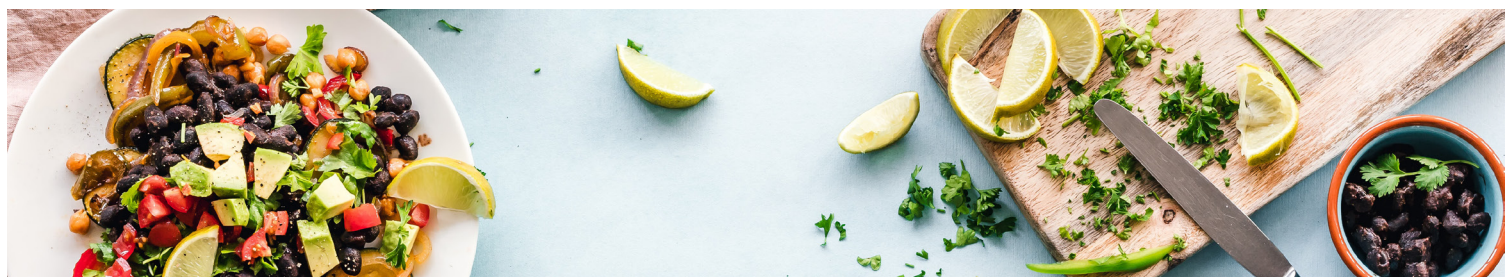
How the Program Works

Week one from the 4th April – 9th April is our taster week. Come along to all sessions and try them out!

Then we have a 10 week term, commencing 11th April – 24th June where participants book into the 10 sessions for the activities they wish to attend.

Program Overview

Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: 7 – 9 Lugana Cres	Yoga Classes with instructor Trista designed to challenge movement and relax the mind. Venue: 7 – 9 Lugana Cres	Just Move 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! Venue: Athlete 42, 2 Flora Street
R U Game Join in and get your game face on with board games, ten pin bowling, swimming, 8-ball, table tennis and various other indoor and outdoor games! Venue: 7 – 9 Lugana Cres / TBC	Social Group / Day Trip This is a chance to join us for a day out, coffee and a chat. Every second week enjoy a day out at one of the many parks, historical sites or other tourist attractions around Ulverstone and its surrounds. Venue: TBC	



Bookings

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

Enquiries

Leader: Nadia Cole
Phone: 0439 952 252
Email: nadiac@richmondtas.com.au

Venue: Ulverstone Neighbourhood House
7 – 9 Lugana Cres, West Ulverstone
(Except Just Move, Sports Activities & Reclink)



TasRec Calendar

Term 2: April – June 2022



Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	Cooking	Lugana Cres	Chloe / Sarah	11:00am – 1:00pm
	Yoga	Lugana Cres	Trista	4:30pm – 5:30pm
Tuesday	Just Move	Athlete 42	Chloe / Sam	1:00pm – 2:00pm
Wednesday	R U Game	TBC	Chloe / Sarah	1:00pm – 2:30pm
Thursday	Social Group / Day Trip	TBC	Chloe / Sarah	12:00pm – 2:00pm



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

Sarah: 0436 521 616
Chloe: 0437 366 641
Nadia: 0439 952 252

Venue: Ulverstone Neighbourhood House
7 – 9 Lugana Cres, West Ulverstone
(Except Just Move, R U Game & Social Group)

Scan the QR code to
send us your feedback

