

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

Social Group / Day Trip A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up! Every second week enjoy a day out at one of the many parks, historical sites or tourist attractions around Launceston and its surrounds. Venue: RFT Mowbray / TBC	Creative Arts Explore your creativity in more sculptural ways. Includes mosaics, ceramics and papier-maché! Venue: RFT Mowbray	Craft Learn practical and creative skills you can decorate your home or yourself with. Includes sewing, beading, jewellery making, ceramics. Venue: RFT Mowbray	
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: PhysioFit, 305 Wellington St	Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: RFT Mowbray	Open Arts Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery. Venue: RFT Mowbray	Equine Therapy in conjunction with Reclink Grow in confidence and ability by working with horses and qualified instructors. By appointment only. Contact Nadia Cole to book. Venue: TBC

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: RFT Mowbray Community Unit
11 – 13 Barton St, Mowbray
(Except TasTracks, Just Move & Equine Therapy)



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Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Monday	TasTracks	TBC	Lily	1:00pm – 3:00pm
	Creative Arts	Mowbray	Sam	10:00am – 12:30pm
Tuesday	Just Move	Physio Fit	Sian	1:00pm – 2:00pm
Tuesday	Craft	Mowbray	Lily	2:00pm – 4:00pm
Thursday	Cooking	Mowbray	Sam	10:00am – 12:00pm
Friday	Open Arts	Mowbray	Sam	1:30pm – 3:30pm
By Appointment	Equine Therapy in conjunction with Reclink	TBC	TBC	To book contact Nadia Cole (limited availability over the winter months)



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

Sam: 0417 312 195
Lily: 0427 811 689
Nadia: 0439 952 252

Scan the QR code to
send us your feedback



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