

# TasRec Calendar: 2023

## Term 4: 2 October – 22 December



### How the Program Works

Week one from the 2 – 6 October is our taster week. Come along to all sessions and try them out! Then we have a 10 week term, commencing 9 October – 22 December where participants book into the 10 sessions for the activities they wish to attend.

### Regular Programs Overview

Cooking	Just Move	Social Group / Day Trip
Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.	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!	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.
<b>Venue:</b> 7 – 9 Lugana Cres	<b>Venue:</b> Athlete 42, 2 Flora Street	<b>Venue:</b> TBC



### Bookings

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

### Enquiries

Contact: Tara Maddox  
Phone: (03) 6228 3344  
Email: [taram@richmond tas.com.au](mailto:taram@richmond tas.com.au)

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



# TasRec Calendar: 2023

## Term 4: 2 October – 22 December



### Regular Activities Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Tuesday	Social Group / Day Trip	TBC	Adam	10:00am – 12:00pm
	Just Move	Athlete 42	Adam / Sam	1:00pm – 2:00pm
Friday	Cooking	Lugana Cres	Adam	1:00pm – 3:00pm



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

Adam: 0409 513 353

Tara: 0458 877 802

Scan the QR code to  
send us your feedback



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

