

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

TasTracks 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. Venue: Patrick St / location	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: Patrick St	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! Venues: 3 Scott St, Bellerive Glenorchy YMCA, Constance Ave	Yoga Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD. Venue: Patrick St
Cooking Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: Patrick St	Social Group A chance to play board games, pool, bingo, play music, sing karaoke and have a coffee and a catch up! Venue: Patrick St / TBC	Hanging With Horses Horses are keen observers are vigilant and sensitive to movement and emotion. They often mirror a person's behaviour or emotions, conveying understanding and connection that allows a person to feel safe. This also allows a person to maintain a sense of self-awareness, using the horse's behaviour and interactions for feedback and opportunities to check in and process what is happening in the moment. Interactions with the horses include feeding, brushing, safety briefings and options to move onto riding at a later stage. Limited numbers. Venue: TBC	

Bookings

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

Enquiries

Contact: Tara Maddox
 Phone: (03) 6228 3344
 Email: taram@richmondtas.com.au

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



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Regular Activities Timetable

DAY	WORKSHOP	LOCATION	WITH	TIME
Tuesday	Open Arts	Patrick St	Linda	10:00am – 12:00pm
	Yoga	Patrick St	Helen / Tara	2:30pm – 3:30pm
Wednesday	TasTracks / Day Trip	TBC	Tara	10:00am – 12:30pm
	Social Group	Patrick St	Tara / Linda	1:00pm – 3:30pm
Thursday	Just Move	Bellerive	Ash / Tara	12:00pm – 1:00pm
		Glenorchy	Kiani / Tara	1:30pm – 2:30pm
Friday	Cooking	Patrick St	Linda	10:00am – 12:30pm
	Hanging With Horses	TBC	Tara / Narelle	1:30pm – 2:30pm



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

Linda: 0458 858 261
Tara: 0458 877 802

Scan the QR code to send us your feedback



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