

Summer Activities Calendar

January 2021

This calendar provides an overview of the fun activities and social outings provided by the Aged and Community Services team at Migrant Resource Centre Tasmania. If you would like to attend any of these activities or would like to find out more about them, please contact Migrant Resource Centre Tasmania on 03 6221 0999 to speak to a member of the Aged Care team. **Please note, it is essential to book for these activities.** Costs for each program will depend on the length of each activity, and whether you are receiving Commonwealth Home Support Program support or are on a Home Care Package.

If you require transport to attend activities, please let us know as we can assist to register you with a transport provider. If you are not currently registered with My Aged Care to attend these social support groups, please let us know and we can provide you with assistance to register. You can also contact My Aged Care directly on 1800 200 422.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
		<p>11:00AM Gentle exercise class at the Italian Club, 77 <i>Federal Street, North Hobart.</i></p> <p>12:00PM Three course lunch, set menu at the Italian Club, 77 <i>Federal Street, North Hobart.</i></p>	<p>10:00AM - 12:00PM Bhutanese Elders Group <i>Migrant Resource Centre, Level 1, 1A Anfield Street, Glenorchy</i></p> <p>10:00AM – 11:00AM Beginners Line dancing (Boots and All Line dancing) Tolosa St Hall 148 <i>Tolosa Street Glenorchy</i></p> <p>Limited numbers</p>	<p>11:00AM Gentle walking <i>15 Queens Walk Cornelian Bay</i></p> <p>12:00PM Lunch outing</p> <p>1:00PM – 2:00PM Beginners Line dancing (Boots and All Line dancing) Chigwell Barn 8 <i>Bucaan Street Chigwell</i></p> <p>Limited numbers</p>

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
	<p>12:00PM – 2:00PM Fishing Group</p> <p>Sandy Bay with Reclink</p> <p>Limited spaces available</p>	<p>10:00AM – 4:00PM Healthy Living Group</p> <p>Peach and Nectarine Orchard, Franklin. 12:00PM Lunch. Fruit and vegetable shopping</p> <p>Limited seats available</p>	<p>10:00AM -3:00PM Bus trip to Richmond, including lunch at the Richmond Bakery</p> <p>Bus leaves MRC Tas office at 10:00AM</p> <p>Gold coin donation required for bus outing as addition to regular client fee contributions.</p>	<p>11:00AM Gentle walking <i>Tolosa Street Park Glenorchy</i></p> <p>12:00PM BBQ lunch</p>
	<p>10:00AM -2:00PM Community Gardens Project Chigwell <i>Karambi Street Chigwell</i></p> <p>12:00PM BBQ Lunch <i>Karambi Street Chigwell</i></p>	<p>11:00AM Gentle exercise class at the Italian Club, 77 Federal Street, North Hobart.</p> <p>12:00PM Three course set menu lunch at the Italian Club, 77 Federal Street, North Hobart.</p>		<p>1:00PM – 2:00PM Beginners Line dancing (Boots and All Line dancing) Chigwell Barn 8 <i>Bucaan Street Chigwell</i></p> <p>Limited numbers</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
	<p>11:00AM Beach walk at Bellerive</p> <p>12.30PM Lunch at The Fish Bar <i>51 Queen Street, Bellerive</i>, or bring your own lunch to eat at the beach or in the park</p>	<p>11:00AM Gentle exercise class at the Italian Club, 77 Federal Street, North Hobart.</p> <p>12:00PM Three course set menu lunch Italian Club, 77 Federal Street, North Hobart.</p>	<p>10:30AM Chinese Dancing Performance <i>Migrant Resource Centre, Level 1, 1A Anfield Street, Glenorchy</i></p> <p>12:30PM Lunch at Bento, Glenorchy</p>	<p>11:00AM Guided tour of the highlights of the Royal Botanical Gardens (50 minutes)</p> <p>12:30PM Lunch outing</p> <p>1:00PM – 2:00PM Beginners Line dancing (Boots and All Line dancing) Chigwell Barn 8 <i>Bucaan Street Chigwell</i></p> <p>Limited numbers</p>

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
	PUBLIC HOLIDAY – NO ACTIVITY	<p>10:00AM – 4:00PM Healthy Living Group Sorell Area. Pioneer Park for Picnic lunch- BYO or pick up at Sorell Banjos Fruit and vegetable shopping. Limited seats available</p> <p>11:00AM Gentle exercise class at the Italian Club, 77 <i>Federal Street, North Hobart</i></p> <p>12:00PM Three course set menu lunch at the Italian Club, 77 <i>Federal Street, North Hobart</i></p>	<p>11:00AM Walking group around North Hobart Meeting point – State Cinema Bookshop, <i>377 Elizabeth Street, North Hobart</i> 12.30PM Lunch at the Italian Club, 77 Federal Street, North Hobart 1.30PM Bingo</p> <p>10:00AM - 12:00PM Bhutanese Elders Group Migrant Resource Centre <i>Glenorchy</i></p>	<p>10:30AM Meditation and relaxation with Cate at Migrant Resource Centre Tasmania, <i>1A Anfield Street, Glenorchy</i></p> <p>12:00PM Lunch at MRC Tas Kitchen, Level G, 1A Anfield St Glenorchy</p> <p>1:00PM – 2:00PM Beginners Line dancing (Boots and All Line dancing) Chigwell Barn 8 <i>Bucaan St Chigwell</i></p>