

Autumn Activities Calendar

March 2021

This calendar provides an overview of the fun activities and social outings provided by Migrant Resource Centre Tasmania. If you would like to attend any of these activities, or want to find out more, please contact the Aged Care and Community Services team on 03 6221 0999 or agedcare@mrctas.org.au

All our social group clients are welcome to attend all activities.

It is essential to book the activities you wish to attend.

Costs will depend on the length of the activity, and whether you are receiving Commonwealth Home Support Program support or on a Home Care Package.

If you require transport to attend activities, please let us know.

If you are not currently registered with My Aged Care to attend these social support groups, please let us know and we can help you to register. You can also contact My Aged Care directly on 1800 200 422.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00AM – 12:00PM Pontville Cemetery Trip.	11:00AM IT Support Group at the Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.	11:00AM Gentle exercise class at the Italian Club 12:00PM Three course lunch, set menu at the Italian Club	10:00AM - 12:00PM Bhutanese Elders Group - Botanical Gardens Walk <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i>	10:30AM Cross-stitch Exhibition - Nostalgia Tasmania, Adrienne Charles, Moonah Arts Centre, 23 Albert Road, Moonah. 12:00PM Lunch at Social Enterprise Café, <i>Ground floor, Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>
	10:00AM- 12:00PM Fishing Group <i>TBA Location with Reclink- subject to change.</i> Limited spaces available.	<i>Italian Club, 77 Federal Street, North Hobart.</i>	11:00AM Exhibition - Contemporary Video Art from China, Long Gallery, Salamanca Arts Centre, 77 Salamanca Place, Battery Point. 12:30PM Lunch at Blue Eye, <i>Under the Silos, 1 Castray Esplanade, Battery Point.</i>	

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
	11:00AM IT Support Group at the <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>	10:00AM – 4:00PM Healthy Living Group New Norfolk sight- seeing Lunch at local eatery in the area TBA. Limited seats available-small bus outing.	9:30AM - 3:00PM Bhutanese Elders Group Bus Outing TBA Location <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i>	10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: Quiz! 12:00PM -1:00PM Lunch 1:00PM – 2:00PM Activity: Bingo
	10:00AM- 12:00PM Fishing Group <i>TBA Location with Reclink- subject to change.</i> Limited spaces available.	11:00AM Gentle exercise class at the <i>Italian Club, 77 Federal Street, North Hobart.</i> 12:00PM Three course lunch, set menu at the <i>Italian Club</i>	10:30 AM– 1:30PM DIGNity Gardens Outing, including lunch, <i>Okines Community Garden, 540 Old Forcett Road, Dodges Ferry.</i>	

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
	11:00AM IT Support Group at <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>	10:00 AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: Presentation and Discussion with Jan and Tamara.	9:30AM – 1:30PM Bhutanese Elders Group - Hobart Rivulet Walk and Picnic <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i>	11:00AM – 12:00PM Northgate and A1 Shopping. 12:00 PM Lunch at Social Enterprise Café, <i>Ground floor, Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>
	10:00AM- 12:00PM Fishing Group <i>TBA Location with Reclink- subject to change.</i> Limited spaces available.	12:00PM – 1:00 PM Lunch	11:00AM – 12:00PM Walk along Little Howrah Beach – Meeting point – <i>Carpark in Silwood Avenue, Bellerive.</i> 12.15PM Clarence Community Connections meal, prepared by students of <i>Clarence High School, 25 Wentworth Street, Bellerive.</i>	

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
	11:00AM IT Support Group at <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>	10:00AM – 4:00PM Healthy Living Group ‘APPLE HUNTING’ Huon Valley/Dover area Lunch at local eatery in the area TBA. Fruit and vegetable shopping Limited seats available-small bus outing.	10:00AM – 12:00PM Bhutanese Elders Group <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i>	10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: Meditation and self-care with Cate.
	10:00AM- 12:00PM Fishing Group <i>TBA Location with Reclink- subject to change.</i>	11:00AM Gentle exercise class at the Italian Club, 77 <i>Federal Street, North Hobart</i>	12:00PM Lunch at Social Enterprise Café, <i>Ground floor, Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>	12:00PM -1:00PM Lunch 1:00PM – 2:00PM Activity: Bingo

	Limited spaces available.	12:00PM Three course set menu lunch at the <i>Italian Club, 77 Federal Street, North Hobart.</i>	<i>Burnett Place, North Hobart.</i> Activity: Gene Chong, Audiologist – information session. 12:00PM Lunch	
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Monday	Tuesday	Wednesday		
29	30	31		
	11:00 AM IT Support Group at the <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i>	11:00AM Gentle exercise class at the Italian Club, 77 <i>Federal Street, North Hobart.</i> 12:00PM Three course set menu lunch at the <i>Italian Club</i>		
	10:00AM- 12:00PM Fishing Group <i>TBA Location with Reclink- subject to change.</i> Limited spaces available.			