

# Autumn Activities Calendar

## May 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](mailto: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, plus seating/program availability\* 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
3	4	5	6	7
<p>Time to be advised. <b>Pontville Cemetery Trip.</b></p>	<p><i>11:00AM</i> <b>IT Support Group at Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</b></p>	<p>9:00AM – 4:00PM <b>Healthy Living Group</b> Kettering- Oyster Cove Inn for Lunch Fruit and vegetable shopping Limited seats available-small bus outing*.</p>	<p>9:30AM – 12:30PM <b>Bhutanese Elders Group – Information Session - Diabetes Tasmania, with Dietician.</b></p> <p><i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p>	<p>10:00AM – 12:00PM <b>Centre based Social Support Group, German Australian Club, 30 Bowden Street, Glenorchy.</b> Activity: Mother’s Day Celebrations! Crazy dress theme. 12:00PM -1:00PM Lunch. 1:00PM – 2:00PM Activity: Bingo</p>
	<p>10:00AM – 2:00PM <b>Mahjong – Beginners group and advanced group, CB Stand, Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</b> Lunch provided.</p>	<p>11:00AM <b>Gentle exercise class</b> at the <i>Italian Club</i> 12:00PM <b>Three course lunch, set menu</b> at the <i>Italian Club, 77 Federal Street, North Hobart</i></p>	<p>11:00AM – 12.30PM Activity: Anglesea Barracks, 96-120 Davey Street, Hobart. 12:30PM – 1:30PM <b>Lunch outing, Ding Dings, 102 Harrington Street, Hobart.</b></p>	

Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12	13	14
	<p>11:00AM  <b>IT Support Group</b> at  <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i></p>	<p>10:00 AM – 12:00 PM  <b>Centre based Social Support Group,</b>  <i>German Australian Club, 30 Bowden Street, Glenorchy.</i>            Activity: Meditation and self-care with Cate.            12:00PM – 1:00 PM Lunch.</p>	<p>9:30AM – 12:30PM  <b>Bhutanese Elders Group –Reclink Put - Put Golf, Moonah</b>  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>10:00AM – 12:00PM  <b>Centre based Social Support Group,</b>  <i>Chinese Community Association of Australia Clubhouse, 7 Burnett Place, North Hobart.</i>            Activity: Tai Chi/Square Dancing with You You.            12:00PM – 1PM <b>Lunch</b></p>	<p>10:30AM -12PM  <b>Tasmanian Museum and Art Gallery visit –</b>            Photographic exhibition.  <i>Dunn Place, Hobart.</i>            12:00PM – 1:00PM  <b>Lunch outing,</b> Fish and Chips at Mures, Lower Deck, Victoria Dock, Hobart.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
	<p>11:00AM  <b>IT Support Group</b> at  <i>Migrant Resource Centre Tasmania, 1A Anfield Street, Glenorchy.</i></p>	<p>10:00AM – 4:00PM  <b>Healthy Living Group</b>  Margate- Op shopping and Kingborough Market  Lunch at local eatery in the area TBA.  Limited seats available-small bus outing*</p>	<p>9:30AM – 12:30PM  <b>Bhutanese Elders Group. Movie and Games Day.</b>  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p>	<p>10:00AM – 12:00PM  <b>Centre based Social Support Group,</b>  <i>German Australian Club, 30 Bowden Street, Glenorchy.</i>  Activity: Dietician, Diabetes Tasmania presentation.  12:00PM – 1:00 PM  Lunch  1:00PM – 2:00PM  Activity: Bingo</p>
		<p>11:00AM  <b>Gentle exercise class</b>  at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM  <b>Three course lunch, set menu</b> at the <i>Italian Club</i></p>	<p>10:00AM – 12:00PM  <b>Centre based Social Support Group,</b>  <i>Chinese Community Association of Australia Clubhouse, 7 Burnett Place, North Hobart.</i>  Activity:  12:00PM – 1PM <b>Lunch</b></p>	

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
	<p>11:00AM  <b>IT Support Group</b> at  <i>Migrant Resource  Centre Tasmania, 1A  Anfield Street,  Glenorchy.</i></p>	<p>11:00AM  <b>Gentle exercise class</b>  at the <i>Italian Club, 77  Federal Street, North  Hobart.</i></p> <p>12:00PM  <b>Three course lunch,  set menu</b> at the  <i>Italian Club</i></p>	<p>10:00AM – 12:00PM  <b>Reclink Table Tennis.</b>  <i>YMCA, 8a Constance  Ave, Glenorchy.</i></p> <p>12:00PM – 1.30PM  <b>Lunch outing,</b>  <i>Glenorchy.</i></p>	<p>10:00AM – 12:00PM  <b>Centre based Social  Support Group,</b>  <i>German Australian  Club, 30 Bowden  Street, Glenorchy.</i>  Activity: Meditation  and self-care with Cate.</p> <p>12:00PM -1:00PM  Lunch</p> <p>1:00PM – 2:00PM  Activity: Bingo</p>