

Spring Activities Calendar

November 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 daycentre@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 program, 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.



myagedcare



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		<p>11:00AM Gentle exercise class <i>at the Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM Three course lunch, set menu <i>at the Italian Club.</i></p>	<p>10.30AM – 12:00PM Centre based Social Support Group, Diwali Celebrations, <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>12:30PM – 2:00PM Lunch outing, <i>participant choice.</i></p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: MRC Tas service needs, and gaps focus group.</p> <p>12:00PM -1:00PM Lunch.</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
		<p>11:00AM Gentle exercise class at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM Three course lunch, set menu at the <i>Italian Club.</i></p>	<p>9:00AM – 12:30PM Bhutanese Elders Group – Royal Botanical Gardens <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: 10:30AM Help desk. 11:00AM Grant, Centrelink information session.</p>
		<p>10:00AM – 3:00PM Healthy Living Group Tasmanian Golf Club for lunch.</p> <p>Limited seats available-small bus outing.</p>	<p>10:30AM – 12:00PM Royal Botanical Gardens visit. Meet at main entrance, <i>Lower Domain Road, Queens Domain, Hobart.</i></p> <p>12:30PM – 2:00PM Lunch outing, participant choice.</p>	<p>12:00PM -1:00PM BBQ lunch at the German Club. 1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
		STAFF TRAINING – NO ACTIVITIES.	<p data-bbox="1265 295 1632 683">9:00AM – 12:30PM Bhutanese Elders Group – Lawn Bowls <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p data-bbox="1265 686 1632 1114">10:00AM – 12:00PM Centre based Social Support Group, <i>CCAT, 7 Burnett Place, North Hobart.</i> Activity: MRC service needs, and gaps focus group.</p> <p data-bbox="1265 1117 1632 1272">12:00PM-1:00PM Lunch.</p>	<p data-bbox="1637 295 2013 502">10:30AM – 12:00PM Social Support Group Walk along the beach at Bellerive.</p> <p data-bbox="1637 505 2013 683">12:00 – 1:00PM Lunch at The Fish Bar, 51 Queen Street, Bellerive.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
		<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: Hearing Health session with Michael, Audiologist. 12:00PM -1:00PM Lunch.</p>	<p>9:00AM – 12:30PM Bhutanese Elders Group – Mini Golf <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p>	<p>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. 12:00PM -1:00PM Lunch. 1:00PM – 2:00PM Activity: Bingo</p>
		<p>9:00AM – 4:00PM Healthy Living Group Eagle Hawk Neck – Doo-lishus. Fish and Chips at the Blowhole. Limited seats available- small bus outing.</p>	<p>10:30AM – 11:30AM Social Support Group Mini golf. 12:30PM – 2:00PM Lunch outing, participant choice.</p>	