

Summer Activities Calendar

December 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.



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<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 – Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy. Annual consultation and planning for 2022! <i>Weather permitting-</i> Walk to Montrose Foreshore.</p> <p>11:00AM-12:00PM Social Support Group, Exhibitions at <i>Salamanca Arts Centre, 77 Salamanca Place, Hobart.</i></p> <p>12:00PM – 1:30PM Lunch outing, Mures Lower Deck, Victoria Dock, Hobart.</p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i> Activity: COVID-19 Booster shot information session.</p> <p>Annual consultation and planning for 2022!</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
		<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 – 2:30PM Bhutanese Elders Group – Dignity Okines Community Gardens Dodges Ferry <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>10:00AM – 3:00PM Healthy Living Group Marquis of Hastings- Buffet Lunch.</p> <p>Limited seats available-small bus outing.</p>	<p>Centre based Social Support Group, <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: Meditation and self-care with Cate.</p> <p>Annual consultation and planning for 2022!</p> <p>12:00PM-1:00PM Lunch.</p>	<p>Activity: Meditation and self-care with Cate.</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
		<p>11:00AM – 12:00PM SPECIAL EVENT Combined Social Support Group Christmas celebrations. <i>Migrant Resource Centre Tasmania, Level 1, 1A Anfield Street, Glenorchy</i></p> <p>12:00PM -1:30PM Lunch. **RSVP Essential</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
		<p>10:45AM Social Support Group, Christmas Celebrations at the <i>Italian Club</i></p>		
		<p>10:45AM Gentle exercise class at the <i>Italian Club</i>, 77 <i>Federal Street, North Hobart.</i></p> <p>12:15PM Three course lunch, set menu at the <i>Italian Club.</i></p>		

Please note: MRC Tas will close from midday on Friday 24th of December 2021 and will reopen at 9am Tuesday 4th of January 2022. Please note that neither the office nor mobile phones will be managed during this period.