

# Summer Activities Calendar

## January 2022

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](mailto: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
10	11	12	13	14
		<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> Maribel.</p> <p>9:00AM – 4:00PM <b>Healthy Living Group</b> Lunch at Lovett Café – Cygnet. Walk around Cygnet Old Bank &amp; Cygnet Recreation Ground.</p> <p><b>Limited seats available – small bus.</b> Melissa and volunteer.</p>	<p>10:00AM – 1:30PM <b>Bhutanese Elders Group – Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</b></p> <p><b>Social Support Group – Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</b></p> <p>11:00AM – 12:00PM <b>Information session –</b> How to apply for a Check in TAS card, how to use the QR code, how to download the Check In TAS application on your phone, how to access your COVID vaccination certificate.</p> <p>12:30PM – 2:00PM <b>Lunch outing</b> in Moonah. Maggie.</p>	<p>10:00AM – 2:00PM <b>Social Support Group</b> Mystery small bus tour.</p> <p>12:00PM <b>Lunch</b> at destination. Departing from <i>Migrant Resource Centre, 1A Anfield Street, Glenorchy.</i></p> <p><b>Limited seats available – small bus.</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
		<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>Maribel.</p>	<p>9:00AM – 2:30PM <b>Bhutanese Elders Group</b> <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p><b>DIGNity Community Gardens</b>, 540 Old Forcett Road, Dodges Ferry.</p> <p>11:00AM – 12:00PM <b>Social Support Group</b> <b>Donna Marcus: Hearth Exhibition at the Schoolhouse Gallery</b>, <i>Rosny Barn, 2 Rosny Hill Road, Rosny Park.</i></p> <p>12:30PM – 2:00PM Lunch outing on the Eastern Shore.</p> <p>Maggie.</p>	<p>10:00AM – 2:00PM <b>Social Support Group</b> Mystery small bus tour. 12:00PM Lunch at destination. Departing from <i>Migrant Resource Centre, 1A Anfield Street, Glenorchy.</i></p> <p><b>Limited seats available – small bus.</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
		<p><b>PUBLIC HOLIDAY – NO ACTIVITIES</b></p>	<p>10:00AM – 1:30PM  <b>Bhutanese Elders Group – Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</b></p> <p>11:00AM – 12:00PM  <b>Social Support Group.</b>  Walk along Hobart Rivulet. Meeting point outside Hamlet Café, Molle Street, Hobart.</p> <p>12:30PM – 2:00PM  Lunch outing in CBD.</p> <p>Maggie.</p>	<p>10:00AM – 2:00PM  <b>Social Support Group.</b>  Mystery small bus tour.  12:00PM <b>Lunch</b> at destination.</p> <p>Departing from <i>Migrant Resource Centre, 1A Anfield Street, Glenorchy.</i></p> <p><b>Limited seats available – small bus.</b></p>