

# Winter Activities Calendar

## June 2022

This calendar provides an overview of the 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)

**Social group participants are welcome to attend all activities, however it is essential to book the activities you want to attend.**



Costs depend on the length of the program 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 registered with My Aged Care to attend MRC Tas social support groups, we can help you register, or you can contact My Aged Care directly on 1800 200 422.

MRC Tas staff and volunteers cannot lift or carry participants. Participants must be able to board and exit vehicles and participate in activities independently or with assistance from a carer.

Our social groups are welcoming, we celebrate diversity and are committed to inclusive practice and activities.



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<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>9:00AM – 2:00PM  <b>Bhutanese Elders Group</b>  10:30 AM – 1:30PM  <i>MRC, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p><b>DIGNITY Okines Community Garden</b> at <b>540 Old Forcett Road, Dodges Ferry.</b></p>	<b>NO PROGRAM</b>
		<p>9:00AM – 4:00PM  <b>Long Attendance</b></p> <p><b>Healthy Living Group</b>  Lunch at the Hamilton Inn, Hamilton followed by exploration of Hamilton Town.</p> <p><b>Limited seats available – small bus.</b></p>	<p>10:00AM – 2:00PM  <b>Centre based Social Support Group</b>  <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: Falls and Balance Information session, presented by the Water Well Project.  Dragon Boat Festival.  Lunch.</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
		<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>10:30AM – 1:30PM  <b>Bhutanese Elders Group</b>  10:30 AM – 1:30PM  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Living Well at Home Information Session – Soula from COTA.  Rapid Antigen Tests, COVID booster and flu shot Information session.</p> <p><b>Social Support Group</b></p> <p>Activity and outing to be advised.</p>	<p>10:00AM – 12:00PM  <b>Centre based Social Support Group,</b>  <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity:  Allied health activity.  Information regarding Rapid Antigen Tests, COVID boosters and flu shots.</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  <b>Gentle exercise</b> class at the Italian Club, 77 Federal Street, North Hobart.</p> <p>12:00PM  <b>Three course lunch</b>, set menu at the Italian Club.</p>	<p>10:30AM – 1:30PM  <b>Bhutanese Elders Group</b>  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>11:00AM – Activity:  Brigid from COTA  Community Consultation on Healthy Ageing.</p> <hr/> <p>10:00AM – 2:00PM  <b>Centre based Social Support Group</b>,  <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: Claudia – Community Consultation Riddle!</p> <p>Lunch and Winter Solstice Celebration.</p>	<p><b>NO PROGRAM</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
		<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>10:30AM – 1:30PM  <b>Bhutanese Elders Group</b>  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>10:30AM Table tennis at Moonah Sports Centre, 17 Gormanston Road, Moonah</p> <p>10:30AM  <b>Social Support Group</b>  Table tennis at Moonah Sports Centre, 17 Gormanston Road, Moonah.</p> <p>Lunch outing – details to be confirmed.</p>	<p>10:00AM – 12:00PM  <b>Centre based Social Support Group,</b>  <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: Caring Conversations Workshop with Soula from COTA.</p> <p>12:00PM -1:00PM  Lunch</p> <p>1:00PM – 2:00PM  Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1 July
		<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>10:30AM – 1:30PM  <b>Bhutanese Elders Group</b>  <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>11:00 Chair mobility.</p> <hr/> <p>11:00AM  <b>Social Support Group</b></p> <p>Chair mobility</p> <p><i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy</i></p> <p>Lunch outing – details to be confirmed.</p>	<p><b>NO PROGRAM</b></p>