

Winter Activities Calendar

July 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

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
4	5	6	7	8
		<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> <hr/> <p>9:00AM – 4:00PM Long Attendance</p> <p>Healthy Living Group Lunch at The Old Bank of Geeveston followed by Platypus Walk and viewing platform.</p> <p>Limited seats available – small bus.</p>	<p>9:00AM – 2:00PM Bhutanese Elders Group 10:30 AM – 1:30PM <i>MRC, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Falls and Balance Information session, presented by the Water Well Project.</p> <hr/> <p>CHRISTMAS IN JULY</p> <p>12:00 PM – 1:30PM Lunch at Marquis of Hastings. 209 Brisbane Street, West Hobart</p> <p>Numbers limited – bookings essential.</p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: Living Well at Home Workshop with Soula from COTA.</p> <hr/> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
		<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>10:30AM – 1:30PM Bhutanese Elders Group 10:30 AM – 1:30PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>How to use TIS (Telephone Interpreting Service) information session.</p> <p>10:00AM – 2:00PM Centre based Social Support Group <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: Living Well at Home Information Session with Soula from COTA. Lunch.</p>	<p>CHRISTMAS IN JULY</p> <p>12:00 PM – 1:30PM Lunch at Marquis of Hastings. 209 Brisbane Street, West Hobart</p> <p>Numbers limited – bookings essential.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
		<p>11:00AM Gentle exercise class at the Italian Club, 77 Federal Street, North Hobart.</p> <p>12:00PM Three course lunch, set menu at the Italian Club.</p>	<p>10:30AM – 1:30PM Bhutanese Elders Group <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>11:00AM Activity: Living Well at Home Information Session with Soula from COTA.</p> <p>10:00AM – 2:00PM Centre based Social Support Group <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: How to use TIS (Telephone Interpreting Service) information session. Lunch.</p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: Allied health activity.</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
		<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>10:30AM – 1:30PM Bhutanese Elders Group <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Chair mobility with RecLink @ MRC.</p> <hr/> <p>Social Support Group 11:00AM</p> <p>Chair mobility with RecLink @ MRC. <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy</i></p> <p>Lunch outing – details to be confirmed.</p>	<p>NO PROGRAM</p>