

Winter Activities Calendar

August 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
1	2	3	4	5
		<p>10:45AM Gentle exercise class at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM – 1:30PM Three course lunch, set menu at the <i>Italian Club.</i></p>	<p>9:00AM – 2:00PM Bhutanese Social Group 10:30 AM – 1:30PM <i>MRC Tas, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Stoneman’s Garden Centre outing.</p> <hr/> <p>Social Support Group</p> <p>12:00 PM – 1:30 PM</p> <p>Lunch outing in Bellerive.</p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: Hearing bus! Free hearing checks with Hearing Australia.</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>10.45 AM Gentle exercise class at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM – 1:30PM Three course lunch, set menu at the <i>Italian Club.</i></p> <hr/> <p>9:00AM – 3.30PM Healthy Living Group</p> <p>Shopping at the new Glebe Hill Shopping Centre (pending confirmation of opening date) or Shoreline then lunch at South Arm RSL Club.</p> <p>Limited seats available – small bus.</p>	<p>10:30AM – 1:30PM Bhutanese Social Group 10:30 AM – 1:30PM <i>MRC Tas, Level 2, 1A Anfield Street, Glenorchy.</i> National Stroke Week.</p> <p>Stroke Safe Presentation by the Stroke Foundation.</p> <hr/> <p>10:00AM – 2:00PM Centre based Social Support Group <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p><i>National Stroke Week</i> Activity: Community workshop with Claudia. Lunch.</p>	<p>Social Support Group 11:00AM – 12:00PM Exhibition - Salamanca Arts Centre.</p> <p>12:00PM – 1:30PM Lunch at Blue Eye Restaurant, 1 Castray Esplanade, Battery Point.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
		<p>10:45AM Gentle exercise class at the Italian Club, 77 Federal Street, North Hobart.</p> <p>12:00PM – 1:30PM Three course lunch, set menu at the Italian Club.</p>	<p>10:30AM – 1:30PM Bhutanese Social Group <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>11:00AM Activity: Chair mobility.</p> <p>Social Support Group</p> <p>11:00AM Activity: Chair mobility @ MRC</p> <p>12:15 PM – 1:30 PM Lunch outing in Moonah.</p>	<p>10:00AM – 12:00PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: Stoneman’s Garden Centre outing.</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
		<p>10:45AM Gentle exercise class at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM – 1:30PM Three course lunch, set menu at the <i>Italian Club.</i></p>	<p>10:30AM – 1:30PM Bhutanese Social Group <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Combined Social Support Group outing 11:00AM ‘Chilled – Antarctic Life Inside and Out’ Exhibition at Allport Library and Museum of Fine Arts, 91 Murray Street, Hobart.</p> <p>12:15PM – 1:30PM Lunch outing – Taste of Malaysia, Shop 2/80 Elizabeth Street, Hobart.</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31		
		<p data-bbox="909 378 1288 592">10:45AM Gentle exercise class at the <i>Italian Club</i>, 77 Federal Street, North Hobart.</p> <p data-bbox="909 651 1288 775">12:00PM – 1:30PM Three course lunch, set menu at the <i>Italian Club</i>.</p>		