

# Spring Activities Calendar

## October 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.*



myagedcare



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
		<p>10.45 AM  <b>Gentle exercise class</b> at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM – 1:30PM  <b>Three course lunch, set menu</b> at the <i>Italian Club.</i></p>	<p><b>No Bhutanese Social Group</b> due to cultural celebrations.</p> <hr/> <p><b>Social Support Group</b></p> <p>12:00 PM – 1:30 PM</p> <p><b>Lunch outing</b> – group to decide venue.</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:  <b>Advocacy Tasmania</b> presentation.</p> <p>12:00PM -1:00PM  Lunch</p> <p>1:00PM – 2:00PM  Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12	13	14
	<p>8.30AM – 4.30PM  <b>Healthy Living Group</b>            Fresh strawberries at DM Jennings &amp; Sons, 122 Slab Rd, Cygnet.</p> <p>Lunch at Cygnet Commercial Hotel followed by walk along the rivulet.</p> <p><b>Limited Seats – Small bus</b></p>	<p>10.45 AM  <b>Gentle exercise class</b> at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p>12:00PM – 1:30PM  <b>Three course lunch, set menu</b> at the <i>Italian Club.</i></p>	<p>9:30AM – 3:00PM  <b>Bhutanese Social Group</b></p> <p>Visit a working farm in Judbury, walk around the local park and area. Morning tea at Judbury Town Hall.</p> <p>10:00AM – 2:00PM  <b>Centre based Social Support Group</b></p> <p><i>CCAT, 7 Burnett Place, North Hobart.</i>            Activity: Presentation by St John’s Scooters and Mobility.</p> <p>Lunch.</p>	<p><b>Social Support Group</b></p> <p><b>10:00AM – 1:00PM</b></p> <p><b>Mental Health Week Celebration.</b></p> <p>BBQ lunch and wellbeing activities - Hut 13 Tolosa Park, 244 Tolosa Street, Glenorchy.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
		<p><b>SENIOR'S WEEK CELEBRATION</b></p> <p><b>Singing, dancing and food!</b></p> <p>Arrive at 10.30am for an 11am start!</p> <p><b>11:00AM – 2:00PM</b></p> <p>Moonah Arts Centre, 23-27 Albert Road, Moonah.</p> <p>Gold coin donation.</p> <p>Booking essential due to limited numbers.</p>	<p><b>PUBLIC HOLIDAY</b></p> <p><b>NO PROGRAMS</b></p>	<p><b>NO PROGRAM</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
	<p data-bbox="526 320 862 539">8.30AM – 4.30PM <b>Healthy Living Group</b> Trip to Kettering, Woodbridge, and Peppermint Bay.</p> <p data-bbox="526 639 831 762">Lunch at the Woodbridge Village Emporium.</p> <p data-bbox="526 823 857 898"><b>Limited Seats – Small bus</b></p>	<p data-bbox="911 320 1272 539">10:45AM <b>Gentle exercise class</b> at the <i>Italian Club, 77 Federal Street, North Hobart.</i></p> <p data-bbox="911 595 1285 718">12:00PM – 1:30PM <b>Three course lunch, set menu</b> at the <i>Italian Club.</i></p>	<p data-bbox="1323 320 1659 443"><b>No Bhutanese Social Group</b> due to cultural celebrations.</p> <p data-bbox="1323 842 1653 882"><b>Social Support Group</b></p> <p data-bbox="1323 938 1615 970">12:00PM – 1:30PM</p> <p data-bbox="1323 1026 1693 1106"><b>Lunch outing</b> – group to decide venue.</p>	<p data-bbox="1740 320 2101 595">10:00AM – 12:00PM <b>Centre based Social Support Group,</b> <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p data-bbox="1740 667 2047 790">Activity: Bunnings outing/shopping for your spring garden!</p> <p data-bbox="1740 962 2011 1042">12:00PM -1:00PM Lunch</p> <p data-bbox="1740 1106 2011 1185">1:00PM – 2:00PM Activity: Bingo</p>