

Spring Activities Calendar

December 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.



myagedcare



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p data-bbox="1303 320 1675 678">10:30AM – 1:30PM Bhutanese Social Group 10:30 AM – 1:30PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p data-bbox="1303 694 1675 821">11:00AM – 12:00PM Activity: Chair mobility @ MRC</p> <p data-bbox="1303 837 1675 885">Social Support Group</p> <p data-bbox="1303 949 1675 1077">11:00 AM – 12:00PM Activity: Chair mobility @ MRC</p> <p data-bbox="1303 1141 1675 1316">12:00PM – 1:30PM Lunch outing – MRC Café, Anfield Street, Glenorchy.</p>	<p data-bbox="1697 320 2092 598">10:00AM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p data-bbox="1697 662 2092 742">Activity: Short walk at Cornelian Bay.</p> <p data-bbox="1697 805 2092 885">12:15PM -1:00PM Lunch</p> <p data-bbox="1697 949 2092 1029">1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
		<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>	<p>Bhutanese Social Group 10:30 AM – 1:30PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: Citizenship Information session – eligibility and application process.</p> <p>10:00AM – 2:00PM Centre based Social Support Group <i>CCAT, 7 Burnett Place, North Hobart.</i></p> <p>Activity: Christmas Card making session.</p> <p>Lunch.</p>	<p>10:00AM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>10:30AM – 11:30AM</p> <p>Activity: Stitch by Stitch – Textile and Fibre Art Exhibition at Schoolhouse Gallery, Rosny Farm, Rosny Hill Road,</p> <p>12:15PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
		<p>NO PROGRAM</p>	<p>10:30AM – 1:30PM Bhutanese Social Group 10:30 AM – 1:30PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Social Support Group combined Christmas celebration.</p> <p>12:00PM – 2:00PM Lunch at Marquis of Hastings.</p> <p>Bookings essential due to limited numbers.</p>	<p>NO PROGRAM</p>

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
		<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 10:30 AM – 1:30PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: Short bus outing.</p>	