

# Summer Activities Calendar

## January 2023

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 are 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
2	3	4	5	6
			<p data-bbox="1323 320 1715 352"><b>Bhutanese Social Group</b></p> <p data-bbox="1323 408 1619 440">10:30AM – 1:30PM</p> <p data-bbox="1323 461 1711 724"><b>Activity: Short bus outing.</b> Leave at 10:30AM from <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p>	

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
		<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>Bhutanese Social Group</b>  10:30 AM – 12:00PM</p> <p><b>Activity: Plant and garden activity</b> - Bunnings, 20 Howard Road, Glenorchy.</p> <hr/> <p><b>Social Support Group</b>  12:00PM – 2:00PM  <b>Lunch outing</b> – venue to be advised.</p>	<p><b>Social Support Group</b>  10:30AM – 2:30PM  <b>Activity: Short bus outing to Richmond to visit the bridge and have lunch in a local cafe. Spaces are limited.</b>  Leave at 10:30AM from <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i> Return to MRC at 2:30PM.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
		<p>10.45AM  <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>AA</p>	<p><b>Bhutanese Social Group</b></p> <p>10:30 AM – 1:00PM  <b>Wellbeing workshop</b> with Barsha at the Montrose Foreshore Community Park, Brooker Highway, Montrose.</p> <hr/> <p><b>Social Support Group</b></p> <p>10:30AM – 12:00PM  <b>Plant and garden activity</b> at <i>Bunnings, 20 Howard Road, Glenorchy.</i></p>	<p><b>Social Support Group</b></p> <p>10:00AM – 2:00PM  <b>BBQ and wellbeing activity</b> – further details to be advised.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
		<p>10:45AM  <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>PUBLIC HOLIDAY – NO ACTIVITY.</b></p>	<p><b>Social Support Group</b></p> <p>12:00PM – 2:00PM  <b>Lunch outing</b> at <i>Boardwalk Bistro, Wrest Point Casino, 410 Sandy Bay Road, Sandy Bay.</i></p>