

Winter Activities Calendar

September 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



Booking is required to attend the preferred activities; our social group participants are welcome to attend all activities with the social group approval from My Aged Care.



Costs depend on the length of the program and whether you are receiving Commonwealth Home Support Program support or on a Home Care Package.



It is essential to let MRC Tas know 1 week in advance if you require transport to attend activities.



If you are not registered with My Aged Care to attend MRC Tasmania social support groups, The Care Finder providers can help you register, or you can contact My Aged Care directly on 1800 200 422.

Our social groups are welcoming, we celebrate diversity and are committed to inclusive practice and activities.



*MRC Tas staff and volunteers cannot lift or carry participants. Participants must be able to board and exit vehicles and participate.



Monday	Tuesday	Wednesday	Thursday	Friday
28 August	29 August	30 August	31 August	1 September
		<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>Bhutanese Seniors' Social Group</p> <p><i>Social Support Group</i> <i>Events were cancelled due to MRC all staff meeting on</i></p> <hr/> <p><i>Social Support Group were cancelled due to MRC all staff meeting on</i></p>	<p>10:00 AM – 2:00 PM Centre based Social Support Group, <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: 11:00 AM -12:00 PM <i>"Health Information Session" From Red Cross</i></p> <p>12:00 PM -1:00 PM Lunch</p> <p>1:00 PM – 2:00 PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
		<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 Senior’s Social Group 10:30 AM – 1:00 PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: <i>Healthy Living Relationship session with Barsha</i></p> <hr/> <p>Centre based Social Support Group 10:00 AM – 2:00 PM <i>At CCAT, 7 Burnett Place, North Hobart</i></p> <p>Activity: 11 AM – 12 PM <i>“Protecting Ourselves as we Age” from Legal Aid and Advocacy Tasmania</i></p> <p>Lunch: 12:00PM -1:30PM</p>	<p>Multicultural Social Support Group</p> <p>Activity: 12 PM – 1:30 PM</p> <p>Lunch outing At Dr Syntax Hotel 139 Sandy Bay Rd, Sandy Bay TAS 7005</p> <p>*Booking is required</p>

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
	<p>Healthy Living Group 9 AM - 4 PM</p> <p>Day trip to Dover</p> <p>Lunch at Dover RSL club 16 Chapman Avenue, Dover Tas 7117</p> <p>Activity: Shopping at Geeveston</p> <p>Limited seats – small bus *Booking is required</p>	<p>10.45 AM Gentle exercise class at the <i>Italian Club</i>, 77 Federal Street, North Hobart.</p> <p>12:00PM – 1:30PM Three course lunch, set menu at the <i>Italian Club</i></p>	<p>Bhutanese Senior’s Social Group 10:30 AM – 1:00PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: RUOK Day 2023 with Thir Thapa at the CB Stand Dress code: yellow color</p> <hr/> <p>Social Support Group 12:00 PM – 1:30 PM</p> <p>Activities: 1) Taichi on the beach 2) Lunch outing At Hearty Wok Chinese Takeaway Restaurant 1 Beach Road, Sandy Bay Tas 7005 *Booking is required</p>	<p>Centre based Social Support Group 10:00 AM – 2:00 PM <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: 11 AM – 12 PM Healthy Living Relationship session with Barsha</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
		<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>Bhutanese Senior’s Social Group 10:30 AM – 1:00PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: Walk around the KGV and Short Gentle Exercise</p> <hr/> <p>10:00 AM – 2:00 PM Centre based Social Support Group <i>CCAT, 7 Burnett Place, North Hobart</i></p> <p>Activity: 10:30 AM -12:00 PM <i>Healthy Living Relationship session with Barsha</i></p> <p>Lunch: 12:00 PM -1:30 PM</p>	<p>Multicultural Social Support Group</p> <p>Activity: 12:00 PM – 1:30 PM</p> <p>Activity: Lunch outing at The Crescent Hotel 100 Burnett St, North Hobart TAS 7000</p> <p>*Booking is required</p>

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
		<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>Bhutanese Senior’s Social Group 10:30 AM – 1:00PM <i>Migrant Resource Centre Tasmania, Level 2, 1A Anfield Street, Glenorchy.</i></p> <p>Activity: Online Gentle Range of Motion Chair Exercises for Seniors</p> <hr/> <p>Social Support Group 12:00 PM – 1:30 PM</p> <p>Activity: Lunch outing At Elizabeth Street Pier 4 Franklin Wharf</p> <p>Mid-Autumn Festival Moon Cake celebration</p> <p>*Booking is required</p>	<p>Centre based Social Support Group 10:00 AM – 2:00 PM <i>German Australian Club, 30 Bowden Street, Glenorchy.</i></p> <p>Activity: 11 AM – 12 PM Support Sector Development ‘Feedback Collection’ by Claudia</p> <p>12:00PM -1:00PM Lunch</p> <p>1:00PM – 2:00PM Activity: Bingo</p>