

Pathways Activity Schedule

December – January 2018/2019

Monday Tuesday Wednesday Thursday Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 December	3 Art Workshop with Interweave Leaving from Anglicare 10:30am-1:30pm	4 Drop In Day @ Pathways 34 Cameron St Christmas Card-Making and Festive Craft 11am-2pm	5 *Ten Pin Bowling @ Kings Meadows Leaving from Anglicare 10:30am-12:30pm	6 Walking Group Leaving from Anglicare 10:30am-12:00pm	7 One-to-One Support By Appointment
Week 2 December	10 Art Workshop with Interweave Leaving from Anglicare 10:30am-1:30pm	11 Drop In Day @ Pathways 34 Cameron St End of Year Celebration 11am-2pm	12 Laser Tag Leaving from Anglicare 10:30am-12:30pm	13 Walking Group Leaving from Anglicare 10:30am-12:00pm	14 One-to-One Support By Appointment
Week 3 December	17 Mt Direction Walk Leaving from Anglicare 10:30am-2pm	18 Drop In Day @ Pathways 34 Cameron St Christmas-Themed Pop-up Kitchen 11am-2pm	19 Tamar Island Walk Leaving from Anglicare 10:30am-1:30pm	20 Walking Group Leaving from Anglicare 10:30am-12:00pm	21 One-to-One Support By Appointment
Week 4 December	24 Mini-Golf at Grindelwald Leaving from Anglicare 10:30am-12:30pm	25 CHRISTMAS DAY CLOSED	26 BOXING DAY CLOSED	27 Walking Group Leaving from Anglicare 10:30am-12:00pm	28 One-to-One Support By Appointment

Monday – Social and Recreational Day

To RSVP call 1800 243 232 as soon as possible as spaces can be limited. Leaving from Anglicare - 122 Elizabeth Street at 10:30am.

Tuesday – Drop in Day

Drop-in to **Pathways at 34 Cameron St. from 11am to 2pm.** Make a hot drink and chat to other members and staff. Join in a variety of wellbeing activities including therapeutic group discussions, creative opportunities, and low-impact games activities - all aimed at developing self-knowledge and personal life skills.

Wednesday – Social and Recreational Day

To RSVP call 1800 243 232 as soon as possible as spaces can be limited. Leaving from Anglicare - 122 Elizabeth Street at 10:30am.

Thursday – Social Walking Group

Explore the local places in our community, make friends and get fit in the process. All fitness levels welcome. **Leaving from Anglicare - 122 Elizabeth Street at 10:30am.**

Friday – One-to-one Support with your Pathways Worker

We offer **one-to-one support** by working with people to identify and improve their social and mental health outcomes. We can also support people in applying for an NDIS plan. Discuss how Anglicare financial aid (brokerage) can assist people to reach their social, recreational and educational goals. **For an appointment call 1800 243 232.**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5 December/ January	31 Low Head Beach and barbecue Leaving from Anglicare 10:30am-2:30pm	1 NEW YEARS DAY CLOSED	2 Chairlift Ride @ the Cataract Gorge Leaving from Anglicare 10:30am-1pm	3 Walking Group Leaving from Anglicare 10:30am-12:00pm	4 One-to-One Support By Appointment
Week 6 January	7 Laser Tag Leaving from Anglicare 10:30am-12:30pm	8 Drop In Day @ Pathways 34 Cameron St Group Sharing 11am-2pm	9 Badminton @ Elphin Sport Centre Leaving from Anglicare 10:30am-12:30pm	10 Walking Group Leaving from Anglicare 10:30am-12:00pm	11 One-to-One Support By Appointment
Week 7 January	14 Ten Pin Bowling Leaving from Anglicare 10:30am-12:30pm	15 Drop In Day @ Pathways 34 Cameron St Pop-up Kitchen 11am-2pm	16 Lawn Bowls @ Sea Port Leaving from Anglicare 10:30am-12:30pm	17 Walking Group Leaving from Anglicare 10:30am-12:00pm	18 One-to-One Support By Appointment
Week 8 January	21 Tennis @ Launceston Tennis Centre Leaving from Anglicare 10:30am-12:30pm	22 Drop In Day @ Pathways 34 Cameron St Art and Craft 11am-2pm	23 Horse Riding Leaving from Anglicare 10:30am-12:30pm	24 Walking Group Leaving from Anglicare 10:30am-12:00pm	25 One-to-One Support By Appointment

When and where?

Find Anna, Shibu and Ashley at Anglicare, 122 Elizabeth Street, Launceston
or

Drop in to Pathways at 34 Cameron Street (opposite the Grand Chancellor Hotel) every Tuesday from 11am-2pm.

How do I join?

Call **1800 243 232** to make an appointment, drop in on a Tuesday at Pathways, 34 Cameron Street or be referred by your support worker.

Online?

www.anglicare-tas.org.au/pathways

*These activities are facilitated by RecLink Australia.

For more information check www.Reclink.org.

