multicap tasmania
empowering capability

miranbeena and horizon hub program

306 mount st, burnie | 03 6433 5000

MONDAY

9.00am - 3.00pm

body and soul

Slow down, breathe and focus on your wellbeing through activities that nurture mind, body and soul. Enjoy a variety of experiences including yoga, gardening, craft, walking, visits to the library and other areas of interest in the community.

$ - own cost if special entry is required

sports and talks

Get active, have fun and enjoy some friendly competition with a variety of sports and recreational activities. Activities may include basketball, cricket, walking groups, ten pin bowling, eight ball and table tennis.

$ - own cost if special entry is required

creative crafts

Explore different art forms and creative techniques in a welcoming and relaxed environment. Experiment with painting, drawing, papier-mâché, fibre art and a range of hands-on projects.

TUESDAY

9.00am - 3.00pm

cooking

Get creative in the kitchen while preparing and enjoying delicious meals together. Learn practical food preparation techniques including chopping, stirring, grating, measuring and safe food handling.

ten pin bowling

Catch up with friends and enjoy a social game of ten pin bowling.

$ - own cost

WEDNESDAY

9.00am - 3.00pm

cooking

Get creative in the kitchen while preparing and enjoying delicious meals together. Learn practical food preparation techniques including chopping, stirring, grating, measuring and safe food handling.

social swim club

Dive into fitness and fun at the Devonport Splash swimming pool! Build confidence in the water, improve health and wellbeing and develop swimming skills while enjoying a social and supportive group environment.

$ - own cost if special entry is required

THURSDAY

9.00am - 3.00pm

cooking

Get creative in the kitchen while preparing and enjoying delicious meals together. Learn practical food preparation techniques including chopping, stirring, grating, measuring and safe food handling.

ten pin bowling

Catch up with friends and enjoy a social game of ten pin bowling.

$ - own cost

art all day

Spend the day immersed in creativity while exploring a variety of artistic styles, materials and techniques. Participants have the opportunity to develop skills in painting, drawing, papier-mâché, fibre art and a variety of other artistic mediums.

FRIDAY

9.00am - 3.00pm

leatherwork at westwood

Learn the hands-on art of leatherwork through a program focused on creating practical and decorative items. Learn techniques such as dyeing, measuring, hole punching and stitching while working on projects including belts, pouches, book covers, wall hangings and bags.

the working crew

Roll up your sleeves and get involved in practical projects both at the Hub and in the community. Activities may include recycling, vehicle maintenance and a variety of community-based tasks, and getting out and about for coffee, lunch or a walk.

chat n choose

Enjoy a social craft program where you choose projects that match your interests and goals. Make something special for yourself, create gifts for others or try a new craft technique.

$ - own cost

SATURDAY

9.00am - 3.00pm

saturday social club

Weekends are for fun, friendship and trying something different. Join the group for outings, activities and community adventures while enjoying time with friends.

$ - own cost

BOOK TODAY!



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