multicap tasmania
empowering capability

riverside hub program

2 eden st, riverside | 03 6433 5000

wheelchair accessible

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

morning programs

9.00am - 12.00pm

step into wellness

Improve fitness, wellbeing, and confidence through staff-led group exercise and healthy lifestyle activities.

9.00am - 12.00pm

tuesday choose day

Take the lead by choosing activities, outings, and experiences that matter to you.

9.00am - 12.00pm

walk and talk cafe

Explore the community, enjoy a café visit, and connect with others over morning tea.

9.00am - 12.00pm

craig's club house

Enjoy live music with Craig, request your favourite songs, and sing along with friends.

9.00am - 12.00pm

creative cooking

Learn practical cooking skills, prepare delicious recipes, and build confidence in the kitchen.

afternoon program

12.00pm - 3.00pm

Coffee Club

Catch up with friends over a hot brew and share stories from the weekend in a relaxed setting.

12.00pm - 3.00pm

the lunch bunch

Enjoy lunch at a group-selected destination while building friendships and community connections.

12.00pm - 3.00pm

craft and connect

Get creative with hands-on craft projects while socialising and learning new skills.

12.00pm - 3.00pm*

get your golf on

Practice putting, build coordination and enjoy a fun outing at the neighbouring golf club.

*Held once a month

12.00pm - 3.00pm

paint and sip

Relax with a coffee, unleash your creativity, and create your next masterpiece..

12.00pm - 3.00pm

friday favourites

Wind down the week with participant-led activities tailored to group interests and choices.

BOOK TODAY!



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