



TLC FIRST SUPPORT SERVICES
FROM CARING COMES COURAGE

COMMUNITY CENTRE PROGRAM BOOKLET



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ABOUT US



TLC FIRST SUPPORT SERVICES
FROM CARING COMES COURAGE

Welcome to TLC First Support Services Community Access Centres **“CREATE THE SPACE”** in 2 Loinah Rd Montagu Bay and **“EXPRESS IT”** at 69 Howard Rd Goodwood.

Our Centres are designed to engage you in great activities while maintaining and building friendships.

We run an extensive variety of programs each and every day of the week along with some great weekend age specific programs once a month on a Friday evening and one Saturday a month for children, teens, youth and adults (please ask for our social groups brochure for more information)

Our programs are tailored to meet the needs of each of our participants.

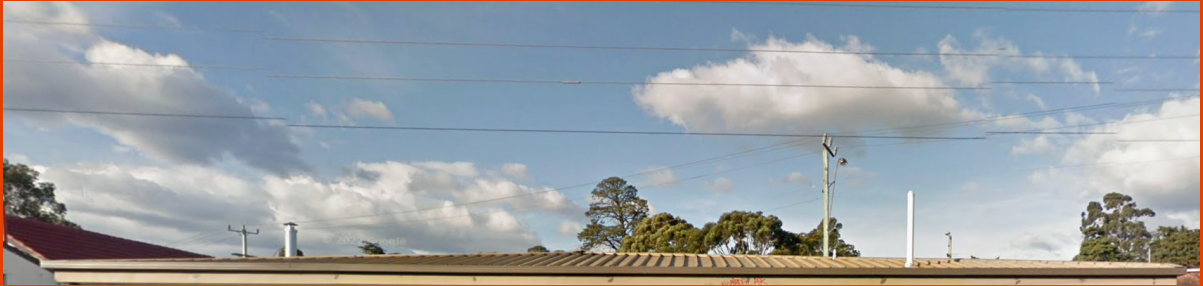
We will endeavour to accomodate Everyone's first, second or third program choice,

However if this is not possible you will be notified.

CENTRE LOCATIONS

Location:

69 Howard RD Goodwood



Location:

2 Loinah Rd Montagu Bay



HOW TO BOOK

There are 8 program choices each day we will endeavor to provide you with your first choice, however this may not always be possible and we will notify you once you are booked in.

There is a booking sheet at the end of this booklet to choose your program.



MONDAY PROGRAMS

2 Loinah Rd Montagu Bay

MOVEMENT FOR FUN

Come and have fun with your friends while moving to music. Create your own moves teach your friends or follow our instructors.

POTTERY

Create your own masterpieces with clay and other mediums. Pots, plant holders, people, animals and jewellery let your imagination be your guide

ARTS & CRAFTS

Create your ideas share your skills, or learn new ones from our experienced staff. Make your own pieces or collaborate with friends in a group project

COMPUTERS

Relax and surf the web, learn more about the technical aspects of computers, phones and other tech devices, while socialising with peers.

COOKING BASIC

Learn about basic food preparation, assist with menu ideas, while learning kitchen safety and prepare a light lunch to enjoy.

MYSTERY MONDAY

Plan a calendar with your friends with some exciting trips, and socialisation ideas. The skies the limit. Where will Monday take you?

MONDAY PROGRAMS

69 Howard Rd Goodwood



69 Howard Rd Goodwood

KARAOKE

Get your groove on with some singing into a microphone with your friends and some seriously good music.

BBQ/ PICNIC

Prepare with your friends a tasty BBQ or picnic lunch and choose one of Hobart and surrounds spectacular locations to eat and enjoy.

TUESDAY PROGRAMS

2 Loinah Rd Montagu Bay

GYM SESSION

Tumble, stretch, climb and move your way to exercise and fitness with your friends and staff.

RECYCLED ART

Find hidden treasures in great locations to recycle into spectacular art works. Receive assistance from our qualified staff around design and tools.

WOOLCRAFT & TEXTILES

Use yarn and textiles to create works of art, usable items, wearable masterpieces and more. Badges, mats, bracelets, toys, gloves, scarves, pictures and more. Let your imagination decide.

SEWING

Learn to use machines or hand sew items. Learn to make your own designs or use designs provided. Whether it be clothing items, toys, handbags or shopping bags we can assist you on your sewing journey.

WONDERS OF THE WORLD (COOKING)

Research recipes from around the world, learn about flavours from different cultures from our staff who can assist you with recipes from their childhoods.

BUSH WALK

Explore the great tracks of Hobart while taking in fresh air and spectacular scenery. Walks are customised to the groups abilities.

TUESDAY PROGRAMS



69 Howard Rd Goodwood

MUSIC

Learn about different instruments, make your own instruments, bring your own and sing up storm. Set up a band with your friends and put on a performance.

BOWLING/ MINI GOLF

Try your hand at Tenpin Bowling, Lawn Bowls, Boccie, Mini Golf, the Driving Ranges or try your hand on a Golf course. All while hanging out with your friends.

WEDNESDAY PROGRAMS

2 Loinah Rd Montagu Bay

DEFENSIVE FITNESS

Try out differing types of defensive moves for fitness try Karate, Judo and Boxing moves for fun and fitness.

WOODWORKING

Use recycled and mainstream timbers to create small individual projects or work as a team with your friends to create larger masterpieces. Learn about tools and safety with our staff on hand.

JEWELLERY

Use beads, wires, clay, paper and objects to create masterpieces to wear or give as gifts. Design your own creations or work to patterns with staff assistance.

TECH LEARNING

Learn about the wide world of technology. Do you want to learn how to use your mobile device send an email, learn designing softwares, or make your own you tube channel? Well here is the place to be for all things tech.

CAPACITY COOKING

Learn about the importance of healthy foods, and how your body uses it for fuel. Learn menu planning, budgeting for meals, how to shop and prepare and cook before sitting down to enjoy your healthy creations.

EXPLORE HOBART

Plan with friends the places you would like to explore in and around Hobart. Find spectacular scenery, hidden cafes, miraculous works of art and more all while having fun and laughs with your friends.

WEDNESDAY PROGRAMS

69 Howard Rd Goodwood



69 Howard Rd Goodwood

PODCASTING

Have you ever wanted to enter into the world of Podcasting? Well now is your chance to learn all about sending your message out into the world. Work as a group on topics of interest.

YMCA

Enter into the YMCA space where you can take part in activities at the Y. Use their equipment and spaces for a variety of uses with assistance from our staff and the staff of the Y.

THURSDAY PROGRAMS

2 Loinah Rd Montagu Bay

RELAXATION/MEDITATION

Enter a relaxing space with light movement, sounds and music. A time to relax let go of stress and take in peace, quiet and tranquility.

SCULPTING

Use different mediums and objects to create sculptures and works of art as a group and solo. Show off your works at our end of year art show.

DRAW AND PAINT

Learn to draw, sketch and paint with differing techniques on a range of canvas's. Keep your masterpieces or give them away as gifts. Or show off your works at our end of year art show.

MOVIE MAKING

Learn the art of film making. Write, act, direct and film a masterpiece with your friends. Show off your movie at our end of year premier.

BAKING

Do you love to create cakes, biscuits, and desserts? Come and learn the art of baking sweet treats and decorating them. Yum.

BOWLING/ MINI GOLF

Do you love to bowl and play mini golf. Come and challenge your friends to a game. And have the opportunity to name and form a team.

THURSDAY PROGRAMS



69 Howard Rd Goodwood

THEATRE

Do you love to perform? Join our Theatre group where you can write, act and perform a drama, puppetry, or dance piece. Perform as part of a group or solo with the opportunity to be part of an end of year show.

OUTDOOR SPORTS

Do you enjoy physical activities and the great outdoors? Then our Outdoor Sports programs could be just what you are looking for. Try your hand at learning about different sports while having fun with friends.

FRIDAY PROGRAMS

2 Loinah Rd Montagu Bay

INDOOR SPORTS

Do you enjoy physical activities and the great outdoors? Then our Outdoor Sports programs could be just what you are looking for. Try your hand at learning about different sports while having fun with friends.

FRAMES

Do you love taking photos or collecting art works and need some frames to show these pride of place? Come and learn how to make a variety of frames for your photos, art or maybe a mirror.

PAMPERING

Do you love to pamper yourself and relax? Join our pampering group where you can primp and receive some great selfcare. You could also learn to make your own lip balms, bathbombs and creams.

PHOTOGRAPHY

Do you love going out in nature to capture that perfect photo? Are you wanting to learn how to use your phone (or ours) for photos? Then learn to print, display or scrapbook them for perfect artworks or memories.

COOKING BASIC

Learn to follow recipes, plan, shop and cook a great meal. Work as group to decide on meal options create and cook and enjoy a meal together.

BBQ/ PICNIC

Decide on your BBQ and Picnic options, help prepare and then set off on an adventure to eat somewhere special around Hobart and surrounds.



FRIDAY PROGRAMS

69 Howard Rd Goodwood

DANCE

Do you enjoy shaking your booty? Do you love music? Join our Dance group and learn different moves to different beats. With options to participate in an end of year show.

FREEDOM FRIDAY

Do you love an adventure? Then welcome to Freedom Fridays where you put your ideas forward for group activities. Ideas are picked at random for you to enjoy with your friends. Freedom Fridays what will you choose?



TLC FIRST SUPPORT SERVICES
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PROGRAM CHOICES

**PLEASE LABEL YOUR 1ST AND 2ND CHOICES FOR EACH DAY YOU
WISH TO ATTEND THE CENTRE!**



tlcfss.org/Centre-Form

Notes

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CONTACT US!

PH: 03 6128 3363

enquiries@tlcfss.org

tlcfirstsupportservices.org



TLC FIRST SUPPORT SERVICES
FROM CARING COMES COURAGE



REGISTERED
NDIS
PROVIDER



TLC FIRST SUPPORT SERVICES
FROM CARING COMES COURAGE

PROGRAM CHOICES

Please Label your 1st and 2nd Choices for each day you wish to attend the Centre!

Please make a note of program costs next to your choices and kindly return this form to:
Email: admin@tlcfss.org **OR** **Mail To:** 1 Yamada PL Mornington.

NAME:

PHONE:

CHOICE 1

CHOICE 2

MONDAY	<div></div>	\$ <div></div>	<div></div>	\$ <div></div>
TUESDAY	<div></div>	\$ <div></div>	<div></div>	\$ <div></div>
WEDNESDAY	<div></div>	\$ <div></div>	<div></div>	\$ <div></div>
THURSDAY	<div></div>	\$ <div></div>	<div></div>	\$ <div></div>
FRIDAY	<div></div>	\$ <div></div>	<div></div>	\$ <div></div>