

NOVEMBER 2023

NEWSLETTER



From our CEO

Dear New Horizons Tasmania Community,



I hope this message finds you all in good health and high spirits as we usher in the month of November. It's that time again when we come together to celebrate our collective achievements, and I couldn't be more thrilled to share some fantastic highlights with you.

First and foremost, let me extend my heartfelt congratulations to our extraordinary New Horizons members who dazzled the stage at the Festival of Dance. Their hip-hop routine had the crowd cheering, and it brings me immense joy to announce that our female group clinched the top spot, winning 1st place! Thank you to Maddy Pentland and Team at Dance Academy 34.

Our NHT Choir also added their voice to the arts scene at the Junction Arts Festival, delivering a performance that showcased the power of unity and music in our community. Well done to all choir members and supporters for spreading joy.

The highlight of the month for October – the AFL Inclusion Nationals in Brisbane. It was a week filled with pure passion, determination, and camaraderie. Our athletes gave their absolute best, and I'm thrilled to announce that they returned home as Premiers! This achievement is a memory that will stay with us forever. Inside the newsletter, you'll find more on this incredible journey and the stories of our champions.

It was also an absolute delight to see everyone having a blast at our first-ever Halloween party. The creativity and enthusiasm on display was truly infectious.

As we continue to achieve great things, I want to remind everyone of the importance of looking after ourselves. Your physical and mental well-being are paramount, and taking the time for self-care is not a luxury but a necessity. Let's continue to support each other on this journey towards better health and happiness.

Before I sign off, I want to extend my best wishes to our Boccia team as they gear up for the Nationals in Brisbane. Your dedication and hard work have brought you to this moment, and I have no doubt that you'll make us proud. Go out there and give it your all!

We look forward to seeing everyone at the AGM on November 16, either in person or online, as we come together to reflect on our accomplishments and chart the course for the exciting times that lie ahead.

As we move forward into November, let's carry the spirit of celebration, camaraderie, and determination with us. Our journey is marked by these memorable moments, and together, we'll continue to create a brighter future.

Thank you for being a part of our incredible New Horizons Tasmania community, and I look forward to sharing more exciting updates and achievements with you in the coming months.

Warm regards,
Belinda

November Birthdays



1st Shaun Richardson

2nd Nic Milner & Taj Burston

6th Sam McKibben

7th Theo Wright

9th Brian Spencer

10th Luke Shaw & Pip Leedham

20th Sarah Squires & Nikolaos Moutsatsos

23rd Myra Gregory

29th Kelly Binns & John Bartninkaitis

30th Griffin Smith

A few happy snaps!



Northern member Matty Bowen enjoying the gym program - always a smile on his face, no matter what the task! On the right is Northern member Jo, enjoying a fun-filled tenpin bowling session at Launceston Lanes 😊



Condolences

Sadly, we acknowledge the recent passing of Tom Fraser, a long-standing friend of NHT. Our thoughts are with his son Campbell and extended family and friends. We also acknowledge the recent passing of Darrin Geard's father. Our thoughts are with Darrin and family at this sad time.



Get Well Soon

Wishing a speedy recovery to Tess Rae. Our "crafters" are missing you!

NORTH Program Updates

Conversations:

We are pleased to announce that our program conversations has recommenced in the north. Join Maryann & Angie at the relaxed **Grain of the Silos Café, Monday afternoons 4:00pm – 4:45pm**. Feel free to purchase a drink or bite to eat to enjoy while at the program. Aims of the program are to introduce specific topics to the group, maintain & extend topics of discussion and to of course enjoy each other's company while learning new conversational skills.

Golf Program:

There are spots still available in our golf program. Join us **Tuesday afternoons 2:00pm – 3:00pm at WillFit Golf, Invermay**. Join us for interactive games or take on a course from around the world and learn new skills from specialised coaches, in a safe and inclusive environment. Plenty of fun, at the cost of \$20 per session.

Model making:

There are spots still available in our model making program, **Tuesday mornings 10:15am – 11:30am at the club**. Join us to make model cars, houses, planes or your favourite model from home. Lots of fun to be had, while learning new fine motor skills.

Please contact Tomas McIntee tom@newhorizonstas.org.au or call the office on 6326 3344 to register for northern programs.

NORTH Members Xmas Party

The Northern members Christmas Party will be held on **Wednesday 6th Decemeber from 5.30pm - 8pm at the Northern Clubhouse**. Be sure to pop this date in your diary! The invitation will be posted shortly on Facebook.



AFL Inclusion Carnival Recap

On Sunday 8th October, the 2023 Tasmanian AFL Inclusion team consisting of 16 players, along with coaching staff, volunteers and families, departed Launceston for Brisbane to compete at the annual AFL Inclusion Carnival. Game faces were on throughout day 1 and the boys finished undefeated with 5/5 wins - it was clear that they'd quickly become the team to beat!



4 days, 10 matches of footy, and they'd had made it to the division 1 grand final. Excitement was high and the team were itching to play at Brighton Homes Arena, determined to bring home the flag.

On Friday 13th October they played in the grand final match against a strong SA side, hungry for the trophy. With only a few minutes to go in the last quarter and down by 2 points, it was Hayden Britten's penalty goal that saw Tassie defeat SA 34 - 30. For the first time in history, Tasmania were crowned the division 1 premiers. Happy tears and hugs were in abundance as the team celebrated their victory. It was certainly a nail biter, but a special moment we're sure they'll never forget!



We would like to say a huge CONGRATULATIONS to the team, who played with tenacity and commitment and proudly sported their Tassie Devils jumpers. We would also like to congratulate our 5 All Australian medallists **Bailey Menzies, Craig Blaschke, Jordyn Blizzard, Brayden Cowell** and **coach Darrin Geard**. Thank you to all who showed their support whether with us in Brisbane or cheering from Tassie. To our coaching staff and volunteers; **Darrin Geard, Barry Gaby, Jack Anders, Seb Page, Belinda Kitto** and **Rod** - Thank you for making the trip possible and such a success 🙏 To AFL Tas, families, volunteers and support workers - THANK YOU! We couldn't have done it without your support. We can't wait to see what next year has in store and look forward to the 2024 carnival! ❤️



Christmas Craft Market

Our craft group have been busy making items to sell at the upcoming Christmas Market, which will be held at the **Silverdome Launceston on 25 & 26 November 2023 (8.30 am to 4.15pm)**. We need some helpers to run the stall for both days. If you can help for a couple of hours on either (or both days) please let Kim know, by either sending an email kim@newhorizonstas.org.au or phone the office.



Save The Date - Song, Dance & Choir Concert

The end of year song, dance & choir concert has been confirmed for **Sunday, December 3rd at Scotch Oakburn Auditorium, 3:00pm – 4:30pm**. Join us in celebrating the end of year with our fantastic dance and choir groups. Ticket details to be released soon.

SOUTH Updates

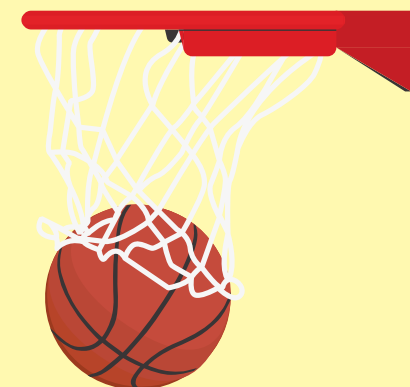
Southern members Christmas breakup

We have pencilled this in for **Wednesday 13th December commencing at 5:00pm**. Please stay up to date with any changes to this on our Facebook page. All Southern members and volunteers are welcome to attend.



Basketball

A big thank you to all our volunteers that assist to run this well attended, engaging and fun program every Monday night!



Multisport

This program has recently seen the introduction of Pickleball. We kindly thank Pickleball Tasmania for loaning us equipment over the past few weeks.



New Members

Welcome to our new members **Jordyn Blizzard, Hayden Britten** (both south) and **Brayden Cowell** (north). You will have seen their names as AFL players.

Dinner Club NORTH

The last dinner club for this year is on **Wednesday, 29 November, 6.00pm at The Black Stone, Blackstone Heights**. Please call the office on 6326 3344 if you want to attend and let us know if you are bringing a family member or support worker.

NORTH Season 4 calendar

Activity	Day	Time	Location	Cost
Gym/Fitness	Mon	11:15am -12:15pm	MyGym, Launceston	\$7
Boccia	Mon	12:15pm – 2:15pm	Max Fry Hall, Trevallyn	\$7
Conversations	Mon	4:00pm – 4:45pm	Grain of the Silos Café	Cost of an afternoon tea/drink purchase
Cricket	Mon	4:00pm – 5:30pm	Invermay Park, outdoor nets	\$7
Contact Tom – tom@newhorizonstas.org.au about all North Programs				
Rebound Therapy	Mon	5:15pm – 6:15pm	PCYC	\$17
Craft	Tues	10:00am – 11:30am	New Horizons	\$7
Model Making	Tues	10:15am – 11:30am	New Horizons	\$7
Song & Dance	Tues	2:00pm – 3:00pm	M.Wimmer's Dance Studio, Youngtown	\$7
Golf	Tues	2:00pm – 3:00pm	WillFit Golf, 81 Gleadow St, Invermay	\$20
Junior Song & Dance/Choir	Tues	3:30pm – 4:30pm	St Michaels	\$7
Futsal	Tues	4:00pm – 5:00pm	Uni Gym	\$7
Taekwondo	Tues	6:00pm – 6:45pm	Newstead College	\$7
Tennis	Wed	4:00pm – 5:00pm	AIC Tennis Club	\$7
Swimming Lanes	Wed	5:30pm – 6:30pm	Launceston Aquatic Centre	\$7
Swimming Program Pool		6:30pm – 7:30pm		
AFL	Wed	6:00pm – 7:00pm	Windsor Park	\$7
Art	Thurs	10:00am – 11:30am	New Horizons	\$7
Hip Hop Dance	Thurs	2:00pm – 2:30pm	Dance Academy 34	\$7
Tenpin	Fri	1:30pm – 2:30pm	Launceston Lanes	\$10

NORTH WEST Calendar

Activity	Day	Time	Location	Cost
Basketball	Monday	2:15 – 3:00pm	Devonport Recreation Youth Centre, Forbes St, Devonport	\$5
Judo	Monday Monday/Thursday	5:00 – 5:45 (Beginners/Juniors) 5:45 – 6:30 (Juniors) 6:30 – 7:30 (Seniors)	Devonport Judo Club Charles St, Devonport	\$8
Gym Fitness	Tuesday	2:15 – 3:00pm	Athlete 42 2 Flora St, West Ulverstone	\$8
AFL	Wednesday	3:30 – 4:15pm	Dial Park Sports Complex (Ground B) 1 Dial Park Rd, Penguin	FREE



Katie and Miller at the Devonport Disability Expo

SOCIAL EVENTS

Christmas Celebration

Wednesday December 6th 5 – 7pm. Details to follow.

NORTH WEST News

As we enter into our 4th term for the 2023 sport and recreation year, we are thrilled to share the latest developments and activities occurring within the NW sport and recreation program.

The participants in our basketball program have experienced a wealth of benefits that extend far beyond the court. Our program fosters an environment where individuals of all abilities come together, promoting social inclusion and teamwork. Players develop essential life skills such as communication, cooperation, and resilience, while also honing their basketball skills. Inclusivity in basketball not only celebrates diversity but also empowers individuals to reach their full potential, ensuring that everyone has a fair chance to shine and grow as part of a supportive and diverse community.

Off the back of the success of our AFL Inclusion team NW members have launched into an AFL skills program under the guidance of Jack Anders. Players participating in our inclusive AFL program benefit from a multitude of advantages in the areas of physical benefits, including increased fitness and skill development, along with our program encouraging social inclusivity and teamwork. Participants learn to appreciate and harness individual strengths and overcome challenges together. Inclusive AFL programs promote resilience and instil a sense of belonging.

Participating in our inclusive gym fitness program has offered a multitude of benefits to our members that extends beyond physical health. Our program provides an inclusive and supportive environment for individuals of all abilities to work towards their wellness goals. Jase enables everyone to access personalised fitness routines enabling skill development and promoting resilience. Our inclusive gym fitness program empowers participants to enhance their physical and mental well-being, in a space where all can thrive and enjoy the benefits of an active and healthy lifestyle.