

New Horizons Tasmania May Newsletter 2024

Hello New Horizons Tasmania Community,

I hope this note finds you all in high spirits as we embrace the beauty of May. As we transition into this new month, I'm thrilled to share some exciting updates and upcoming events with you.

We're thrilled to announce that our Champion Program, where leadership is done differently, has commenced around the State with a fresh intake of enthusiastic participants. This program is not just about leadership—it's about growth, empowerment, and community. We can't wait to witness the incredible journeys of our participants unfold.

With only three months left until our major fundraiser of the year, the 'Barbie & Ken Ball,' we're buzzing with excitement! There are plenty of ways to get involved: book your tickets, sponsor the event, donate a prize, or auction item, or lend a hand as a volunteer. Your support will help us continue to make a positive impact in the lives of our community members.

Join us this weekend in Penguin for our Multi-Sport Come and Try Day! It's a fantastic opportunity for everyone to connect and explore new activities. Whether you're a seasoned pro or a newcomer, there's something for everyone. Let's come together, have some fun, and make lasting memories.

Last month, our dedicated staff spent a few days together connecting, planning, and learning. We're rejuvenated and ready to dive back into the new season with renewed energy and enthusiasm. We're committed to delivering the best experiences for our community, and we can't wait to share what we have in store.

We're delighted to announce that Ballroom Dancing is back on the calendar! Get ready to put on your dancing shoes and groove to the rhythm as we bring the joy of dance back into our lives.

"Life is not about waiting for the storm to pass but learning to dance in the rain." – Vivian Greene



ANNOUNCEMENT BOARD

May Birthdays

1st	Sidonie Vittori
3rd	Thomaz Moss
5th	Ro Blaney & Deepan Rungmang
8th	Lily Herbert & Riley Young
9th	Sophie Binns
10th	James Roy, Elliott Bartninkaitis & Penny Nicholls
11th	Matthew O'Keefe
15th	Claire Taylor
18th	Steve Ockerby
21st	Lars De Kantzow
22nd	David Smith
23rd	Sarah Peck
28th	Nicole Parbs

New Members

We are thrilled to extend a warm welcome to all our new members, and we can't wait to embark on exciting adventures together!

North Members

Ebony Dingemane, Wayne Pollard and Rebekah Illingworth - Volunteer

South Members

Brooke Lowe and Jacob Taylor



Condolences

Our thoughts are with the Boland and Hudson Families on the loss of their sister and former NHT Member Annette Boland who passed away peacefully on 1st April.



We wish you all the Best

Our warmest wishes are with Lyn Tanner, who recently experienced a fall and is currently facing some ongoing eye issues.

Congratulations!

To Bree and Clinton Williams on celebrating their 3rd wedding anniversary on 24th April!





EMPOWERING DIVERSITY, LEADING TOGETHER

The Champion program is back on in 2024!
Embark on a journey of personal growth and leadership, empowering individuals of all abilities to become Champions in their lives.

Champion runs for 8 weeks in each region starting

- North -** Monday April 29th
- North West -** Wednesday May 1st
- South -** Thursday May 2nd





Women's Walking Program Starting Soon!

Starting from **Friday, the 10th of May**, a new walking program tailored for women will be launched.

The location will be announced soon, but it will be around the Eastern Shores area, with the activity commencing at **10:30 am**.

For more details, reach out to Jen at 0439 091 635 or jennifer@newhorizonstas.org.au.



BACK BY POPULAR DEMAND SAILABILITY TASMANIA!

We received an amazing response to our Sailability activity last month, so we've decided to host another session in May!

Day/Time: Friday 10th May from 10am-12pm

Where: Kings Pier Marine Gate

Cost: \$12



Multi Sport Come & Try Day North West

NHT "Multi Sport Come & Try Day" will be held on the **Saturday 4th May** in **Penguin**.

NHT will be offering transport up to Penguin for our Southern members so they can attend.

Please contact jennifer@newhorizonstas.org.au for more information.

Don't miss out on this fun day in the Northwest!

Reminder

DINNER CLUB SOUTH

Day/Time: Wednesday 8th May at 5:45pm

Where: The Carlyle 232 Main St, Moonah

RSVP to jennifer@newhorizonstas.org.au or call 0439 091 635



North News



CALLING OUT FOR VOLUNTEERS!

Do you have a passion that you would like to pass onto others or the need to help others?
We are on the call out for sport and recreation volunteers to run new or help with our existing programs.
Specifically, we are looking for a volunteer for a potential woodwork program.
If you are interested, please get in touch with Tom via the office or using tom@newhorizonstas.org.au if you are interested.

Mental Health First Aid Training



We are offering Mental Health First Aid Training to staff and volunteers who are interested in the training, which is also free of cost.

The training is run by our southern Sport & Recreation Coordinator Stu and will be held at the New Horizons Tasmania office in Mowbray. The training is two full days on the 15th and 16th of May.

To register your interest please contact Kim in the NHT office by the **May 8th** via email on kim@newhorizonstas.org.au or phone **6326 3344**

REMEMBER!

DINNER CLUB NORTH

Thursday 23rd May
At 6pm

The Metz, 119 St John St
Book via office Please call
6326 3344





North West MULTI SPORTS & RECREATIONAL COME & TRY DAY

Saturday May 4th
10:45am - 4:00pm
Dial Park Sports Complex
Function Room, Level 1, Penguin

Join us for an amazing day packed with chances to experience new activities, form connections, and build unforgettable memories.

Please contact Rod at 0455 313 179 to confirm your attendance and let us know of any dietary needs you may have.

We are excited to meet our members from both the North and South regions.

Activities Include

- Tee Ball
- Pickle Ball
- Indoor carpet bowls
- Zoom intro
- And many more!

Welcome to the new home of NHT NW



Dinner Club NW

Wednesday 1st May

At 6:30pm

The Neptune Grand Hotel, Penguin.

RSVP to

Rodney@newhorizonstas.org.au or
call 0455 313 179

We are ecstatic to announce that New Horizons Northwest has a new home! NHT NW has now occupied an office space at the Dial Park Complex, this offers our staff to base themselves along with the opportunity for our members to meet and hold activities.

Check out our Facebook post for further updates!



The NHT Gala returns this year with the exciting theme of the Barbie & Ken Ball! This event serves as a significant fundraiser for NHT and promises to be a fantastic gathering.

Do you or any of your friends have items or vouchers to donate for the Silent or Live Auction? Kindly send the details to: megan@newhorizonstas.org.au

Ballroom is back!

Our ever-popular ballroom program is back in the North and recommences **Tuesday, 30/04/2024.**

Venue: Palmers Dance Studio, Door of Hope building at 50 Glen Dhu St, South Launceston

Day and time: Tuesdays, 9:00am – 9:45am

For further information contact Tom at tom@newhorizonstas.org.au or call our office on 03 6326 3344



2024 Tas PWII Open

Tennis World Launceston was buzzing with energy as 8 tennis enthusiasts competed in the 2024 Tas PWII Tas Open!

A huge thank you to Tennis Tasmania for running this fantastic event, and to all the incredible volunteers whose hard work made everything run smoothly. Congratulations to all the players!



Team Retreat

Our NHT team were lucky to spend a few days in Tassies beautiful Coles Bay for our first ever staff retreat.

With our main focus around professional development and team building we were extremely fortunate to have Lauren of Taylor Made Change facilitate one of our sessions, as well as many of our very talented staff.

We spent time hiking, exploring, learning languages, art, cooking, fishing, pilates in Honeymoon Bay to name a few.

The most memorable moments were our interactions with one another, good laughter, a few tears and fabulous stories.

It was a great experience and something we keep reflecting on in our office and community.



North Season 2 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs commencing on Monday 29th April			
Gym/Fitness	Mon 11.15am - 12.15pm	LIFT Gym	\$7
Programs running on Monday's			
Boccia	Mon 12.15pm - 2.15pm	Max Fry Hall	\$7
Rebound Therapy	Mon 5pm - 6pm	PCYC	\$19
Programs running on Tuesday's			
Craft	Tues 10am - 11.30am	NHT Clubhouse	\$7
Model Making	Tues 10.15am - 11.30am	NHT Clubhouse	\$7
Song & Dance	Tues 2pm - 3pm	M. Wimmer's Dance Studio	\$7
Golf	Tues 2pm - 3pm	WillFit Golf	\$20
Junior Song & Dance/Choir	Tues 3.30pm - 4.30pm	St Michaels	\$7
Futsal	Tues 4pm - 5pm	Uni Gym	\$7
Program commencing on Tuesday 30th April			
Ballroom	Tues 9:00am - 9:45am	Palmers Dance Studio	FREE
Programs running on Wednesday's			
AFL	Wed 6pm - 7pm	Windsor Park Precinct	\$7
Swimming (Lanes)	Wed 5:30pm - 6:30pm	Launceston Aquatic Centre	\$7
Swimming (Pool Program)	Wed 6:30pm - 7:30pm	Launceston Aquatic Centre	\$7
Programs running on Thursday's			
Art	Thurs 10am - 11.30am	NHT Clubhouse	\$7
Hip Hop Dance	Thurs 2pm - 2.30pm	Dance Academy 34	\$7
Programs running on Friday's			
Tenpin	Fri 1.30pm - 2.30pm	Launceston Lanes	\$10

Contact Tom at tom@newhorizonstas.org.au for information on all North Programs.

North West Season 2 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs running on Monday's			
Judo	Mon 5pm - 5.45pm (beginners) Mon 5.45pm - 6.30pm (juniors) Mon/Thurs 6.30pm - 7.30pm (seniors)	34 Forbes St, Devonport	\$8
Basketball	Mon 2:15pm - 3:00pm	Devonport Rec Youth Centre	\$5
Programs running on Tuesday's			
Gym/Fitness	Tues 2:15pm - 3:00pm	Athlete 42, 2 Flora St	\$8
Programs commencing on Wednesday 1st May			
AFL	Wed 3:00pm - 3:45pm	Dial Park Sports Complex (Oval B)	FREE

Contact Rod at rodney@newhorizonstas.org.au for information on all North West Programs.

South Season 2 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs running on Monday's			
Junior Basketball	Mon 3.30 - 4.15pm	83 Federal St, North Hobart	\$7
Basketball	Mon 4.30 - 5.30pm	83 Federal St, North Hobart	\$7
Programs commencing on Tuesday 29th April			
Pickleball	Tues 10am - 11am	83 Federal St, North Hobart	\$7
Programs running on Wednesday's			
Lawn Bowls	Wed 10am - 11am	North Hobart Bowls & Community Club	\$2
Junior Multi-Sport	POSTPONED	83 Federal St, North Hobart	\$7
Multi-Sport (after school)	Wed 4pm - 5pm	83 Federal St, North Hobart	\$7
Programs running on Thursday's			
Multi-Sport (day)	Thurs 10am - 11am	83 Federal St, North Hobart	\$7
One off Program Friday 10th May			
Sailability	Fri 10am - 12pm	Kings Pier Hobart	\$12
Programs running on Friday's			
Pickleball	Fri 4pm - 5pm	83 Federal St, North Hobart	\$7
Women's Walking Program	Fri 10:30am	TBA - Eastern Shores	\$5

Contact Jen at jennifer@newhorizonstas.org.au for information on all South Programs.