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Hi All

I hope all is well with everyone, its that time of year that seems to keep us all a bit busy. I have been able to meet a few more clients and people from other services who assist us all to try and make each day more interesting.

We will be having the Client, Staff and COM luncheon at Centennial Hotel on Thursday 2nd of December, starting at 12 o'clock.

The menu is available inside this newsletter.

We will be having our Friday night activity in the TABIS office at 6 o'clock, on the 19 November, starting with a sausage sizzle. The first night will be a bit of a lets decide what are the thing we want to do on theses nights, then we will set up a calendar of dates and activities. On this first Friday, we will have a guest speaker after the sizzle then a movie and maybe a few games or just have a chat to come up with some activity ideas for future nights.

If you are able to make it, come along and be part of something new with TABIS, if this goes well and is enjoyed by those who attend, we will certainly look into other new activities that will give us all a bit of fun.

I have been made aware of an organisation that may be a good activity for those who love horses and the outdoors, and that little bit of something different.

The organisation is at Swan Point on the West Tamar. They have riding every Tuesday afternoons from 1:30 to 3:30 pm and every second Saturday of the month from 10:30 am to 12:30 pm. If you are interested in going for a carriage ride in a safe and friendly environment: this could be for you! they are:



RDA Riding Develops Abilities Ph: Linda, 03 6394 3443



Have a good Christmas and a Happy New Year: Russell



CHRISTMAS LUNCH ***at the*** ***CENTENNIAL HOTEL***

Corner Bathurst and Balfour Streets
Launceston

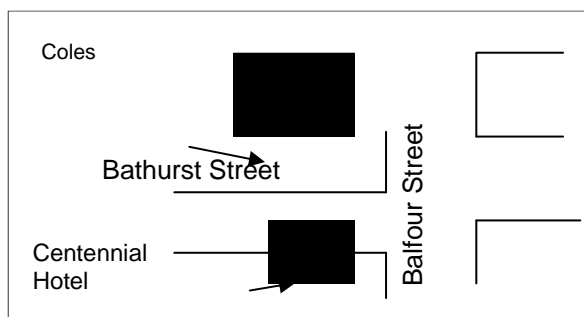
Friday, 2nd December at 12.00 noon

**\$22.00 includes
main & dessert with tea/coffee**

MENU choice of...
Roast Turkey or Battered Fish
Hamsteak with pineapple
Crispy Chicken with apricot sauce

DESSERT
Plum Pudding / Trifle / Ice-cream Sundae

Location



Please RSVP by 25th November
Ring Dana on 6326 2022

Tired of hanging out home watching the telly

or heading out to the pubs and clubs to find some company?

Come and join us for a couple of hours on the third (3rd) Friday evening of the month at the TABIS office for good company and lots of laughs!

There is a **\$5.00** per adult cost to cover expenses.

Friday 19th November 6pm – 10pm (sausage sizzle at 6pm)

On this evening we will have a sausage sizzle and someone from the Department of Justice to talk about human rights (if you have any questions or comments about your experience or just want to know what your rights are, then come and listen) they want your input. Afterwards we will watch a movie, play games or decide what we will do on the next Friday evenings.

If you want to come PLEASE ring Dana on 6326 2022 before Tuesday 16th.

Let us know your ideas for the following Friday evenings.

(Example: Video nights, karaoke, games, BBQ)

We'll look at what you suggest and will do our best to come up with some programs that will work! Please ring or mail this to the office, better still: turn up on the night.

Your hard working representatives: Rachel and Ian

DISCLAIMER

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Pizza Lunch, St Helens

A group of clients from St Helens and St Marys went out for pizza and pasta at Trimboli's Restaurant at St Helens on 22nd July. While the pizzas cooked, we talked and played games, one of which was banana surgery (sliced bananas are re-assembled with toothpicks – messy, but lots of fun). Jeffrey and Wayne took the opportunity to spend some time outside in the beautiful sunshine and chat. Everybody ate pizza or pasta until we could fit no more in (but two brave people managed to squeeze in desert too!) Much thanks to the Trimboli's Pizza people who opened up and cooked especially for us.

Hannah



Banana surgery



Hannah with a BIG pizza



Wayne and Christine



Jeffrey with his mother, Robyn





Choc Ripple Cake



Preparation Time

25 minutes

Ingredients (serves 15)

- 300ml bottle of thickened cream
- 1 teaspoon of caster sugar
- 1 teaspoon of vanilla essence
- 250g packet of Arnott's Choc Ripple biscuits

Fresh raspberries, to serve

Method

1. Use an electric beater to beat the cream, sugar and vanilla in a bowl until firm peaks form.
2. Spread a little of the cream mixture along a serving platter to make the base. Stand 1 biscuit upright on its edge and spread with cream mixture. Place another biscuit alongside and sandwich together. Continue layering with cream mixture and remaining biscuits to form a log.
3. Spread the remaining cream mixture over biscuit log to cover. Place in the fridge for 6 hours, or overnight, to set.
4. Top with the raspberries then slice the cake diagonally.


TABIS NOVEMBER 2010

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
1	2 GYM Rehabilitation with Don McDonald 9.00 - 12.00	3 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	4 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	5
8	9 GYM Rehabilitation with Don McDonald 9.00 - 12.00	10 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	11 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	12
15	16 GYM Rehabilitation with Don McDonald 9.00 - 12.00	17 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach St Helens	18 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	19 FRIDAY NIGHT ENTERTAINMENT (with Russell & friends) Starts 6pm \$5.00 
22	23 GYM Rehabilitation with Don McDonald 9.00 - 12.00	24 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	25 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	26
29	30 GYM Rehabilitation with Don McDonald 9.00 - 12.00			

TABIS DECEMBER 2010

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
		<p>1</p> <p>ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Helens</p>	<p>2</p> <p>CLIENTS CHRISTMAS LUNCH at</p> <p>Centennial Hotel 12.00 noon</p> 	3
6	<p>7</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>8</p> <p>ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Marys</p>	<p>9</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	10
13	<p>14</p> <p>GYM Rehabilitation with Don McDonald 9.00 - 12.00</p>	<p>15</p> <p>ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00</p> <p>Outreach St Helens</p>	<p>16 LAST DAY FOR...</p> <p>GYM Rehabilitation with Don McDonald 11.30 - 1.00</p> <p>and</p> <p>COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00</p>	17
20	21	22	<p>23</p> <p>TABIS CLOSED</p>	<p>24</p> <p>TABIS CLOSED</p>
<p>27</p> <p>TABIS CLOSED</p>	<p>28</p> <p>TABIS CLOSED</p>	<p>29</p> <p>TABIS CLOSED</p>	<p>30</p> <p>TABIS CLOSED</p>	<p>31</p> <p>TABIS CLOSED</p>

TABIS JANUARY 2011

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
3 TABIS CLOSED	4 TABIS CLOSED	5 TABIS CLOSED	6 TABIS CLOSED	7 TABIS CLOSED
10	11	12	13 Office open	14 Office open
17	18 GYM Rehabilitation with Don McDonald 9.00 - 12.00	19 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach St Marys	20 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING WITH STEVE at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	21
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31				