



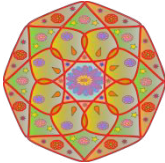
















# STEP AHEAD - ASHBURTON FRIDAY - AUGUST 2018

Friday 3 <sup>rd</sup>	Friday 10 <sup>th</sup>	Friday 17 <sup>th</sup>	Friday 24 <sup>th</sup>	Friday 31 <sup>st</sup>
<p>10:00 Day out to Lake Lyndon and Castle Hill (to see Limestone Formations)</p> <p>Bring your own lunch</p>	<p>10:00 Coffee Morning</p> 	<p>10:00 Coffee Morning</p> 	<p>10:00 Coffee Morning</p> 	<p>10:00 Day out to Peel Forest and Geraldine to see the giant native trees and local attractions</p>
	<p>10:30 Open Craft and Mandala Art</p> 	<p>10:30 Lunch prep</p> 	<p>10:30 Housie (bring \$2.00 wrapped prize)</p> 	<p>Bring your own lunch</p> 
	<p>12:00 Bring your own lunch</p> 	<p>12:30 Budget Lunch – Self Crusting Quiche, Salad &amp; Dessert (\$4.50)</p> 	<p>10:30 Member Staff Liaison Meeting</p>  <p>11:15 Meals on Wheels</p> 	
	<p>12:30 Guest Speaker - James from Civil Defence</p> 	<p>12:30 Bring your own lunch</p> 	<p>11:15 Meals on Wheels</p>	
	<p>1:30 Walk at Tinwald Domain</p> 	<p>1:30 Swim at E A Network Pool (\$3.00)</p> 	<p>1:30 Walk through Ashburton Domain</p> 	

Baring Square Centre, Baring Square East - ASHBURTON  
 BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673