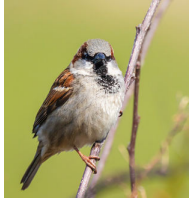





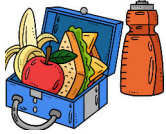





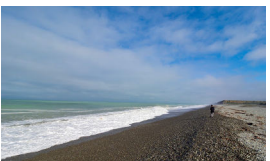











Step Ahead Ashburton Rāapa – Wednesday July 2024

Rāapa - Wednesday 3 rd	Rāapa - Wednesday 10 th	Rāapa - Wednesday 17 th	Rāapa - Wednesday 24 th	Rāapa - Wednesday 31 st
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Garden Bird Survey - sit quietly and count birds in the Ashburton Domain  or 10:30 Open Craft or colouring letters for Starship Hospital	10:30 Jewellery Making with Daphne from Canbead - all materials provided or 10:30 Walk at Argyle Park 	10:30 Day Trip to Staveley Bring lunch to have at Staveley Hall  Visit Staveley Ice Skating Rink 	10:30 Rock Painting - all materials provided (\$2) 12:00 Bring Lunch at Community House 1:00 Drive to Ashton Beach - walk and a cuppa. Return by 3:30pm 	10:30 Member/Staff Liaison Meeting 11:00 Housie - bring a (\$2) prize or play for fun 
12:00 Bring Lunch 	12:00 Bring Lunch 		10:00 Day Trip to Lake Clearwater and Lake Camp Bring lunch, water and wear warm clothes Return by 4:30pm 	12:00 Bring Lunch 
1:00 Golf Driving Range at Ashburton Golf Course (\$2) or 1:00 Visit Ashburton Society Annual Arts Exhibition at the Art Gallery	1:00 Swim at EA Networks Pool (\$2) or 1:00 Frisbee Golf (\$2)	Toast marshmallows on campfire Return by 4pm		1:00 Guest Speaker - Gina from He Waka Tapu will tell us about the services they provide in Ashburton

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Step Ahead Ashburton Rāmere – Friday July 2024

Rāmere - Friday 5 th	Rāmere - Friday 12 th	Rāmere - Friday 19 th	Rāmere - Friday 26 th
10:00 Coffee Morning - meet at Baptist Church for the day - 284 Havelock Street	10:00 Coffee Morning - meet at Short Street Studio for the day - 53 Short Street	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Prepare Midday Meal or 10:30 Games and Puzzles	10:30 Mosaics (\$4) plus (\$5) per board or 10:30 Open Craft 	10:30 Quizzes and Games 	10:30 Walk at Wakanui Beach 
12:30 Midday Meal - Cottage Pie with Veggies and Dessert (\$4.50) 	12:00 Bring Lunch 	12:00 Bring Lunch 	12:00 Bring Lunch 
1:30 Open Craft 	1:00 Ceramics - make dipping bowls. All materials provided (\$2) or 1:00 Visit Chinese Settlement in Allenton 	1:00 Glass Painting - all materials provided (\$2) 	1:00 Decoupage/Collage - all materials provided (\$2) 
		10:30am Fridays in the Forest Volunteer at Staveley Camp restoring the native forest. Bring lunch Return by 3pm 	10am Day Trip to New Brighton Participate in the Mid Winter Swim and then afterwards a dip in hot pools - free entry in hot pools if you swim in the ocean - otherwise (\$5) Bring lunch and togs Return by 4:30pm

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