











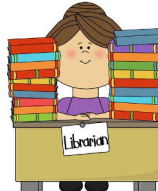
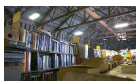


# Step Ahead Ashburton Rāapa – Wednesday May 2024

Rāapa - Wednesday 1 <sup>st</sup>	Rāapa - Wednesday 8 <sup>th</sup>	Rāapa - Wednesday 15 <sup>th</sup>	Rāapa - Wednesday 22 <sup>nd</sup>	Rāapa - Wednesday 29 <sup>th</sup>
<p>10:00 Coffee Morning</p> <p>10:30 Quizzes and Games</p> 	<p>10:00 Coffee Morning</p> <p>10:30 Music Appreciation - choose your favourite music and listen together while doing some Mandala art</p>	<p>10:00 Coffee Morning</p> <p>10:30 Watch a documentary and discuss</p> 	<p><b>10:00 Day out at South Rangitata Huts</b></p> <p>Enjoy a bonfire and some fishing with Dean</p> <p>Bring lunch to have at South Rangitata Huts</p> <p>Bring a warm jacket and hat</p> <p>Return by 4:30pm</p> 	<p>10:00 Coffee Morning</p> <p>10:30 Open Craft - bring a craft project to work on or colour letters for Starship Hospital</p> <p>10:30 Tai Chi at MSA (\$1)</p> <p>12:00 Bring lunch to have at Community House</p> 
<p>12:30 Bring lunch</p> 	<p>12:00 Bring lunch</p> <p>1:00 Walk at Ashburton River Trail - cuppa provided</p> 	<p>12:00 Bring lunch</p> 		
<p>1:00 Ashburton Museum - visit the museum and then try a craft project upstairs at the Art Gallery</p> 	<p><b>10:00 Day trip to Christchurch</b></p> <p>Lunch at Margaret Mahy playground then ten pin bowling with Stanmore (\$5)</p> <p>Return by 4:30pm</p>	<p>1:00 Visit Bentley Classic Cars in Allenton followed by rock hunting at Ashburton River</p> 		<p>1:00 Visit Tranquility Craft Store and Op shops</p> 

**Community House 44 Cass Street ASHBURTON**  
**BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 605 3042**

# Step Ahead Ashburton Rāmere – Friday May 2024

Rāmere - Friday 3 <sup>rd</sup>	Rāmere - Friday 10 <sup>th</sup>	Rāmere - Friday 17 <sup>th</sup>	Rāmere - Friday 24 <sup>th</sup>	Rāmere - Friday 31 <sup>st</sup>
10:00 Coffee Morning - meet at Baptist Church, 284 Havelock Street for the day	10:00 Coffee Morning - at Short Street Studio, corner of Short Street and Winter Street for the day	10:00 Coffee Morning - wear a Pink Shirt for Mental Health Awareness! 	10:00 Coffee Morning 	10:00 Coffee Morning 
10:30 Prepare Midday Meal <b>or</b> 10:30 Open Craft - bring a craft project to work on 	10:30 Mosaics - finish your mosaic or start a new mosaic (\$4) plus (\$5) per board, first board free	10:30 News and Views - discussion group 	10:30 Member/Staff Liaison Meeting  11:00 Housie - bring a (\$2) prize or play for fun 	10:30 Walk to Mona Square - collect leaves for printmaking 
12:30 Midday Meal - Homemade Burgers with all the trimmings and Dessert (\$4.50) 	12:00 Bring lunch 	12:00 Bring lunch  1:00 Swim at EA Networks (\$2) 	12:00 Bring lunch 	12:00 Bring lunch to have at Community House  1:00 Printmaking - use autumn leaves to make prints (\$2)
1:30 Visit Ashburton Library 	1:00 Walk to Ashburton Domain <b>or</b> 1:00 Craft with Lara - all materials provided (\$2)	<b>10:30 Fridays in the Forest</b> Help preserve Staveley Forest by weeding, planting or assisting in the nursery  Bring lunch  Return by 3:30pm	1:00 Visit Chertsey Book Barn and Rakaia Op-shop Return by 4pm  <b>or</b> 1:00 Acrylic Painting - all materials provided (\$2)	<b>10:00 Day out at New Brighton</b>  Bring unch  Hot Pools at Te Puna Taimoana (\$5)  Return by 5pm

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