

# ACTIVITY CENTRE NEWSLETTER



Learning some ballet moves!



Rachel showing her ballet skills to the ballerina!



Meeting the "Bear" dancer from the show

Welcome to our last Activity Centre update of the year,

Here we are at the end of a very bizarre and challenging year, we've made it! We are proud of how we have survived and of many of the creative ways we have coped and thrived throughout the year. There have certainly been things we could have done better, and some areas for improvement. But through it all we have learnt the importance of people, and being together. The challenge of lockdown highlighted this! For many students the lack of contact with their friends was a huge obstacle. The wonder of technology was wonderful, but for many the big question was when can we see each other again? As part of that connection this newsletter has emerged. Over this Christmas break we hope you have joyful celebrations with friends and family and enjoy the company of each other. May we appreciate just having the freedom to be with friends and family.

Many planned activities fell over this year; but some finally materialised. As part of the Living skills programme the Activity Centre organised a First Aid Course for students. Congratulations to Scott, Janice, Christie, Rachel H, Va, Dan C, Rachel F, Shelley, Aimee, Caroline and Andrea C for completing their First Aid Course this week! They learnt all the important skills to help them cope in emergency situations like: CPR, bandaging, burns, choking, fainting, and when and how to get the emergency services. You can feel safe in the hands of these now qualified first aiders! We plan to do another workshop next year.

The holiday makers finally made it to Papamoa last week after so many postponements! Everyone had a fantastic time exploring the local sights like the Papamoa and Mt Maunganui beaches, art galleries and shops. Some people enjoyed a walk around the Mount and onto Moturiki Island. Everyone had a fun time in Rotorua looking at the great views of the lake from the Gondala and some people were brave enough to try the treetop walk in the Redwoods. Of course many tasty treats, coffees and ice creams were enjoyed! The newly upgraded camp facilities were fantastic especially the big spa pool! You can check out their adventures in this video - <https://youtu.be/1phKlmN7Syg>

Dance lovers were in luck this week with the Royal New Zealand Ballet's "Ballet in a Box" performance and a big group from the Activity Centre had a great time watching the performances including scenes from Sleeping Beauty, Goldilocks and some contemporary dance. The performance was interactive and educational as the presenter explained different aspects of dance and we all got to try out some moves. At the end we met the dancers and had the opportunity for a photo!

The Meals on Wheels team, with the Red Cross, has been busy getting their last deliveries out before Christmas to those in the community who need a bit of extra help. What a great service the team has done over the year doing these deliveries. Thank you Mike, Warren, Scott and Ihab.

The Operatunity Christmas Celebration concert was a highlight for music and Christmas lovers alike! 12 students and 4 staff enjoyed the fabulous music and getting into the Christmas spirit! Everyone is looking forward to next years programme.





**Congratulations to our First Aiders for successfully completing their course!**

A big group of us enjoyed another trip to our own private session at the Lido to see the film Rams. There were a lot of funny moments with the sheep and the two rogue farmers set in Australia. Thank you Melissa and Richard from the Lido for organising this. The Lido has been very good to us so if you want to see a movie please support this local cinema.

Over the last few weeks Clive has been asking students what groups they would like on their timetables for next year so we can start to prepare the timetable for 2021. The timetable is created using the information from these individual interviews to try out best to ensure students get their favourite groups in the New Year. As we are following “Enabling Good Lives” it is important that each student is able to express their own wishes for their timetable. For those who are less able to express this we use visual cues and observations from the year in response to groups, visual prompts and utilise discussions with family from lifestyle plan meetings. Again we are always keen to hear of any work volunteer opportunities you may be aware of. We intend having a timetable which is a mixture of old favourites and new ideas. There will be a special emphasis on carrying on from the creativity in covid with Glynis and Manori focussing on “social enterprise”. Making items which will be up for sale – watch this space! Students will continue being in the community as much as possible.

We would like to give an end of year shout out to those businesses and organisations who offer our students volunteer opportunities – Geoffs Emporium Dominion road, Dove hospice shop Epsom and the community garden so please visit them if you have some spare cash.

We have also taken a moment this last week to remember those special people who are no longer with us in the traditional sense in our memory afternoon. While Christmas time can be a wonderful time to celebrate, sometimes we also need to acknowledge those who we wish could be with us at this time. Clive and Stephanie led a lovely remembrance ceremony for staff and students who wanted to participate. Special mention to two Ranfurly identities – Mark P and Murray who we miss this year.



**Our dedicated gardening team – Dan, Caroline, Sheenal and Jamie at “Dig it” harvesting the lavender**



A big thank you to Mary Marshall who has donated the Activity Centre a new treadmill! We have great plans to kick start our fitness program in the new year with this! A big thank you also to Katie Fitzpatrick who organised the pick up and transport of this big machine! Ranfurly has recently brought new state of the art recumbent exercycles to help those with less mobility keep fit! Our Ranfurly Gym is getting stocked and ready to deal with any non-moving covid kilos in the New Year.

Don't forget our upcoming events:

Nativity – Friday 18<sup>th</sup> December 1.30pm This year we celebrate the 'Reason for the season' in the traditional manner and with added Ranfurly flourishes. This year we have Phillipa and Craig in the starring roles. If you are joining us please allow time for parking!!! Our Parking area can at times resemble St Lukes on a Saturday morning so please be careful of people and cars!! Please stay for afternoon refreshments.

Student Christmas Lunch – Tuesday 22<sup>nd</sup> December 12pm As we are expecting over 70 people please let us know if you are attending and have not so far let us know. For most students this will be their last day for 2020.

We hope you all have a wonderful Christmas time and we all wish and pray for a great new year in 2021. We will see everyone returning back refreshed and excited from their holiday when the Activity Centre reopens in 2021 on Monday January 25<sup>th</sup>.

Thanks again to the individuals and families who have given us support through the year.

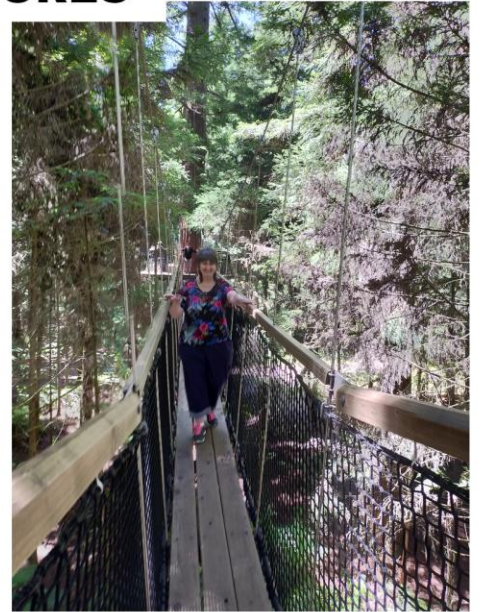
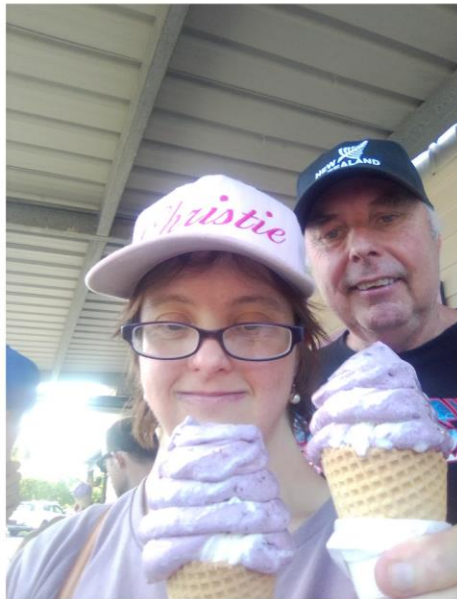
From the Activity Centre Staff as we head off to the beach ☺







**PAPAMOIA HOLIDAY ADVENTURES**



**OUR RED CROSS MEALS ON WHEELS TEAM**

