











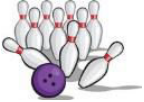








Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, APRIL 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p>3 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Regent St Shops including Beadz Unlimited - Bring \$\$ 1:00 Walking Group</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Men's Group Mystery Afternoon</p> 	<p>5 10:15 Gym at Redwood (\$3.00) 10:30 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Tennis</p>  <p>5:00 Dinner and Karaoke at Stanmore (\$4.50)</p>	<p>6 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Cricket in the park with West members</p> 	<p>7 9:00 Tramp - Lees Valley Townshend Track (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Garden Working Bee followed by afternoon tea 2:00 Christian Fellowship Group</p> 
<p>10 10:00 Coffee Morning - Hot Cross Buns (\$1.50) 10:30 Open Craft 11:00 Women's Group - Trip to Little River and Birdlings Flat. BYO lunch 1:00 Walking Group</p> 	<p>11 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Cooking for One - Cauliflower Macaroni Cheese - bring 1 cup cauliflower florets (\$1.00)</p> 	<p>12 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - NZ Samoan Poets - read, write & discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Craft - Decoupage (\$2.50)</p> 	<p>13 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Pathways Services</p>  <p>5:00 Dinner at New Brighton Working Men's Club (Meals from \$10.50)</p>	<p>14 Step Ahead Closed Good Friday</p> 
<p>17 Step Ahead Closed Easter Monday</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 11:00 20's & 30's Group - Pool & Lunch at Leithfield Hotel (Meals from \$15.00) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board)</p> 	<p>19 10:15 Gym at Redwood (\$3.00) 10:30 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 DVD and Dinner at Stanmore (\$4.50)</p>	<p>20 9:00 Men's Group Trip to Hamner Springs. Optional swim (\$10.00) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>21 9:00 Tramp - Pigeon Bay (See Chris or Di for details) 10:15 Gym at Redwood (\$3.00) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Garden Working Bee followed by afternoon tea 1:30 Exercise in the park 2:00 Christian Fellowship Group</p> 
<p>24 10:00 Coffee Morning - Savoury Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Op shopping at Ferrymead - bring \$\$ 1:00 Walking Group</p> 	<p>25 Step Ahead Closed ANZAC Day</p> 	<p>26 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Short Story - read, discuss, write alternative ending 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Wind Chimes (\$2.50) 1:00 Tennis 1:15 Dietitian</p>  <p>5:00 Dinner at The Quartz Restaurant Rolleston (Meals from \$14.00)</p>	<p>27 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Lasagne, veges & dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 	<p>28 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:00 Garden Working Bee followed by afternoon tea 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 