






















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, APRIL 2019

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taita Thursday	Paraire Friday
<p>1 8:30 Akaroa Black Cat Day Trip (\$40.00) 10:00 Coffee Morning 10:30 Open Craft 11:00 Nutritionist (dietary advice) 1:00 Women's Group - Board Games Afternoon 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>2 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 2:00 Holistic Wellness - Guest speaker - vaccinations</p> 	<p>3 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Write captions, prose or poems using pictures as prompts 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>4 9:00 Men's Group trip to Hanmer. Swim optional (\$15.00) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Bread Roll, Frittata, Salad and Veggies and DVD</p> 	<p>5 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>8 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group - Lunch at "Salt on the Pier" Brighton. Meals from \$17 followed by a walk 1:00 Walking Group</p> 	<p>9 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Spaghetti Carbonara. Bring 2 slices of bacon, 1 can of corn kernels and (\$1.00)</p> 	<p>10 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 10:30 Card Craft (\$2.50) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Visit Creative Junk to restock supplies. Return by 4pm 1:30 Tennis</p> 	<p>11 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon and Egg Pie, salad and dessert (\$4.50) - Bookings by 10am 1:00 Golf afternoon (\$6.00) 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>12 9:00 Tramp to Bealey Spur Hut. See Chris or Di for details 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>15 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Afternoon in Kaiapoi - river walk and op shopping 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>16 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>17 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Writing Idioms 12:30 Men's Group Lunch at Waimairi Golf Clubhouse. (Meals from \$9.00) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Table Tennis at Blenheim Road (\$1.00) 5:00 Dinner at Papanui Club (Meals from \$13.50)</p> 	<p>18 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>19</p> <p style="text-align: center;">Easter Friday Step Ahead Closed</p> 
<p>22</p> <p style="text-align: center;">Easter Monday Step Ahead Closed</p> 	<p>23 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>24 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Decoupage and making a Step Ahead memorial Anzac Wreath (\$2.50) 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>25</p> <p style="text-align: center;">Anzac Day Step Ahead Closed</p> 	<p>26 9:00 Tramp to Ryde Falls from View Hill Carpark (See Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>29 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Visit "Rekindle". Learn about no waste, resourceful, recycled craft making 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>30 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 