












Step Ahead Activities - 167 Stanmore Road - April 2024

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
1 Step Ahead Closed Easter Monday 	2 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioara QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Holistic Wellness Group - Creamy Carrot Pasta, bring 3 carrots, \$1 and a container. Van leaving Stanmore at 1pm for Puriri 	3 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - continued practice 12:30 Lunch - Filled Roll and fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - photo frame cards (\$2) 1:00 The Rusty Acre - explore the Sculpture Garden (\$5) 1:30 Table Tennis with Puriri at Table Tennis Canterbury on Blenheim Road (\$1) 5:00 Dinner at Chihwahwah Mexican (meals from \$22)	4 8:00 Fox II Sailing in Akaroa - wear closed toe shoes. Bring water, sunscreen and lunch (\$10) 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 12:30 Midday Meal - Potato and Bacon Bake and Dessert (\$4.50) bookings by 10am 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioara QEII (\$3) 	5 8:30 Tramp - Mount Dumblane (Hanmer Springs) - challenging tramp (talk to Tom or Kaylee for details) 10:00 Music Ensemble - join together to play music, bring an instrument if you have one 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Visit Avondale Community Gardens 1:00 Urban Biking with Puriri (\$2 bike hire)
8 10:00 Day Cycle - McLeans Forest - some uphill, bring lunch, water and sunscreen (\$2 bike hire) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 11:00 Nutrition - healthy mind, healthy habits chat 1:00 Women's Group - visit The Tannery (cafe optional) 1:00 Walking Group	9 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioara QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Functional Fitness - workout 30-45 min, bring a water bottle and towel 1:30 Cooking for One - Bliss Balls - various flavours. Bring 400g dried dates and (\$1) bookings by 10am	10 9:30 Beginner Sewing - sew a flower cushion, bring an old pillow or cushion to use for stuffing (\$2) 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - continued practice 12:30 Lunch - Filled Roll and fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - decorate Easter eggs on a branch (\$2) 1:00 Pictionary - join us for a game of Pictionary 1:15 Badminton with Puriri at Badminton Canterbury (\$2) 4:30 Dinner - Quiche, Salad and Quiz (\$4.50) 	11 8:00 Park Run/Walk Preparation - pick up at Stanmore to practise course in Hagley Park 10:00 Art with Karen (\$2) 10:00 Walking Group 10:00 Mount Cook Planning Meeting - please attend if you are coming on the Mount Cook Trip 10:30 Meals on Wheels - Round 1 & 2 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioara QEII (\$3) 	12 9:00 Hanmer Springs Day Trip - optional swim (\$10) or explore the township. Bring lunch 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Young Adults - Willowbank with Ashburton Young Adults. Bring lunch and water bottle (\$5) 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes/gumboots 1:15 Beginner's Tramp with Puriri at Bottle Lake Forest (new course - medium)
15 9:30 Thrive Talks - Building Resilience (\$2) 10:00 Coffee Morning 10:00 Coasteering with the YMCA - no experience needed. Bring closed toe shoes, change of clothing, towel and lunch/water 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Walking Group 1:15 Women's Group - visit Women's Centre 1:30 Pool/Snooker and Darts with Puriri	16 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioara QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 	17 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - visit New Brighton Library 12:30 Lunch - Filled Roll and fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - photography basics with Maree 1:00 Petanque at Halswell Quarry with Puriri 1:30 Table Tennis with Puriri at Table Tennis Canterbury on Blenheim Road (\$1) 	18 8:00 Park Run/Walk Preparation - meet at Hagley Park Tennis Courts to practise course 8:30 Mount Cook Overnight Trip 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 12:30 Midday Meal - Lasagne, Salad and Dessert (\$4.50) bookings by 10am 1:15 Next Step Forum - come and have your say 2:00 Stone Carving (\$3) 2:00 Mosaics (\$4 plus cost of board) 2:00 Swim/Relax at Taioara QEII (\$3)	19 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Nature Group - Bexley Wetland 
22 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:45 Women's Group - Great Hall Concert. All Girl Big Band (\$5) 1:00 Walking Group with Puriri 	23 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioara QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board)	24 10:00 Gym Group - bring a towel (\$3) 12:30 Lunch - Filled Roll and fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - dream catchers (\$2) 1:15 Badminton with Puriri at Badminton Canterbury (\$2) 4:30 Dinner - Chilli Con Carne and DVD (\$4.50)	25 Step Ahead Closed Anzac Day 	26 10:00 Music Ensemble - join together to play music, bring an instrument if you have one 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes and gumboots 1:15 Beginner's Tramp with Puriri, Barnet Park to cave - (hilly)
29 9:00 Men's Group Day Trip to Castle Hill - return by 4:30pm, bring water, lunch and sunscreen 9:30 Thrive Talks - Motivation and Confidence (\$2) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - Op shopping in Papanui 1:00 Walking Group with Puriri	30 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioara QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board)	Wednesday Evening Activities 3rd Chihwahwah Mexican 10th Quiche, Salad and Quiz 24th Chilli Con Carne and DVD		
				Hagley Park Run Saturday 20 th April at 8am Meet at North Hagley Park Tennis Courts Contact Kevin for details

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