










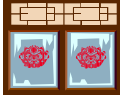


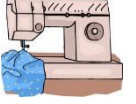










STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, AUGUST 2016

| Mane Monday | Turei Tuesday | Wenerei Wednesday | Taite Thursday | Paraire Friday |
|---|---|--|--|---|
| <p>1 10:00 Coffee Morning - Crumpets & honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Sumner Esplanade walk & café visit (optional) 1:00 Walking Group 1:00 Prayer Group</p>  | <p>2 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 (\$3.50) 3:00 Peer Support Supervision</p>  | <p>3 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Collaborative Story Writing Continued 12:30 Lunch (\$2.50) 1:00 Garden Working Bee & Afternoon Tea 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:15 Dietitian</p>  | <p>4 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>5:00 Dinner and Pool at Leithfield Hotel (Meals from \$14.00)</p> | <p>5 9:30 Tramp - Mt Grey (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p>  |
| <p>8 10:00 Coffee Morning - Scones & jam (\$1.50) 10:30 Open Craft 1:00 Women's Group Visit Airforce Museum & café (optional) 1:00 Walking Group 1:00 Prayer Group</p>  | <p>9 10:00 Art with Selwyn (\$2.50) 1:00 20' & 30's Group - Trampolining at Mega Jump (\$7.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Pork Loaf - bring 300gms of uncooked pork mince (\$1.00) 2:00 Guitar Group</p>  | <p>10 10:15 Gym at Redwood (\$3.00) 10:30 Housie - Bring a \$2 prize 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Mandala Rock Painting (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 Mid Winters Beach BBQ Waikuku (\$4.50)</p> | <p>11 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Lasagne, coleslaw & dessert (\$4.00) Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Green Prescription (ideas for a healthier lifestyle)</p>  | <p>12 8.30 Skiing (\$20.00) or Snowboarding (\$25.00) at Porters Ski Field 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p>  |
| <p>15 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 12:00 Women's Group Lunch at Kaiapoi Golf Club (Meals from \$10:00) 1:00 Walking Group with West at the Groynes 1:00 Prayer Group</p>  | <p>16 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 (\$3.50)</p>  | <p>17 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Study NZ Poets 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall</p>  | <p>18 9.00 Men's Group Day Trip to Hanmer 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>5:00 Dinner and DVD night Stanmore Road (\$4.50)</p> | <p>19 Tramp - Packhorse Hut from Kaituna Valley (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p>  |
| <p>22 10:00 Coffee Morning - Savoury Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Op Shopping 1:00 Walking Group 1:00 Prayer Group</p>  | <p>23 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 (\$3.50) 1:00 Cooking for One - Moroccan Chicken - bring 2 uncooked Chicken Breast fillets (\$1.00) 2:00 Guitar Group</p>  | <p>24 10:15 Gym at Redwood (\$3.00) 10:30 Board games or cards 12:30 Lunch (\$2.50) 2:00 Ten Pin Bowling (\$5.00) 2:00 Craft - Mandala Rock Painting (\$2.50)</p>  <p>5:00 Dinner and Pool at Papanui Club (Meals from \$13.50)</p> | <p>25 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon & Egg Pie, vege's & dessert (\$4.00) Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00) 2:00 Technology - bring your phone, camera, computer and questions</p>  | <p>26 10:00 Open Craft 10:15 Gym at Redwood (\$3.50) 1:00 Urban Bike Ride - Beginners welcome (\$2.50 for bike hire) 1:00 Sewing 2:00 Christian Fellowship Group</p>  |
| <p>29 9:30 Women's Group Day Trip to Akaroa 10:00 Coffee Morning - Pikelets & jam (\$1.50) 10:30 Open Craft 1:00 Walking Group 1:00 Prayer Group</p>  | <p>30 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 (\$3.50) 1:00 Men's Group - Trampolining at Mega Jump (\$7.50)</p>  | <p>31 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Visit library & Café (optional) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall</p>  | | |