




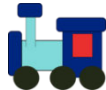


















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, AUGUST 2017

<p>Mane <i>Monday</i></p>	<p>Turei <i>Tuesday</i></p>	<p>Wenerai <i>Wednesday</i></p>	<p>Taita <i>Thursday</i></p>	<p>Paraire <i>Friday</i></p>
	<p>1 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 (\$4.00 plus cost of board) 1:00 Cooking for One - Apricot Chicken - bring 1 uncooked large chicken breast (\$1.00) -Bookings by 10am</p> 	<p>2 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers & Book Group - Story writing -. One sentence stories, 6 word memoirs. 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Craft - Paper Mache (\$2.50)</p> 	<p>3 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)</p> <p>Dinner and Karaoke at Stanmore (\$4.50)</p> 	<p>4 10:00 Gym at Redwood - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>7 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit the "Toy Collector" Museum (\$5.00) 1:00 Walking Group</p> 	<p>8 10:00 Art with Selwyn (\$2.50) 1:00 Men's Group visit to Middleton Railway yards 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>9 10:00 Gym Group - bring a towel (\$3.00) 10:30 News & View Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Social Group 1:00 Decoupage Group (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50)</p> <p>5:00 Dinner at Golden Mile Tavern Templeton (Meals from \$15.50)</p> 	<p>10 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Quiche with vegies & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest speaker from the Electoral Office tips to make voting easier</p> 	<p>11 9:30 Tramp - Greenwood Park Port Hills (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>14 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk at Sumner and optional café visit. Bring \$\$ 1:00 Walking Group</p> 	<p>15 10:00 Art with Selwyn (\$2.50) 12:30 20's & 30's Group - Soup and rolls lunch followed by board games (\$2.00) and programme planning 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Fish Pie - bring 1 310gm tin of smoked fish (\$1.00) - Bookings by 10am</p> 	<p>16 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers & Book Group - Open ended story. Write your own ending. 12:30 Lunch (\$2.50) 12:45 Tour of Plains FM Studio (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Paper Mache (\$2.50) 1:00 Table Tennis at West Hall</p> 	<p>17 9:30 Day trip to Hanmer (Option swim \$10) 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 Quiz night at Stanmore (\$4.50) Bring some quiz questions</p> 	<p>18 10:00 Mid-winter swim 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>21 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at Hilliers in Leeston (Cabinet food from \$8, menu from \$15) 1:00 Walking Group</p> 	<p>22 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 (\$4.00 plus cost of board)</p> 	<p>23 9:00 Men's Group Mystery Trip 10:00 Gym Group - bring a towel (\$3.00) 10:30 News & View Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Decoupage Group (\$2.50) 1:00 Documentary Group 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner at New Brighton Working Men's Club (Meals from \$10.50)</p> 	<p>24 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Curried sausages, vegies & dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$5.00) 1:00 Stone Carving (\$2.50) 1:00 Vocational Next Steps with Alan from Jobconnect 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>25 8:30 Ski Trip - (See Chris and Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>28 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Garden Shops in preparation for spring planting. (Optional café visit. Bring \$\$) 1:00 Walking Group</p> 	<p>29 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 (\$4.00 plus cost of board)</p> 	<p>30 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers & Book Group - Library and optional café visit. Bring library card and \$\$ 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Finish Paper Mache & other projects (\$2.50) 1:00 Table Tennis at West Hall 1:15 Dietitian 5:00 Dinner at Sampan Restaurant (Meals from \$13.50)</p> 	<p>31 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Shepherd's Pie, vegies & dessert (\$4.50) 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 