

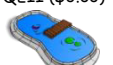




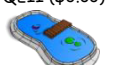


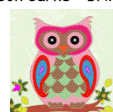














Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, AUGUST 2018

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 10:00 Gym Group - bring a towel (\$3.00) 10:00 Craft Day out -op shopping for resources bring your own lunch. Return by 4pm 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:30 Table Tennis at Blenheim Road with West (\$1.00)</p> 	<p>2 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Visit the new Christchurch Library 1:30 Swim/Relax at Taiera QEII (\$3.00)</p> <p>5:00 Dinner at New Brighton Club (Meals from \$10.50)</p>  	<p>3 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>6 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit to Next Step Centre for Women at Ara (Polytech) 1:00 Walking Group</p> 	<p>7 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Holistic Wellness Group - Christchurch Vegan Society speaker</p> 	<p>8 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Brighton Library &amp; optional café visit. Bring \$\$ 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium with West (\$2.50) 5:00 "Bangers and Mash" and Karaoke at Stanmore (\$4.50)</p> 	<p>9 9:30 Day Trip to Hanmer - (optional swim \$10) 10:00 Walking Group 10:30 Meals on Wheels (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taiera QEII (\$3.00)</p> 	<p>10 9:30 Tramp - Port Hills Ramble - (See Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>13 10:00 Coffee Morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Heathcote River Walk &amp; optional coffee at The Birdwood Café - bring \$\$ 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>14 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Chilli Con Carne - bring 200gms mince (\$1.00)</p> 	<p>15 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch - Soup and rolls (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Tile making at West Melton Pottery Studio (\$5.00). Return by 3.30pm 1:00 Social Group - see staff for details 1:30 Table Tennis at Blenheim Road with West (\$1.00)</p> 	<p>16 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Guest Speaker - Arthritis NZ 1:30 Swim/Relax at Taiera QEII (\$3.00)</p> <p>5:00 Dinner at Racecourse Hotel (Meals from \$15.00)</p> 	<p>17 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>20 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at The Famous Grouse Hotel, Lincoln (Meals from \$15.00) 1:00 Walking Group</p> 	<p>21 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>22 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Read, discuss and write your own one sentence stories 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group 1:00 Housekeeping Skills Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Quiche, Coleslaw and DVD at Stanmore (\$4.50)</p> 	<p>23 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Men's Group visit to Rangiora Northbrook Museum (\$5.00) 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taiera QEII (\$3.00)</p> 	<p>24 9:30 Tramp - Broken River Ski Field Road. (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>27 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Quiz Afternoon 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>28 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Potato Bake - bring 2 large potatoes (\$1.00)</p> 	<p>29 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Doily Craft (\$2.50) 1:15 Nutritionist (Dietary Advice) 1:30 Table Tennis at Blenheim Road with West (\$1.00)</p> 	<p>30 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pea, Pie, Pud and dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Taiera QEII (\$3.00) 5:00 Dinner at Cranford Ale House (Meals from \$15.00)</p> 	<p>31 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 10:30 Offsite Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 