
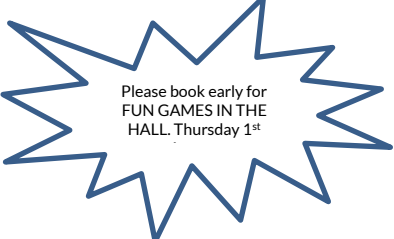























Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, AUGUST 2019

<p>Mane Monday</p>	<p>Turei Tuesday</p>	<p>Wenerei Wednesday</p>	<p>Taita Thursday</p>	<p>Paipaire Friday</p>
<p> Weekend Rugby! Saturday afternoon on 10th August St Bedes versus St Andrews 1st XV Rugby Game Van leaving Stanmore at 1:15pm and pick up at Puriri at 1:35pm</p>	<p>Please book early for FUN GAMES IN THE HALL. Thursday 1st</p> 		<p>1 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 'Fun Top Team' Games followed by fruit platter at Puriri 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Dinner & Quiz Night - Cottage Pie, veggies and dessert (\$4.50)</p> 	<p>2 9:00 Tramp - Cass Walkway (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee Morning 10:30 Open Craft 11:00 Nutritionist (dietary advice) 1:00 Women's Group - Speaker from Breast and Cervical Screening Service 1:00 Walking Group</p> 	<p>6 10:00 Art Group (\$2.50) 12:30 Holistic Wellness Group - Visit the Lincoln University Biological Husbandry Unit. Bring warm coat, hat, gumboots or outdoor shoes 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) 1:30 Cooking for One - Homemade Dumplings - bring 200gms minced pork and (\$1.00). Bookings by 10am</p> 	<p>7 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Poems over the Centuries 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Flax Flowers (\$2.50) 1:30 Table Tennis (\$1.00) 5:00 Dinner at Tai Tapu Hotel (Meals from \$15.00)</p> 	<p>8 8:30 Ski Day Porter Heights (\$25.00) - see Chris or Di for details 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Learn Self Massage Techniques (1 hour) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>9 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 1:30 Urban Biking with Puriri St members (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>12 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Visit the Tannery to browse the shops and have a cuppa together. Bring \$\$ 1:00 Walking Group</p> 	<p>13 10:00 Art Group (\$2.50) 11:30 Men's Group - Winter lunch at the Platform Restaurant Swannanoa. (Meals from \$16.00) 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>14 10:00 Gym Group - bring a towel (\$4.00) 10:00 Card making - Pyramage Cards (\$2.50) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 12:30 CBS Concert at St Mary's Pro Cathedral in Manchester St (\$5.00) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner & DVD - Sausage and Mash, veggies and dessert (\$4.50)</p> 	<p>15 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Vegetarian Lasagne and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 1:30 Guest Speaker from "Awareness"</p> 	<p>16 9:00 Tramp - Mt Richardson (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Board games afternoon 1:00 Walking Group</p> 	<p>20 10:00 Art Group (\$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) 1:30 Cooking for One - Curried Lentil & Pumpkin Pasties. (\$2.50) Bookings by 10am</p> 	<p>21 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Study work of James K Baxter 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Mixed Media (\$2.50) 1:30 Table Tennis (\$1.00)</p> 	<p>22 9:00 Men's Group - Day Trip to Cheviot and Gore Bay 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Learn Self Massage Techniques (1 hour) 1:30 Swim/Relax at Taioira QEII (\$3.50) 1:50 Back stage Court Theatre Tour (\$4.50) 5:00 Dinner at New Brighton Club (Meals from \$11.50)</p> 	<p>23 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>26 10:00 Coffee Morning 10:30 Open Craft 12:30 Women's Group - Visit Rangiora ops and recycling centre 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>27 10:00 Art Group (\$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>28 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 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner & Board Games - Chicken, veggies and dessert (\$4.50)</p> 	<p>29 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Savoury Pumpkin Meatloaf, veggies and dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$6.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>30 9:00 Tramp - Peak Hill, Lake Coleridge (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 