

Step Ahead Puriri - Ākuhata / August 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
3 10:00 Gym at Parakiore - first timers please talk to Olivia before attending 10:00 Sewing - ear warmers \$2.00 1:00 Swim/Aqua Jog - bring togs and a towel 1:00 Walking Group - social walk with others 	4 10:00 Brew with a View - socialise with a cuppa at Governors Bay 1:00 Newsletter - help write the Puriri monthly newsletter article 1:00 Ten Pin Bowling - socialise and have fun \$5.00	5 9:30 He Puna Taimoana - soak in the hot pools at New Brighton \$5.00 10:00 Board Games & Quiz - socialise and have fun with other members 10:00 Tai Chi - exercise for mind and body \$3.00 1:00 Health Focus at Stanmore - Depression and Anxiety, transport provided 1:00 Craft - make an upcycled bowl from an old record \$2.00 1:45 Table Tennis - for all abilities 4:30 Dinner - see Stanmore programme and book with Stanmore	6 10:00 Craft - wax and paint on wood \$2.00 10:00 Coffee Morning - socialise and have a cuppa 10:15 Mindfulness & Meditation - at St Ninian's Hall \$3.00 10:30 Deliver Meals on Wheels - round 44 11:15 Christian Fellowship - meet with like-minded people 1:00 Walking Group - social walk with others 1:00 Young Adult (18-35 yrs) Pen and Ink Drawing - with Max the Therapy Dog \$2.00 1:30 Rainbow Group - explore Intentional Peer Support at Stanmore. Make your own way there Tech Support appointments available today. Book as usual	7 10:00 Volunteer at Kauri Lodge Rest Home 10:00 What's Happening in the Community this month 10:00 Slow Walking Group - local walk, gentle pace 1:00 Woodwork Projects - bring a project or assist with ours 1:00 Beginners Tramp - Lake Rua & Ōtukaikino Track (mostly flat) 
10 10:00 Music Ensemble - play musical instruments 10:00 Chair Yoga - at St Ninian's Hall \$3.00 12:45 Movie at New Brighton - "Two Way Stretch" \$3.00 1:00 Walking Group - social walk with others	11 10:00 Singing for Wellbeing - gather together to sing for joy 1:00 Ten Pin Bowling - socialise and have fun \$5.00 	12 10:00 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor 10:00 Tai Chi - exercise for mind and body \$3.00 10:30 Deliver Meals on Wheels - round 52 12:45 Badminton - for all abilities \$2.00 1:00 Mosaics - create decorative artworks \$4.00 1:45 Language and Culture Group 4:30 Dinner - see Stanmore programme and book with Stanmore	13 10:00 Play Charades 10:00 Open Craft - bring your own project to work on 1:00 Member/Staff Liaison Meeting 1:30 Young Adults (18-35 yrs) - Virtual Reality Games at Stanmore - book with Stanmore & make your own way there 2:00 Steady As You Go - exercise programme 2:00 Craft - cardboard flower mobile \$2.00 Enabling Good Lives appointments available today. Book as usual	14 10:00 Craft - make and decorate a paper photo frame \$2.00 10:00 Working Bee - help keep Puriri tidy and organised 10:00 Slow Walking Group - local walk, gentle pace 12:45 Volunteer at Willowbank - wear closed toe shoes 1:00 Woodwork Projects - bring a project or assist with ours
17 10:00 Gym at Parakiore - first timers please talk to Olivia before attending 10:00 Sewing - bring your own projects \$2.00 10:30 Lived Experience Voices Group 1:00 Swim/Aqua Jog - bring togs and a towel 1:00 Walking Group - social walk with others 	18 Step Ahead Closed for Staff Planning	19 10:00 Craft - make an infinity scarf \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 12:30 This is How it Feels - listen to author Heidi McIlroy discuss her book and journey. At Stanmore, transport provided 1:00 Indoor Bowls - enjoy a friendly game (onsite) 1:45 Table Tennis - for all abilities 5:00 Dinner - see Stanmore programme and book with Stanmore	20 10:00 Visit Fo Guang Shan Buddhist Temple 10:00 Coffee Morning - socialise and have a cuppa 10:00 Walking Group - social walk with others 10:30 Deliver Meals on Wheels - round 44 1:00 Craft - create a mind challenge game 1:00 Gardening - keep the garden tidy Tech Support appointments available today. Book as usual	21 10:00 Try Not To Laugh Challenge and other indoor games 10:00 Lunch Preparation - help prepare lunch 10:00 Slow Walking Group - local walk, gentle pace 12:00 Lunch - Cottage Pie with Coleslaw \$3.50 1:00 Woodwork Projects - bring a project or assist with ours 1:00 Beginners Tramp - Bowenvale Valley Track (steady 1 hour climb uphill)
24 10:00 Craft - mini books \$2.00 10:00 Yoga - at St Ninian's Hall \$3.00 1:00 Pictionary - picture drawing team games 1:00 Walking Group - social walk with others	25 1:30 Cooking - Peanut Sesame Slaw with Soba Noodles and Tofu - bring 1 large or 2 small carrots \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 Step Ahead Closed until 1pm	26 10:00 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor 10:00 Tai Chi - exercise for mind and body \$3.00 10:30 Deliver Meals on Wheels - round 52 12:45 Badminton - for all abilities \$2.00 1:00 Mosaics - create decorative artworks \$4.00 5:00 Young Adults (18 - 35 yrs) Dinner at Welcome Chinese Vegetarian - see Stanmore programme and book with Stanmore	27 10:00 Dancing For Fitness - workout to music 10:00 Knitting and Crochet - learn new skills or bring your own project 10:30 Young Adults (18-35yrs) Adventure Park Chairlift - pay to book by 17th, book with Stanmore. Transport provided from Puriri \$7.00 12:30 Hydroslides at Parakiore - pay to book by 20th \$6.50 1:00 Craft - air dry clay - make a small vase or dish \$2.00 Enabling Good Lives appointments available today. Book as usual	28 10:00 Te Puna o Waiwhetū Christchurch Art Gallery - Bird Land: Te Kāhui Manu exhibition 10:00 Men's Group - prepare and enjoy a midday meal together \$3.50 10:00 Slow Walking Group - local walk, gentle pace 12:45 Volunteer at Willowbank - wear closed toe shoes 1:00 Woodwork Projects - bring a project or assist with ours
31 10:00 Gym at Parakiore - first timers please talk to Olivia before attending 10:00 Sewing - bring your own projects \$2.00 1:00 Swim/Aqua Jog - bring togs and a towel 1:00 Walking Group - social walk with others 	Bookings for August open on Monday 20th July at 9am Bookings for September open on Monday 24th August at 9am	Hagley Parkrun Saturday 8th Meet at Model Yacht Club by Victoria Lake for a fun run/walk (7:30am warmup, 7:45am meet and greet)	Diamond Harbour Day Trip Sunday 16th Take the bus and ferry Metro cards provided Bring lunch and \$\$ Leaving Stanmore at 9am, return by 4pm Book with Stanmore	Hagley Parkrun Humble Runner Event Saturday 15th Our Turn to Volunteer Saturday 22nd