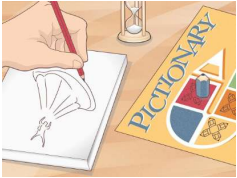


Step Ahead Stanmore - Ākuhata / August 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
3 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - play Pictionary 	4 10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Walking Netball at Hagley Courts 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Chair Yoga - at Philipstown Hub \$3.00 1:30 Swim/Aqua Jog at Taiora QE11	5 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's Happening in the Community this month 12:30 Lunch - Moroccan Spiced Chickpea Tagine & Couscous \$3.50 1:00 Volunteer Planting at Olliviers Reserve in Phillipstown 1:30 Health Focus - Depression and Anxiety 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 4:30 Dinner and DVD - Burgers and Apple Crumble \$4.50 	6 10:00 Mindfulness & Meditation - at St Ninian's Hall \$3.00 10:00 Volunteer at Rosewood Lifecare 10:00 Brew with a View - socialise with a cuppa 10:00 Art with Jen - instruction from a tutor \$2.00 10:30 Lived Experience Voices Group 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Minestrone Soup and Garlic Bread \$3.50 1:00 Young Adult (18-35 yrs) Pen and Ink Drawing with Max the Therapy Dog - book with Puriri & meet there \$2.00 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Rainbow Group - explore Intentional Peer Support 1:30 Swim/Aqua Jog at Taiora QE11	7 10:00 Coffee Morning - socialise and have a cuppa 10:00 Create Digital Art using Canva 10:30 Community Hands at Work - volunteer your time to make folders for promoting Step Ahead 10:30 Open Craft - bring your own project 12:30 Sewing - ear warmers \$2.00 12:45 Wigram Airforce Museum Guided Tour \$2.50 1:00 Card Games - Five Crowns, Uno, Skipbo etc 
10 9:30 Day Cycle - Ōtukaikino Track (17km) Return by 4pm. Ride your own bike or hire one for \$2.00 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Golden Oldie Movie in New Brighton "Two Way Stretch" \$3.00	11 10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Visit Cotter Medical History Museum 1:00 Music Videos - enjoy different music genres 1:00 Gardening - get the garden ready for spring 1:00 Mosaics - create decorative artworks \$4.00 1:00 Yoga - at Philipstown Hub \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 	12 9:30 Walking Netball at Ngā Puna Wai 10:00 Gym at Parakiore 10:00 Maths and Science - ropes and pulleys 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Mango Chicken Curry with Rice \$3.50 1:00 Rainbow Group - Board Games at Cafe - bring \$\$ 1:00 Sign Language Practise - book by 10am 1:00 Craft - mechanical butterflies \$2.00 1:15 Badminton - for all abilities \$2.00 1:30 Language and Culture Group at Puriri - transport provided 1:30 Ten Pin Bowling - socialise and have fun \$5.00 4:30 Dinner - Warm Kumara, Leek & Lentil Salad and Virtual Reality Headsets \$4.50	13 10:00 Golf Driving Range at Ferrymead Golf \$9.00 10:00 Tech Group - virtual reality games 10:00 Learn the Ukulele - beginners welcome 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Young Adults (18-35 yrs) Virtual Reality - play fun games with a headset 1:30 Swim/Aqua Jog at Taiora QE11 	14 9:30 Tramp - Bridle Path to Lyttelton (moderate/challenging) Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Music Ensemble - play musical instruments 12:30 Sewing - bring your own projects \$2.00 1:00 Brew with a View - socialise with a cuppa 1:15 Volunteer at Willowbank - wear closed toe shoes
17 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:15 Women's Group - play a social game of badminton \$2.00 	Step Ahead Closed for Staff Planning		20 9:45 Mindfulness & Meditation - visit Fo Guang Shan Buddhist Temple 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Vegetable and Four Beans Stew \$3.50 1:15 Member/Staff Liaison Meeting 2:00 Mosaics - create decorative artworks \$4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 Singing for Wellbeing - gather to sing for joy	21 10:00 Coffee Morning - socialise and have a cuppa 10:30 Knitting and Crochet - learn new skills or bring your own project 10:30 Open Craft - bring your own project 12:30 Sewing - bring your own projects \$2.00 1:00 Open Craft with Max the Therapy Dog - Bring your own project or use resources provided 
24 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - birdwatching at Southshore Spit Reserve	25 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Yoga - at Phillipstown Hub \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 Step Ahead Closed until 12:30pm	26 10:00 Gym at Parakiore 10:00 Maths and Science - how computers store information 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Quinoa Salad \$3.50 1:00 Social Cycle - local ride from Stanmore Road \$2.00 1:00 Sign Language Practise - book by 10am 1:00 Craft - mini books \$2.00 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 5:00 Young Adults (18 - 35 years) Dinner at Welcome Chinese Vegetarian in Riccarton (meals from \$20)	27 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - hand sew clothing repairs. Bring clothing to repair 10:15 Young Adults (18-35 years) Adventure Park Chairlift - pay to book by 17th \$7.00 10:30 Step Ahead Concert - listen to members play and sing 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Orienteering at Halswell Quarry 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11	28 9:00 Tramp - Christchurch 360 Challenge - Sumner to Godley (moderate) Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:30 Sewing - bring your own projects \$2.00 1:15 Volunteer at Willowbank - wear closed toe shoes
31 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - mini golf at Alice in Putterland \$5.00 	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	Hagley Parkrun Humble Runner Event Saturday 15th Our Turn to Volunteer Saturday 22nd