






















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

# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, DECEMBER 2016

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Drama Group 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Softball in the park with West members 5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>2 9:00 Tramp - Dracophyllum Flat (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 1:30 Exercises in the park with West members 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Decorating the house for Christmas followed by afternoon tea 1:00 Walking Group 1:00 Prayer Group</p> 	<p>6 9:30 Men's Group - Day Trip to Hanmer - Optional swim (\$10.00) 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 (\$4.50 plus cost of board) 3:00 Peer Support Supervision</p> 	<p>7 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Collaborative Writing, Quiz &amp; writing exercises 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Craft Group - Visit Sweet Pea &amp; Pataka Craft Shops - bring \$\$ 1:15 Dietitian</p> 	<p>8 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:00 Visit Warwickz Rare Breed Farm (\$5.00) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold meat, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:00 Drama Group 1:30 Swim/Relax at Pioneer (\$3.00) 5:00 Dinner and DVD Stanmore (\$4.50)</p> 	<p>9 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 11:30 Sewing Group BBQ at the Groyne (\$4.50) 1:15 Urban bike riding (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>12 10:00 Coffee morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Pataka Christmas Shop - bring \$\$ 1:00 Walking Group 1:00 Prayer Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 11:30 20's &amp; 30's Group - Lunch at South of India &amp; beach walk. (Meals from \$15.00) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Cooking for One - Christmas Meringues (\$2.50) 1:00 Mosaics (\$4.50 plus cost of board)</p> 	<p>14 10:15 Gym at Redwood (\$3.00) 10:00 Discussion Group - News &amp; Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Garden Working Bee followed by afternoon tea 1:30 Tennis 5:00 BBQ at Waikuku Beach (\$4.50)</p> 	<p>15 10:30 Meals on Wheels <b>Step Ahead Christmas Lunch at the Garden Hotel Restaurant</b> 11.30 at Restaurant (110 Marshlands Road) Bookings essential (\$15.00)</p> 	<p>16 9:00 Tramp - Pines Beach to Woodend Beach. (See Chris or Di for Details) 9:45 Visit SPCA to deliver blankets 10:00 Open Craft 1:00 Sewing 1:00 Exercise in the park with West members 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at Thai Phuket, Papanui (Meals from \$12.50) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>20 10:00 Art with Selwyn (\$2.50) <b>12:00 Step Ahead Closed</b> (Staff end of year function)</p> 	<p>21 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Share a book, poem, short story or your own work. Plan for 2017 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft Group Christmas Afternoon Tea &amp; Planning, bring a plate to share 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner at Papanui Club (Meals from \$14.00)</p> 	<p>22 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>23 10:00 Christmas morning tea - please bring a plate to share <b>Closed at Midday</b></p> 
<p>26 <b>Step Ahead Closed Christmas Day Holiday</b></p> 	<p>27 <b>Step Ahead Closed Boxing Day Holiday</b></p> 	<p>28 9:30 Day Trip to Ashley Gorge - bring lunch, sunblock, hat &amp; togs. Cricket, biking, walking etc</p> 	<p>29 10:00 Walking Group 12:30 Sausage Sizzle (\$2.50) 1:00 Cricket in the park</p> 	<p>30 10:30 Day Out at Spencer Park - Bring lunch, sunblock, hat &amp; togs. Cricket, biking, walking etc</p> 