Step Ahead Stanmore - Tīhema / December 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
	1 10:00 Art with Selwyn - tutor instruction $2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Yoga at 97 Stanmore Rd 1:00 Stone Carving - using Oamaru stone $3.00 1:00 Mosaics - create decorative artworks $4.00 1:30 Swim/Aqua Jog at Taiora QE11 	**2** 10:00 Art Therapy with Sarah $2.00 10:00 Gym at Parakiore 10:30 What's Happening in the Community 12:00 Lunch - Thai Chicken Noodle Salad $3.50 1:00 Craft - hand-painted Santa flower pot $2.00 1:00 Sign Language Practise - book by 10am 1:00 Ten Pin Bowling - socialise and have fun $5.00 1:30 Table Tennis - for all abilities 4:30 Dinner - Beef Burgers at Barnett Park $4.50	**3** 9:30 Learn to Surf - session 6/6 $10.00 10:00 Volunteer at Rosewood Lifecare 10:00 Mindfulness & Meditation at 97 Stanmore Rd 10:00 Art with Jen - instruction from a tutor $2.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:00 Lunch - Chicken Salad Wraps $3.50 1:00 Mosaics - create decorative artworks $4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Young Adults (18 - 35 years) - Scavenger Hunt in the city - book with Puriri and meet there or speak to staff to meet in the city 1:30 Rainbow Group (LGBTQ & allies) lawn games at Beverley Park 1:30 Swim/Aqua Jog at Taiora QE11 	**4** 1:00 Explore Waimairi Beach - beach tidy up and fun in the sand 1:00 Sewing - bring your own projects $2.00 4:30 Christmas Dinner at Richmond Club - once paid staff will book you in and they will get your meal choice at the same time - please pay by 27th November $10.00  **Step Ahead Closed until 12:30pm**
7 10:00 Young Adults (18 - 35 years) Op Shopping for holiday gifts. Book with and make your way to Puriri 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Craft - wet felting for beginners (part 1 of 2) $2.00 1:00 Walking Group - social walk with others 1:00 Women's Group - decorate Stanmore house for Christmas	**8** 1:00 Music Videos - enjoy different music genres 1:00 Volunteering at Trees for Canterbury 1:00 Mosaics - create decorative artworks $4.00 1:00 Yoga at 97 Stanmore Rd 1:00 Frisbee Golf at Ascot Park 1:30 Swim/Aqua Jog at Taiora QE11 4:00 Quail Island Pre-trip Meeting - booked members only **Step Ahead Closed until 12:30pm**	**9** 10:00 Gym at Parakiore 10:00 Maths and Science - magnestism 10:00 Art Therapy with Sarah $2.00 12:00 Lunch - Pumpkin and Feta Salad $3.50 1:00 Language and Culture Group at Puriri - transport provided 1:00 Ten Pin Bowling - socialise and have fun $5.00 1:00 Craft - wet felting for beginners (part 2 of 2) $2.00 1:15 Badminton - for all abilities $2.00 4:30 Dinner - Mediterranean Mezza and Co-design Session - an opportunity to share your ideas $4.50 	**10** 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor $2.00 10:00 Learn the Ukulele - beginners welcome 10:30 Deliver Meals on Wheels - rounds 1 and 2 11:00 Quail Island Overnight Camp $25.00 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	**11** 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Knitting and Crochet - bring your own project or learn a new skill 12:30 Sewing - Christmas gift bags $2.00 1:00 Outdoor Games at Dallington Landing - play Quoits, Kubb and Frisbee
14 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - beaded Christmas star ornaments $2.00 1:30 Hibburt Park Camp Info Session at 97 Stanmore Rd - mandatory to book for overnight stay	**15** 10:00 Art with Selwyn - tutor instruction $2.00 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 97 Stanmore Rd 1:30 Swim/Aqua Jog at Taiora QE11 	**16** 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah $2.00 12:00 Lunch - Vegetarian Burrito Bowls $3.50 1:00 Ten Pin Bowling - socialise and have fun $5.00 1:00 Sign Language Practise - book by 10am 1:15 Visit Mosque Al Noor - speak to Charlotte about dress atttire 1:30 Guest Speaker from Qtopia - support and learn about the Rainbow Community 1:30 Table Tennis - for all abilities 5:00 Dinner at NomNom Strowan	**17** 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 12:00 Lunch - Bibimbap (Korean Rice Bowl) $3.50 1:00 Member/Staff Liaison Meeting at 97 Stanmore Rd. Make your way there or get a ride from Stanmore 2:00 Mosaics - create decorative artworks $4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 New Stanmore Base Co-design Meeting - A Lived Experience Group 2:00 Not Just Christmas Music - sing-along and play-along	**18** 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project  **Step Ahead Closed at 12pm for Staff Christmas Lunch**
21 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Ten Pin Bowling $5.00 	**22** 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 Golf at Everglades $7.50 1:30 Swim/Aqua Jog at Taiora QE11 **Step Ahead Closed until 12:30pm**	**23** 10:00 Gym at Parakiore 10:00 Maths and Science - the science of snowflakes 11:30 Young Adults (18 - 35 years) Christmas BBQ lunch at Sumner - all food will be suitable for vegan/vegetarian members $4.50 12:00 Lunch - Chicken and Vermicelli Stir Fry $3.50 1:00 Ten Pin Bowling - socialise and have fun $5.00 1:00 Craft - beaded crocodiles $2.00	**24** 10:00 Christmas Eve Morning Tea - morning tea provided - book in by 18th December 10:30 Deliver Meals on Wheels - rounds 1 and 2  **Step Ahead Closes at 12pm**	**25** 12:00 Christmas Day Lunch for members who would otherwise be spending the day alone - pay to book $5 by the 14th  Merry Christmas
28 **Step Ahead Closed for Boxing Day**	**29** 10:00 Day at the Groynes - enjoy a day of walking, frisbee, quoits, biking, relaxing, feed the ducks. Bring lunch, water and sunscreen 	**30** 10:00 Day at Spencer Park - enjoy a day of walking, frisbee, quoits, biking, swimming, relaxing. Bring lunch, water and sunscreen 	**31** 10:00 Swim at Lyttelton Outdoor Pool 12:30 BBQ Lunch - suitable for vegetarians and vegans $3.50 1:30 Cricket in Beverley Park 	**Saturday 5th** Weekend Swim at Parakiore Leaving Stanmore at 10am **Saturday 12th** Pirates of Penzance Pre-booked tickets only

167 Stanmore Road, Christchurch - Please remember to book in with the app or phone 389 4001 or 0800 688 732 or txt 022 173 1673