












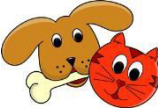








# STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, FEBRUARY 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 10:15 Gym at Redwood (\$3.00) 10:30 Writers and Book Group - writing a "kiwi" story or poem.  11:15 Cricket at Hagley Oval 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Button Frames (\$2.50) 1:00 Table Tennis at West Hall 5:00 Anthony Harper Festival - Robin Hood at Riccarton House - BYO dinner</p>	<p>2 10:00 Walking Group 10:00 Painting Techniques Group day trip to local &amp; West Melton galleries. Return by 4pm 10:30 Meals on Wheels 11:30 Men's Group - BBQ Lunch Spencer Park (\$4.50) 1:00 Stone Carving (\$2.50)  1:30 Swim/Relax at Pioneer (\$3.00)</p>	<p>3 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:00 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group </p>
<p>6 <b>Waitangi Day Step Ahead Closed</b> </p>	<p>7 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) 1:00 Drama Group </p>	<p>8 10:15 Gym at Redwood (\$3.00) 10:30 Discussion Group - News &amp; Views 10:30 Day out at McLeans Island with West and Rangiora members - Sausage Sizzle (\$2.50) followed by team sports games 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00)  5:00 BBQ at Waikuku Beach (\$4.50)</p>	<p>9 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:00 Cricket with West members  1:30 Swim/Relax at Pioneer (\$3.00)</p>	<p>10 9:30 Day trip to Quail Island with West members - BYO lunch, sunhat, water bottle, togs etc (\$15.00) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group </p>
<p>13 10:00 Coffee morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - visit Arts Centre shops &amp; café - bring \$\$  1:00 Walking Group 1:00 Prayer Group</p>	<p>14 10:00 Art with Selwyn (\$2.50) 11:30 20's &amp; 30's Group - Bottle Lake Forest walk. BYO lunch 1:00 Swim/Aquajog at Pioneer (\$3.00)  1:00 Community Gardens 1:00 Music Group 1:00 Cooking - Spaghetti Carbonara - bring 3 slices of bacon (\$1.00) Bookings by 10am 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Drama Group</p>	<p>15 10:15 Gym at Redwood (\$3.00) 10:30 Writers and Book Group - Library &amp; café visit - bring \$\$ 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Cork vases (\$2.50) 1:30 Tennis </p>	<p>16 9:00 Men's Group - day trip to Cheviot and Gore Bay 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) 5:00 Dinner at 808 (Meals from \$14.00)</p>	<p>17 10:00 Open Craft 10:30 Day out - Lake Roto Kohatu (near the Groynes) with West and Rural members. Optional canoe hire (\$2.50), walking, swimming, relaxing etc. BYO lunch 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group </p>
<p>20 10:00 Coffee morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Browse pet shops 1:00 Walking Group 1:00 Prayer Group </p>	<p>21 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) 1:00 Drama Group 3:00 Peer Support Supervision </p>	<p>22 10:15 Gym at Redwood (\$3.00) 10:00 Warwickz Animal Farm (\$5.00) 10:30 Discussion Group - News &amp; Views 12:30 Lunch (\$2.50)  1:00 Ten Pin Bowling (\$5.00) 1:15 Dietitian 5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p>	<p>23 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon &amp; Egg Pie, salad &amp; dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00) </p>	<p>24 9:00 Tramp - Dry Acheron River (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Garden Working Bee followed by afternoon tea 1:00 Exercise in the park with West members  2:00 Christian Fellowship Group</p>
<p>27 10:00 Coffee morning - Savouries (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at Hillyers Café in Leeston &amp; walk. (Meals from \$14.00) 1:00 Walking Group 1:00 Prayer Group </p>	<p>28 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 Cooking - Date, Walnut &amp; Banana Scones - Bring 1 banana and ½ cup walnuts (\$1.00) Bookings by 10am 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Drama Group </p>			