




















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, FEBRUARY 2018

Mane 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) 1:30 Swim/Relax at Jellie Park (\$3.00)</p>  <p>5:00 Summertimes Anthony Harper Theatre "The Little Prince" at Botanical Gardens. Bring your own dinner</p>	<p>2 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 1:00 Garden Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 11:00 Women's Group - Bring your own lunch at Corsair Bay 1:00 Walking Group 1:00 Christian Fellowship Group DVD afternoon</p> 	<p>6</p> <h2>Waitangi Day Step Ahead Closed</h2> 	<p>7 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - 50 Types of Poetry - read, write & discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Tennis with West 1:00 Documentary Group - watch & discuss</p> 	<p>8 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Golf Afternoon (\$5.00) 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Jellie Park (\$3.00)</p> 	<p>9 9:30 Day trip to Quail Island with West members - Bring your own 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>5:00 Outdoor Cinema at the Arts Centre. Bring your own dinner</p>
<p>12 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Housie, bring a \$2 wrapped gift 1:00 Walking Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Homemade Burgers, bring 100gms mincemeat (\$1.00)</p> 	<p>14 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Planning meeting and Homemade Body Oils or Bath Bombs (\$2.50) 1:00 Table Tennis at West Hall 1:00 Social Group - see staff for details</p> 	<p>15 9:00 Men's Group trip to Geraldine 9:30 Painting Techniques - Art Day Trip to Oxford 10:00 Walking Group 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Jellie Park (\$3.00) 1:30 Softball in the park with West 5:00 BBQ at Waikuku Beach (\$4.50)</p> 	<p>16 9:00 Tramp - Rakaia Trail from Salmon Tales (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc.) 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 11:00 Women's Group - Sausage Sizzle at Spencer Park (\$2.50) 1:00 Walking Group</p> 	<p>20 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>21 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Writing about animals - poetry and prose 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch & discuss 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Summer Shakespeare "The Winter Tale" at Mona Vale Gardens Bring your own dinner</p> 	<p>22 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad and dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$5.00) 2:00 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Jellie Park (\$3.00)</p> 	<p>23 9:00 Tramp - Cave Stream and Castle Hill Rocks (Bring togs, torch & see Chris or Di for more details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 2:00 Christian Fellowship Group</p> 
<p>26 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Op Shopping, bring \$\$ 1:00 Walking Group</p> 	<p>27 10:00 Art with Selwyn (\$2.50) 11:30 Men's Group - Historical Landmarks Van Quiz 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Mincemeat Scrolls - bring 200gms mincemeat (\$1.00)</p> 	<p>28 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Homemade Face - Care Pamper Products (\$2.50) 1:00 Table Tennis at West Hall 1:15 Nutritionist (Dietary Advice) 5:00 BBQ, Magic and Variety Show at Stanmore (\$4.50)</p> 