




















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

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, FEBRUARY 2019

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
				<p>1 10:00 Open Craft 10:30 Day Out - Lake Roto Kohatu with Ashburton and West members - Canoeing, walking, and relaxing (canoe hire \$3.00) 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>4 10:00 Coffee Morning 10:30 Open Craft 11:30 Women's Group - Sausage Sizzle and walk at Spencer Park (\$2.50) 1:00 Walking Group 1:00 Christian Fellowship Group DVD</p> 	<p>5 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - Making red cabbage and beetroot chutney (\$2.50)</p> 	<p>6 Waitangi Day Step Ahead Closed</p> 	<p>7 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Men's Group - Kayak on Avon from St Martin's Scout Den (\$6.00) 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Self crusting quiche, salad, dessert and DVD night at Stanmore (\$4.50)</p> 	<p>8 9:00 Tramp - Okuti Valley to Hilltop (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Walk the Harry Ell walkway and coffee at Sign of the Kiwi (optional) Bring \$\$ 1:00 Walking Group</p> 	<p>12 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Savoury Veggie Loaf. Bring 250gms cottage cheese n chives and (\$1.00)</p> 	<p>13 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Coin Craft (\$2.50) 1:30 Table Tennis at Blenheim Road (\$1.00) 5:00 Dinner at New Brighton Working Men's Club. (Meals from \$12)</p> 	<p>14 10:00 Painting Techniques (\$2.50) 10:00 Walking Group 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon and Egg Pie, salad and dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$6.00) 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>15 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 1:00 Mountain Biking - Passchendaele Walkway - Flat (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>18 10:00 Coffee Morning 10:30 Open Craft 12:30 Women's Group - Afternoon in Rangiora - Op shopping 1:00 Walking Group 1:00 Christian Fellowship Group DVD</p> 	<p>19 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>20 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Sherman Alexie- Native American author. Read and discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group - watch and discuss 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>21 9:30 Painting Techniques Day Trip to visit Birdlings Flat and Akaroa Galleries 10:00 Walking Group 10:30 Meals on Wheels 1:00 Sport in the park with West members, Cricket, Softball, Soccer or Frisbee Golf 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Barbeque at Waikuku Beach (\$4.50)</p> 	<p>22 9:00 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 (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>25 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group DVD afternoon 1:00 Walking Group</p> 	<p>26 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Easiest ever meatballs. Bring 300gms mince and (\$1.00)</p> 	<p>27 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Home Made Oils (\$2.50) 1:15 Tennis at Hagley Park 1:15 Nutritionist (Dietary Advice) 5:00 Anthony Harper Summer Theatre in Botanic Gardens. Bring your own dinner and gold coin donation</p> 	<p>28 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 (\$6.00) 2:00 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 