




















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, FEBRUARY 2020

<p>Mane Monday</p>	<p>Turei Tuesday</p>	<p>Wenerei Wednesday</p>	<p>Taita Thursday</p>	<p>Paraire Friday</p>
<p>3 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian – “Working out how much food is for me?” 1:00 Women’s Group – Local op shopping 1:00 Walking Group</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquaioj at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Volunteering - Working at RESTORE, the Habitat for Humanity op shop</p> 	<p>5 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group - Writing poetry and prose using prompts 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Paper Buntings or Decoupage (\$2.50) 1:00 Tennis with Puriri members at Hagley Park 1:00 Waitangi Day Education Session – come along to find out more</p>  <p>5:00 BBQ at Sumner (\$4.50)</p>	<p>6</p> <p>Step Ahead Closed Waitangi Day</p> 	<p>7 10:00 Open Craft 11:00 Meditation - focus on mindfulness 1:00 Sewing with Petra (\$1.00) 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>10 10:00 Coffee Morning 10:30 Open Craft 1:00 Women’s Group – Walk at Governors Bay and optional café visit 1:00 Walking Group</p> 	<p>11 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquaioj at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Mexican Grilled Chicken Salad – bring one chicken breast and \$1.00, bookings by 10am</p> 	<p>12 10:00 Gym Group – bring a towel (\$4.00) 10:00 Card Making – Free standing card (\$2.50) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group - watch & discuss 1:30 Badminton with Puriri members at Badminton Canterbury (\$2.50) 1:30 Swim at Sumner Beach</p>  <p>5:00 Night Noodle Market (Meals from \$14)</p>	<p>13 9:00 Men’s Group day trip to Hawarden and Lake Taylor 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad and dessert (\$4.50) – bookings by 10am 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Yoga/Meditation/Relaxation</p> 	<p>14 9:00 Tramp – Ashely Gorge Waterfall (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation - Self-guided to relaxing music 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>17 10:00 Coffee Morning 10:30 Open Craft 12:30 Women’s Group – Afternoon at Corsair Bay 1:00 Walking Group</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquaioj at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Volunteering – Beach Clean Up - wear suitable shoes. Equipment supplied</p> 	<p>19 10:00 Sailing Day on Lyttelton Harbour (\$15.00). A \$10 deposit is required by 14th February 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group - Writing Letters to the Editor 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Paper Buntings or decoupage cont. (\$2.50) 1:30 Table Tennis with Puriri members at Blenheim Road (\$1.00)</p>  <p>5:00 BBQ at The Groynes (\$4.50)</p>	<p>20 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Technology Group – Phone Maintenance 2:00 Social Enterprise Meeting</p> 	<p>21 10:00 Day Out - Lake Roto Kohatu with Puriri members – Canoeing, walking, and relaxing (canoe hire \$3.00) 10:00 Open Craft 11:00 Meditation - focus on moving forward in our lives 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>24 9:30 Women’s Group – Day at Oxford and Ashley Gorge 10:00 Coffee Morning 10:30 Open Craft 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>25 10:00 Art with Selwyn (\$2.50) 11:30 Men’s Group - Lunch at Clubhouse Café at Waimairi Beach Golf Club. (Meals from \$10.50) 1:00 Swim/Aquaioj at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Falafel Burgers and Pita Bread – bring one can of chickpeas (in brine) and \$1.00, bookings by 10am</p> 	<p>26 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 Documentary Group - watch & discuss 1:00 Tennis with Puriri members at Hagley Park 1:30 Swim at Spencer Park</p>  <p>5:00 Dinner and Quiz. Cold meat, salad selection and dessert (\$4.50)</p>	<p>27 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad and dessert (\$4.50) – bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>28 9:00 Tramp – Mt Oxford from View Hill carpark (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation - focus on deep relaxation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 