























STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, JANUARY 2018

<p>Mahe Mo nday</p>	<p>Turei Tues day</p>	<p>Wenerai Wednes day</p>	<p>Taite Th urs day</p>	<p>Paraire F riday</p>
<p>1 Step Ahead Closed</p> 	<p>2 Step Ahead Closed</p> 	<p>3 9:45 Day Trip to Waikuku - bring lunch, togs, sunblock & hat. Walk, swim, volleyball, tennis etc.</p> 	<p>4 10:30 Day out at Spencer Park - bring lunch, sunblock, hat & togs. Cricket, biking, walking etc</p> 	<p>5 10:30 Open Craft 12:30 Sausage Sizzle (\$2.50) 1:30 Fun games in the park. e.g. Egg & spoon race!</p> 
<p>8 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - afternoon at New Brighton. Visit library, pier, art gallery etc. Bring \$\$ for optional coffee 1:00 Walking Group</p> 	<p>9 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>10 10:00 Gym Group - bring a towel (\$3.00) 10:00 Swim or walk at Corsair Bay 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis with West 1:00 Documentary Group - watch & discuss</p> 	<p>11 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Jellie Park (\$3.00)</p> 	<p>12 9:00 Tramp - Waipara Gorge - bring togs (see Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>15 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk and cuppa at Halswell Quarry 1:00 Walking Group</p> 	<p>16 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>17 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 Tennis</p> 	<p>18 9:30 Men's Group trip to Castle Hill Rock Formations 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) 5:00 Buskers Comedy Club (\$5.00) Bring your own picnic tea</p> 	<p>19 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) 12:30 Beginners Tramp with West - see Chris or Di for details 2:00 Christian Fellowship Group</p> 
<p>22 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at "South India" Belfast. (Meals from \$16) 1:00 Walking Group</p> 	<p>23 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>24 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Study the writings of Maori author Patricia Grace 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50) 5.00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>25 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad & dessert (\$4.50) Bookings by 10am 1:00 Golf Afternoon (\$5.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Jellie Park (\$3.00)</p> 	<p>26 9:00 Tramp - Lake Catherine - bring togs (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>29 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 12:30 Women's Group - Classic Movie at New Brighton (\$2.50) 1:00 Walking Group</p> 	<p>30 10:00 Art with Selwyn (\$2.50) 11:00 Cricket - Super League Semi-Final Hagley Oval 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 - Healthy Pizza. - bring 2 cups of fresh vegies e.g. Broccoli, Capsicum & Courgette (\$1.00) Bookings by 10am</p> 	<p>31 10:00 Gym Group - bring a towel (\$3.00) 10:30 Day Out - Lake Roto Kohatu with West and Rangiora members - Canoeing, walking, and relaxing (canoe hire \$2.50) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Keira - Nutritionist (Dietary Advice)</p> 