























# STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, JANUARY 2018

Mane Monday	Turei Tuesday	Wenerai Wednesday	Taite Thursday	Paraire Friday
<p><b>1</b> Step Ahead Closed</p> 	<p><b>2</b> Step Ahead Closed</p> 	<p><b>3</b> 9:45 Day Trip to Waikuku - bring lunch, togs, sunblock &amp; hat. Walk, swim, volleyball, tennis etc.</p> 	<p><b>4</b> 10:30 Day out at Spencer Park - bring lunch, sunblock, hat &amp; togs. Cricket, biking, walking etc</p> 	<p><b>5</b> 10:30 Open Craft 12:30 Sausage Sizzle (\$2.50) 1:30 Fun games in the park. e.g. Egg &amp; spoon race!</p> 
<p><b>8</b> 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><b>9</b> 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><b>10</b> 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 &amp; discuss</p> 	<p><b>11</b> 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><b>12</b> 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><b>15</b> 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><b>16</b> 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><b>17</b> 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><b>18</b> 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) <b>5:00 Buskers Comedy Club (\$5.00)</b> Bring your own picnic tea</p> 	<p><b>19</b> 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><b>22</b> 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><b>23</b> 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><b>24</b> 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) <b>5.00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</b></p> 	<p><b>25</b> 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 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><b>26</b> 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><b>29</b> 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><b>30</b> 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 &amp; Courgette (\$1.00) Bookings by 10am</p> 	<p><b>31</b> 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> 