






















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, JANUARY 2020

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 Step Ahead Closed</p> 	<p>2 Step Ahead Closed</p> 	<p>3 9:30 Day Trip to Peel Forest with Puriri and Ashburton members. Bush walks, and relaxation. Bring lunch, sunhat water bottle and sunblock</p> 
<p>6 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Visit Waikuku Lavender Fields, beach and planning for 2020 1:00 Walking Group</p> 	<p>7 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>8 10:00 Gym Group – bring a towel (\$4.00) 10:30 Day out at Spencer Park – bring lunch, sunblock, hat, water bottle & togs. Cricket, biking, walking, swimming 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00)</p> 	<p>9 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Technology Group – Some great smart phone apps 1:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>10 10:00 Open Craft 10:30 Tubing down the Avon River – bring lunch, a change of clothes and towel 11:00 Meditation – Guided You Tube meditation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>13 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian – Realistic Goals for 2020. Making this eating thing happen! Working out how much is for me. 1:00 Women's Group – Walk and cuppa at The Groynes 1:00 Walking Group</p> 	<p>14 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>15 10:00 Gym Group – bring a towel (\$4.00) 10:00 Card making – Cards and bookmarks (\$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 1:00 Tennis with Puriri members at Hagley Park 5:00 BBQ at Spencer Park (\$4.50)</p> 	<p>16 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 Technology. See Chris for details 1:30 Swim/Relax at Taioira QEII (\$3.50) 1:30 Yoga/Meditation/Relaxation</p> 	<p>17 8:00 Tramp - Bealey Valley Arthur's Pass (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation – with a focus on Mantra 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>20 9:30 Women's Group – Day trip to Akaroa. Bring lunch or purchase there 10:00 Park Walk/Run 2020 preparation with Puriri members 10:00 Coffee Morning 10:30 Open Craft 1:00 Walking Group</p> 	<p>21 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Men's Group - Fishing afternoon on Heathcote Estuary 1:00 Volunteer Group at the SPCA – varied tasks and time with animals</p> 	<p>22 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group - Study famous poets 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Rejuvenating Body Oils (\$2.50) 12:45 Badminton Tournament with Puriri members and Comcare at Badminton Canterbury (\$2.50) 5:00 Dinner and Karaoke - Spaghetti Bolognese, salad & dessert (\$4.50)</p> 	<p>23 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Tubing down the Otukaikino Stream – bring a change of clothes and towel 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50) 2:00 Social Enterprise Meeting – see newsletter for details</p> 	<p>24 10:00 Working Bee – Fence, & outdoor furniture painting. Refreshments provided. 10:00 Open Craft 11:00 Meditation – with a focus on inner health 1:00 Sewing with Petra (\$1.00) 1:00 Working bee continued 1:30 Urban Biking with Puriri members (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>27 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group – Bring your own picnic lunch at Sumner and swim (optional) 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>28 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog 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 – Summer Pasta Salad – bring 1 can of tuna and \$1.00, bookings by 10am</p> 	<p>29 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 Guest Speaker: Interested in paid work at events? Come along and hear about this kind of work 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Anthony Harper Summer Theatre in Botanic Gardens. BYO dinner and gold coin donation</p>	<p>30 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) 2:00 Yoga/Meditation/Relaxation</p> 	<p>31 9:00 Tramp – Nikau Palm Gully, Banks Peninsula (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation – Self guided meditation to relaxing music 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 