




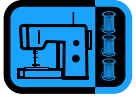
















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, JULY 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
				<p>1 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Mountain Biking (\$2.50 for bike hire) 2:00 Christian Fellowship Group</p> 
<p>4 10:00 Coffee Morning - Pikelets & jam (\$1.50) 10:30 Open Craft 1:00 Women's Group - Anzac photo exhibition at the museum (Bring \$\$ for optional coffee) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>5 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Relax at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 3:00 Peer Support Supervision</p> 	<p>6 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Look at the works of Joe Bennett - NZ Columnist Author 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Garden Working bee followed by afternoon tea 1:15 Dietitian</p> 	<p>7 9:30 Painting Techniques - Day Trip to Ashburton Art Society Exhibition 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  <p>5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p>	<p>8 9:30 Tramp - Craieburn Ski Field Road (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning - Savoury Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Toy Collector Museum (\$2.50) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>12 9:30 20's & 30's Group Day Trip to Hanmer (\$10 optional swim) 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Relax at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 2:00 Guitar Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Pumpkin Scones -bring approx. 1 cup of raw pumpkin (\$1.00)</p> 	<p>13 10:15 Gym at Redwood (\$3.00) 10:30 Board & card games 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Mandala Dot Painting - Introduction (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and DVD night Stanmore Road (\$4.50)</p> 	<p>14 9:30 Men's Group Trip to Kaikoura - via inland route 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, veges & dessert (\$4.50) Bookings by 10am 1:30 Swim/Relax at Pioneer (\$3.00) 1:00 Stone Carving (\$2.50)</p> 	<p>15 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Urban Bike Ride - Beginners welcome (\$2.50 for bike hire) 2:00 Christian Fellowship Group</p> 
<p>18 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Guest Speaker from the Heart Foundation 1:00 Walking Group with West at A & P Showgrounds 1:00 Prayer Group</p> 	<p>19 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Relax at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50)</p> 	<p>20 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Visit Chertsey Book Barn. BYO lunch 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall</p> 	<p>21 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 10:30 Mid-Winter swim and hot soup 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Abby from Bull Breed Rescue. Gold coin donation 5:00 Dinner at Racecourse Hotel (Meals from \$14.00)</p> 	<p>22 9:30 Tramp - Conical Hill Hanmer (\$10 optional swim) (See Chris or Di for details) 9:30 Snow Day Trip to Arthurs Pass 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>25 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 11:30 Women's Group lunch at the Phuket Thai Restaurant (Meals from \$13.00) and op shopping 1:00 Walking Group 1:00 Prayer Group</p> 	<p>26 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Relax at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 2:00 Guitar Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Curried Sausages - bring 4 sausages (\$1.00) 1:00 Men's Group - Visit Toy Collector Museum (\$2.50)</p> 	<p>27 10:15 Gym at Redwood (\$3.00) 10:30 Board & card games 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Mandala Dot Painting on rocks (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and Disco Dance at Stanmore Road (\$4.50)</p> 	<p>28 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bangers & Mash, veges & dessert (\$4.50) Bookings by 10am 1:45 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer \$3.00 2:00 Technology Group - bring your phone, camera, computer and questions</p> 	<p>29 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Mountain Biking (\$2.50 for bike hire) 1:00 Open House afternoon - Bring along your family/whanau, friends or other support people</p> 