





















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, JULY 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p>3 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Guest Speaker from Breast Care Canterbury 1:00 Walking Group</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Lasagne, bring 300gms mince (\$1.00) Bookings by 10am</p> 	<p>5 10:00 Gym Group - bring towel (\$3.00) 10:30 Writers & Book Group - Winter poems and prose. Read, discuss and write 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Driftwood Creations (\$2.50) 1:00 Table Tennis at West Hall</p> 	<p>6 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 Pioneer (\$3.00)</p>  <p>5.00 Dinner and Quiz night at Stanmore (\$4.50) Bring some quiz questions</p>	<p>7 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) 2:00 Christian Fellowship Group</p> 
<p>10 9:30 Women's Group Day Trip to Akaroa 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Walking Group</p> 	<p>11 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Men's Group Afternoon - see Chris for details 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>12 10:00 Gym Group - bring towel (\$3.00) 10:30 News & Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Social Group 1:45 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 Dinner and pool at the Tai Tapu Hotel (Meals from \$14.00)</p>	<p>13 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 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Community Public Health - Winter Wellness</p> 	<p>14 9:30 Tramp - Tiromoana Walkway (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Visit The Press Printing Plant 2:00 Christian Fellowship Group</p> 
<p>17 10:00 Coffee Morning - Crumpets & honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit the Tannery. Bring \$\$ for coffee 1:00 Walking Group</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 1:00 20's & 30's Group - Walk the Harry Ell Track & coffee at Sign of the Kiwi. Bring \$\$ 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Mosaics Group (\$4.00 plus cost of board) 1:00 Community Gardens 1:00 Music Group 1:00 Cooking for One - Potato Bake, bring 2 medium potatoes & a cup of vegetables (\$1.00) Bookings by 10am</p> 	<p>19 10:00 Gym Group - bring towel (\$3.00) 10:30 Writers & Book Group - Bring and share poems, prose, stories, book reviews etc. 12:30 Lunch (\$2.50) 1:00 Visit Sockburn Fire Station 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Decoupage Flat Stones - picture or word inspiration (\$2.50)</p> 	<p>20 9:00 Men's Group Trip to Arthurs Pass and Otira 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 Pioneer (\$3.00)</p>  <p>5:00 Dinner and DVD at Stanmore (\$4.50)</p>	<p>21 9:45 Clip n Climb (\$6.50) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Mountain Biking (\$2.50 bike hire) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>24 10:00 Coffee Morning - Savoury Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit the museum. Bring \$\$ for cafe 1:00 Walking Group</p> 	<p>25 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 3:00 Peer Support Supervision</p> 	<p>26 10:00 Gym Group - bring towel (\$3.00) 10:30 News & Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Dietitian 1:45 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 Dinner at 808 Belfast (Meals from \$14.00)</p>	<p>27 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Lasagne, veges & dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 	<p>28 9:30 Tramp - Lees Valley Townshend Track (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Open House afternoon - Bring along your family/whanau, friends or other support people</p> 
<p>31 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at Leithfield Hotel (Meals from \$13.00) 1:00 Walking Group</p> 