






















# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, JULY 2018

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p><b>2</b> 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Heathcote River walk and coffee at Birdwood Café (optional) Bring \$\$ 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p><b>3</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Italian Style Meatloaf - bring 250gms mince (\$1.00) 1:00 Holistic Wellness Group - Super Foods, Vitamin Supplements etc.</p> 	<p><b>4</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 Craft - Lavender Bags, finish projects and programme planning (\$2.50) 1:00 Table Tennis at West Hall</p> 	<p><b>5</b> 9:30 Day Trip to Wall of Waiau (\$5.00) 9:30 Painting Techniques Group Day trip to Ashburton Art Society Exhibition 10:00 Walking Group 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taiora QEII (\$3.00) <b>5.00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</b></p> 	<p><b>6</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) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p><b>9</b> 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Pool at Papanui Club. Bring \$\$ for refreshments. (optional) 1:00 Walking Group</p> 	<p><b>10</b> 10:00 Art with Selwyn (\$2.50) 11:30 Men's Group - Lunch at the Famous Grouse Hotel, Lincoln (Meals from \$15.00) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p><b>11</b> 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - share a book review, poem, prose or your own work 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group 1:30 Riccarton House Tour (\$4.50) 1:45 Badminton at Cowles Stadium (\$2.50) <b>5:00 Pea, Pie, Pud, Dessert and Magic Night at Stanmore (\$4.50)</b></p> 	<p><b>12</b> 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Meatloaf, veggies and dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$5.00) 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taiora QEII (\$3.00) 1:30 Guest Speaker - Hoarding</p> 	<p><b>13</b> 9:30 Tramp - Bridal Path to Lyttelton &amp; return (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Crochet Group 2:00 Christian Fellowship Group</p> 
<p><b>16</b> 10:00 Coffee Morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - DVD afternoon 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p><b>17</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p><b>18</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 Craft - Decoupage and finishing projects (\$2.50)</p> 	<p><b>19</b> 9:30 Men's Group trip to Glenfalloch Station - Rakaia Valley 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 Taiora QEII (\$3.00) <b>5:00 Dinner at Papanui Club (Meals from \$12.50)</b></p> 	<p><b>20</b> 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Crochet Group 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p><b>23</b> 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Op shopping 1:00 Walking Group</p> 	<p><b>24</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p>  <p style="text-align: center;"><b>Music</b></p>	<p><b>25</b> 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - read, discuss and analyse a short story 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group 1:00 Housekeeping Skills Group 1:15 Nutritionist (Dietary Advice) 1:45 Badminton at Cowles Stadium (\$2.50) <b>5:00 Quiche, Baked Potato, Coleslaw, Dessert and DVD at Stanmore (\$4.50)</b></p> 	<p><b>26</b> 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Sausage Casserole, veggies and dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Taiora QEII (\$3.00)</p> 	<p><b>27</b> 9:30 Tramp - Kowhai Hut (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group <b>1:00 Open House afternoon - Invite your family/whanau, friends or other support people</b></p> 
<p><b>30</b> 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Card making with Barbara (\$2.50) 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p><b>31</b> 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 - Apricot Chicken - bring 1 large chicken breast (\$1.00)</p> 