























Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

# STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, JULY 2019

Maue Monday	Turei Tuesday	Wenerai Wednesday	Taita Thursday	Paraire Friday
<p><b>1</b> 10:00 <a href="#">Coffee Morning</a> 10:30 <a href="#">Open Craft</a> 11:00 Nutritionist (Dietary Advice) 1:00 <a href="#">Women's Group</a> – Visit local op shops. Bring \$\$ 1:00 <a href="#">Walking Group</a></p> 	<p><b>2</b> 10:00 <a href="#">Art with Selwyn</a> (\$2.50) 1:00 <a href="#">Swim/Aqua jog</a> at Pioneer (\$3.50) 1:00 <a href="#">Gardening Group</a> 1:00 <a href="#">Music Group</a> 1:00 <a href="#">Mosaics</a> (\$4.00 plus cost of board) 1:00 Holistic Wellness Group – First Aid with Karen</p> 	<p><b>3</b> 10:00 <a href="#">Gym Group</a> – bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 <a href="#">Lunch</a> (\$2.50) 12:30 CBS Classical Jazz Quartet Concert at St Mary's Pro-Cathedral in Manchester Street (\$5.00) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 <a href="#">Documentary Group</a> 1:30 <a href="#">Badminton</a> at Cowles Stadium (\$2.50)</p> 	<p><b>4</b> 9:00 Art Day Trip to visit Geraldine Art Galleries 10:00 <a href="#">Walking Group</a> 10:30 <a href="#">Meals on Wheels</a> 1:00 Indoor Sport at Puriri St Hall 1:00 <a href="#">Stone Carving</a> (\$3.50) 1:00 Learn self-massage techniques (1 hour) 1:30 <a href="#">Swim/Relax</a> at Taioira QEII (\$3.50) 5:00 Board games – Chicken, veggies &amp; dessert (\$4.50)</p> 	<p><b>5</b> 10:00 <a href="#">Open Craft</a> 11:00 <a href="#">Meditation</a> 1:00 <a href="#">Sewing</a> (\$1.00) 1:30 <a href="#">Urban Mountain Biking</a> with Puriri members Bike Hire (\$2.50) 2:00 <a href="#">Christian Fellowship Group</a></p> 
<p><b>8</b> 10:00 <a href="#">Coffee Morning</a> 10:30 <a href="#">Open Craft</a> 11:30 <a href="#">Women's Group</a> - Trip to Little River and Birdlings Flat to visit local attractions. Bring your own lunch. 1:00 <a href="#">Walking Group</a></p> 	<p><b>9</b> 10:00 <a href="#">Art with Selwyn</a> (\$2.50) 1:00 <a href="#">Swim/Aqua jog</a> at Pioneer (\$3.50) 1:00 <a href="#">Gardening Group</a> 1:00 <a href="#">Music Group</a> 1:00 <a href="#">Mosaics</a> (\$4.00 plus cost of board) 1:30 <a href="#">Cooking for One</a> – Mince Scrolls. Bring 250 grams of mincemeat and (\$1.00) Bookings by 10am</p> 	<p><b>10</b> 9:30 <a href="#">Craft Group</a> - Op shopping day trip to Ashburton and Methven. Bring \$\$ 10:00 <a href="#">Gym Group</a> – bring a towel (\$4.00) 10:30 <a href="#">Writers and Book Group</a> – Quiz and bring and share your own work or another's you enjoy 12:30 <a href="#">Lunch</a> (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:30 <a href="#">Table Tennis</a> (\$1.00) 5:00 Dinner at Cranford Ale House (Meals from \$14.50)</p> 	<p><b>11</b> 10:00 <a href="#">Walking Group</a> 10:00 <a href="#">Art with Karen</a> (\$2.50) 10:30 Meals on Wheels 12:30 <a href="#">Budget Lunch</a> – Roast, veggies and dessert (\$4.50). Bookings by 10am 1:00 <a href="#">Stone Carving</a> (\$3.50) 1:00 <a href="#">Golf Afternoon</a> (\$6.00) 1:30 Guest Speaker – Awareness Consumer Forum 1:30 <a href="#">Swim/Relax</a> at Taioira QEII (\$3.50)</p> 	<p><b>12</b> 9:00 <a href="#">Tramp</a> – Dracophyllum Flat to Mt Cheeseman Road (See Chris or Di for details) 10:00 <a href="#">Open Craft</a> 11:00 <a href="#">Meditation</a> 1:00 <a href="#">Sewing</a> (\$1.00) 2:00 <a href="#">Christian Fellowship Group</a></p> 
<p><b>15</b> 10:00 <a href="#">Coffee Morning</a> 10:30 <a href="#">Open Craft</a> 1:00 <a href="#">Women's Group</a> – Walk at Deans Bush and optional coffee from (\$1.00) 1:00 <a href="#">Walking Group</a></p> 	<p><b>16</b> 10:00 <a href="#">Art with Selwyn</a> (\$2.50) 1:00 <a href="#">Swim/Aqua jog</a> at Pioneer (\$3.50) 1:00 <a href="#">Gardening Group</a> 1:00 <a href="#">Music Group</a> 1:00 <a href="#">Mosaics</a> (\$4.00 plus cost of board)</p> 	<p><b>17</b> 10:00 <a href="#">Gym Group</a> – bring a towel (\$4.00) 10:00 <a href="#">Card Craft</a> - Iris Folding Techniques (\$2.50) 10:30 News and Views Discussion Group 12:30 <a href="#">Lunch</a> - Soup and Bread Rolls (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 <a href="#">Documentary Group</a> 1:00 Visit Cotters Medical History Trust Museum (gold coin donation) 1:30 <a href="#">Badminton</a> at Cowles Stadium (\$2.50)</p> 	<p><b>18</b> 9:00 <a href="#">Men's Group</a> - Trip to Geraldine Transport Museum (\$4.00) 10:00 <a href="#">Walking Group</a> 10:30 <a href="#">Art with Karen</a> (\$2.50) 10:30 <a href="#">Meals on Wheels</a> 1:00 <a href="#">Stone Carving</a> (\$3.50) 1:00 Learn self-massage techniques (1 hour) 1:30 <a href="#">Swim/Relax</a> at Taioira QEII (\$3.50) 5:00 Karaoke – Frittata, veggies and dessert (\$4.50)</p> 	<p><b>19</b> 10:00 <a href="#">Open Craft</a> 11:00 <a href="#">Meditation</a> 1:00 <a href="#">Mountain Biking</a> (\$2.50) 1:00 <a href="#">Sewing</a> (\$1.00) 2:00 <a href="#">Christian Fellowship Group</a></p> 
<p><b>22</b> 10:00 <a href="#">Coffee Morning</a> 10:30 <a href="#">Open Craft</a> 1:00 <a href="#">Women's Group</a> – Visit pet shops 1:00 <a href="#">Walking Group</a></p> 	<p><b>23</b> 10:00 <a href="#">Art with Selwyn</a> (\$2.50) 1:00 <a href="#">Swim/Aqua jog</a> at Pioneer (\$3.50) 1:00 <a href="#">Gardening Group</a> 1:00 <a href="#">Music Group</a> 1:00 <a href="#">Mosaics</a> (\$4.00 plus cost of board) 1:30 <a href="#">Cooking for One</a> – Apricot Chicken. Bring 1 large boneless chicken breast and (\$1.00) Bookings by 10am</p> 	<p><b>24</b> 10:00 <a href="#">Gym Group</a> – bring a towel (\$4.00) 10:30 <a href="#">Writers and Book Group</a> – Visit Brighton Library and optional café visit. Bring \$\$ 12:30 <a href="#">Lunch</a> (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 <a href="#">Craft</a> – Decorative Leadlight Jars (\$2.50) 1:30 <a href="#">Table Tennis</a> (\$1.00) 5:00 Dinner at Pineacres Restaurant (Meals from \$20)</p> 	<p><b>25</b> 10:00 <a href="#">Walking Group</a> 10:00 <a href="#">Art with Karen</a> (\$2.50) 10:30 <a href="#">Meals on Wheels</a> 12:30 <a href="#">Budget Lunch</a> – Hearty Casserole with mashed potato and dessert (\$4.50). Bookings by 10am 1:00 <a href="#">Golf Afternoon</a> (\$6.00) 1:15 <a href="#">Member Staff Liaison Meeting</a> 2:00 <a href="#">Stone Carving</a> (\$3.50) 2:00 <a href="#">Swim/Relax</a> at Taioira QEII (\$3.50)</p> 	<p><b>26</b> 9:30 <a href="#">Tramp</a> - Banks Peninsula Mystery Tramp (See Chris or Di for details) 10:00 <a href="#">Open Craft</a> 11:00 <a href="#">Meditation</a> 1:30 <a href="#">Open House afternoon</a> - Invite your family/whanau, friends or other support people</p> 
<p><b>29</b> 10:00 <a href="#">Coffee Morning</a> 10:30 <a href="#">Open Craft</a> 10:00 <a href="#">Women's Group</a> – Day trip to Ashburton including a visit the Elvis Museum (gold coin donation) 1:00 <a href="#">Walking Group</a> 1:00 <a href="#">Christian Fellowship</a> DVD</p> 	<p><b>30</b> 10:00 <a href="#">Art with Selwyn</a> (\$2.50) 1:00 <a href="#">Swim/Aqua jog</a> at Pioneer (\$3.50) 1:00 <a href="#">Gardening Group</a> 1:00 <a href="#">Music Group</a> 1:00 <a href="#">Mosaics</a> (\$4.00 plus cost of board) 1:00 <a href="#">Men's Group</a> – Explore re-opened Evan's Pass Road and coffee (from \$4.00) at a Lyttelton café</p> 	<p><b>31</b> 9:00 Day trip to Hamner (Optional Swim \$10) 10:00 <a href="#">Gym Group</a> – bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 <a href="#">Lunch</a> - Soup and Bread Rolls (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 <a href="#">Documentary Group</a> 1:30 <a href="#">Badminton</a> at Cowles Stadium (\$2.50)</p> 