





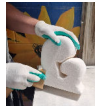






Step Ahead Activities - 167 Stanmore Road - July 2024

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p>1 10:00 Coffee Morning 10:00 NZ Bird Survey (morning session) - survey birds for the NZ Garden Bird Survey - wear warm clothing 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 11:00 Nutrition - let's learn about fats in our diet 1:00 Women's Group - visit local attractions in Kaiapoi 1:00 Walking Group 1:00 NZ Bird Survey (afternoon session) - survey birds for the NZ Garden Bird Survey - wear warm clothing 1:00 Disc Golf with Puriri members at new University course</p>	<p>2</p> <p>Step Ahead Closed for Staff Planning</p> 	<p>3 10:00 Gym Group - bring a towel (\$3) 10:00 Performing Arts - tell your stories through performing arts with Many Hats Theatre 12:30 Lunch - Winter Salad and Bread Roll (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:15 Badminton at Badminton Canterbury (\$2) 1:30 Craft - rock painting (\$2) 1:30 Health Focus Guest Speaker - Support to Stop Smoking and vaping 4:30 Dinner - Veggie Soup & Games (\$4.50)</p>	<p>4 10:00 YMCA Climbing with Puriri members - no experience required (\$5) 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 12:30 Midday Meal - Roast Vegetable Frittata and Dessert (\$4.50) bookings by 10am 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3)</p> 	<p>5 8:30 Tramp - Lake Clearwater, mainly flat/easy tramp with great scenery (talk to Tom or Kaylee for details) 10:00 Music Ensemble - come together to play music. Bring your own instrument if you have one. No experience needed 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes and gumboots</p>
<p>8 9:30 Women's Group - Hanmer Day Trip (optional hot pools \$10) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Walking Group 1:00 Pool/Darts with Puriri members at Richmond Club</p> 	<p>9 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board)</p> 	<p>10 10:00 Gym Group - bring a towel (\$3) 10:00 Performing Arts - tell your stories through performing arts with Many Hats Theatre 10:30 Te Reo Māori - continued practise 12:30 Lunch - Tomato Soup and Bread Roll (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - make a cat/dog felt keyring (\$2) 1:30 Table Tennis with Puriri members (\$1)</p>	<p>11 9:30 Ashburton Art Trip - day trip to Ashburton Art Gallery and op shopping 10:15 Walking Group with Puriri members 10:30 Meals on Wheels - Round 1 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3)</p> 	<p>12 9:45 Young Adults - Catnap Cafe (\$5 to be paid before 5th July) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Walk and Draw at New Brighton Beach - hot drink provided 1:15 Beginners Tramp - Harry Ell track to Sugar Loaf (Port Hills)</p>
<p>15 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - card making (\$2) 1:00 Walking Group</p> 	<p>16 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:15 The Joggers Club - wear warm clothes and sneakers, bring drink bottle 1:30 Cooking for One - The Very Best Crustless Quiche - bring 1 cup grated cheese and (\$1), bookings by 10am</p>	<p>17 9:45 Performing Arts - tell your stories through performing arts with Many Hats Theatre (off site) 10:00 Gym Group - bring a towel (\$3) 10:00 Tūranga/Christchurch Library - Mobile Tech e Support 12:30 Lunch - Winter Salad and Bread Roll (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - make a magic colour changing card (\$2) 1:15 Badminton at Badminton Canterbury (\$2) 1:30 Sign Language - continued practise 5:00 Dinner at Chihwahwah Mexican (meals from \$22)</p>	<p>18 9:00 Men's Group - Day Trip to Roger Mahan Heritage Centre in Geraldine - bring lunch (\$5) 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 12:30 Midday Meal - Beef Stroganoff and Dessert (\$4.50) bookings by 10am 1:15 Member Staff/Liaison Meeting 2:00 Stone Carving (\$3) 2:00 Mosaics (\$4 plus cost of board) 2:00 Swim/Relax at Taioira QEII (\$3)</p> 	<p>19 8:30 Tramp - Woolshed Creek Hut (Mt Somers) Moderate/Challenging tramp (talk to Tom or Kaylee for details) 10:00 Music Ensemble - come together to play music. Bring your own instrument if you have one. No experience needed 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes and gumboots</p>
<p>22 10:00 Coffee Morning 10:00 Map Skills/Navigation - day session. Putting new skills to use - wear warm clothes and walking shoes. Bring lunch and water 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - makeup lesson with Joanna, beginner session - limited to 6 members (\$5) 1:00 Walking Group</p>	<p>23 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Functional Fitness - bring a drink bottle and towel (workout is 25-30 min)</p> 	<p>24 9:45 Performing Arts - tell your stories through performing arts with Many Hats Theatre (off site) 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - continued practise 12:30 Lunch - Vegetable Soup and Bread Roll (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 All About Natives - tour of Styx River, learn about natives and their medicinal uses 1:00 Craft - make a small rag rug (\$2) 1:30 Table Tennis with Puriri members (\$1) 4:30 Dinner - Chilli Con Carne & Quiz (\$4.50)</p>	<p>25 9:00 Day Cycle at Hanmer Springs - forest cycling tracks (max 6 members) 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3)</p> 	<p>26 9:30 Young Adults Day Trip to Hanmer Springs (Optional hot pools \$10) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Mid-Winter Swim - free entry to He Puna Taimoana Hot Pools after our plunge 12:15 Sewing with Petra (\$2) 1:00 Nature Group - explore Ōruapaeroa - Travis Wetlands, wear sturdy shoes</p> 
<p>29 10:30 Day Trip to Methven with Rangiora members - Opuke Hot Pools (\$15) - Payment needed by the 22nd July 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - Op shopping in Hornby 1:00 Walking Group with Puriri members</p>	<p>30 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Cooking for One - One Pan Mexican Quinoa - bring 1 can of black beans and (\$1), bookings by 10am</p> 	<p>31 10:00 Performing Arts - tell your stories through performing arts with Many Hats Theatre 10:00 Gym Group - bring a towel (\$3) 12:30 Lunch - Winter Salad and Bread Roll (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 CoCA and Museum - visit Centre of Contemporary Art Pop-Up Museum and the Arts Centre 1:15 Badminton at Badminton Canterbury (\$2) 1:30 Sign Language - continued practise 5:00 Dinner - Cabbage Chow Mein Noodles & Karaoke (\$4.50)</p>	<p>Wednesday Evening Activities</p> <p>3rd Veggie Soup & Games 10th No Evening Meal 17th Chihwahwah Mexican 24th Chilli Con Carne & Quiz 31st Chow Mein Noodles & Karaoke</p>	<p>Saturday 27th July</p> <p>Come for a walk and a hot drink with Rangiora members at Victoria Park in Rangiora. Meet at Stanmore at 10am</p>

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