










# Step Ahead Stanmore - Hūrae / July 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p><b>Mid Winter Dinner</b></p> <p>Wednesday 15th July Pay to book by 8th July (\$10)</p> 	<p>Bookings for July open on Monday 22nd June at 9am</p> <p>Bookings for August open Monday 20th July at 9am</p> <p>Parkrun at Hagley Saturday 25th</p> 	<p>1</p> <p>10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's happening in the community this month 12:30 Lunch - Vegetarian Yellow Thai Curry with Brown Rice \$3.50 1:00 Mindfulness &amp; Meditation 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 1:30 Health Focus - Fall Prevention 4:30 Dinner and Board Games - Cheese Burgers - Cheese \$4.50</p> 	<p>2</p> <p>10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:00 Brew with a View - socialise with a cuppa 10:00 Volunteer at Rosewood Lifecare 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Potato, Leek and Mushroom Soup \$3.50 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Young Adults Lino Cut Printing at Puriri - book with Puriri and make your own way there 1:00 Chess and Checkers - learn to play 1:30 Swim/Aqua Jog at Taiora QE11</p>	<p>3</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Tramp - Waimakariri Walkway (easy/moderate). Return by 3pm 10:30 Open Craft - bring your own project 10:30 Music Ensemble - play musical instruments 12:30 Sewing - bring your own projects \$2.00 1:00 Nature Group Documentary "Big Cats 24/7" 1:15 Volunteer at Willowbank - wear closed toe shoes</p> 
<p>6</p> <p>9:30 Thrive 2026 Inspiring Talks - In the Mood to Thrive 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group Open Craft - bring your own project</p> 	<p>7</p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Chair Yoga - at Climate Action Campus \$3.00</p> 	<p>8</p> <p>10:00 Gym at Parakiore 10:00 Maths and Science - static electricity 10:00 Rainbow Group - upcycle a jacket \$2.00 12:30 Lunch - Warm Rice and Barley Salad with Chicken \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - Copper Rings - make a woven copper ring \$2.00 1:00 Visit Art Gallery Te Puna o Waiwhetū 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Language and Culture at Puriri - transport provided 4:30 Dinner &amp; Crosswords/Puzzles - Veggie Soup - Veggie Soup \$4.50</p>	<p>9</p> <p>10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Tech Group - bring a question 10:00 Golf Driving Range at Ferrymead Golf \$6.00 10:00 Learn the Ukulele - beginners welcome 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Young Adults (18-35yrs) - Matariki Activities - Matariki art, colouring and puzzles</p>	<p>10</p> <p><b>Step Ahead Closed for Matariki</b></p> 
<p>13</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:00 Guest Speaker at Puriri - Employment, Training and Upskilling - make your own way there 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - stroll along the Kaiapoi River &amp; visit the library followed by a cuppa</p>	<p>14</p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Cooking on a Budget - see app for details \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Mosaics - create decorative artworks \$4.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga - at Climate Action Campus \$3.00</p>	<p>15</p> <p>1:00 Craft - Embroidery - learn embroidery, try new stitches \$2.00 1:30 Ten Pin Bowling - staff versus member challenge \$5.00 1:30 Health Focus Series - Cancer Society 4:30 Mid Winter Dinner at Richmond Club - pay to book by 8th \$10.00</p> <p><b>Step Ahead Closed until 12:30pm</b></p>	<p>16</p> <p>10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:30 Deliver Meals on Wheels - rounds 1 and 2 10:30 Young Adults Clip 'n Climb - fun indoor climbing \$8.00 12:30 Lunch - Vegetarian Shepherd's Pie \$3.50 1:15 Member/Staff Liaison Meeting 2:00 Mosaics - create decorative artworks \$4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 Singing for Wellbeing - gather to sing for joy</p>	<p>17</p> <p>8:00 Tramp - Mt Herbert Walkway (moderate/challenging) Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Scenic Walk along the Sumner Esplanade - followed by a cuppa 1:15 Volunteer at Willowbank - wear closed toe shoes</p>
<p>20</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Ten Pin Bowling \$5.00 1:00 Craft - Felting (session 1) - part one \$2.00 1:00 Hempcrete Workshop - hands-on workshop working with hempcrete</p> 	<p>21</p> <p>1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga - at Climate Action Campus \$3.00</p> <p><b>Step Ahead Closed until 12:30pm</b></p>	<p>22</p> <p>10:00 Gym at Parakiore 10:00 Maths and Science - never-ending mathematical patterns 10:00 Outdoor Skills - snow safety 10:00 Men's Group - Lawn Bowls - social game of bowls at Parklands Bowling Club 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Quinoa &amp; Broccoli Salad with Chicken \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - Felting (session 2) - part two \$2.00 1:00 Orienteering at Victoria Park - map reading &amp; navigation 1:00 Urban Biking with a Cycle Coach - confidence lessons (1/3) 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00</p>	<p>23</p> <p>9:30 Mid-Winter Sea Swim - free entry to He Puna Taimoana Hot Pools for members who swim 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - make your own cleaning products. Bring 3 empty bottles \$3.00 10:00 Learn the Ukulele - beginners welcome 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Tech Group - cybersecurity essentials</p>	<p>24</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Linedancing at Phillipstown Hub - learn the basics \$2.00 10:30 Escape Room at Step Ahead - team puzzle solving game 12:30 Sewing - bring your own projects \$2.00 1:00 Visit the Eco Shop - for craft ideas 1:00 Digital Art - use Canva to create 5:00 Young Adults (18 - 35 yrs) Dinner and Star Gazing - Roast Chicken and Star gazing at the Art Centre - pay by 10th to book \$12.00</p> 
<p>27</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Visit Tūranga Library</p> 	<p>28</p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga - at Climate Action Campus \$3.00</p>	<p>29</p> <p>10:00 Gym at Parakiore 10:00 Rainbow Group - Planning and Feedback - check-in and planning session 10:00 Art Therapy with Sarah \$2.00 10:30 Te Reo Māori - beginners welcome 12:30 Lunch - Pumpkin Soup \$3.50 1:00 Craft - Popsicle Stick Bracelets \$2.00 1:00 Walking Netball at Hagley Courts - at Hagley Courts 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Social Cycle - through the red zone (easy)</p> 	<p>30</p> <p>10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar &amp; Ukulele - play songs together 10:00 Archery - pay by 23rd to book \$10.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Circus Skills at Parakiore - with MOVE at Parakiore \$8.00 1:30 Swim/Aqua Jog at Taiora QE11</p>	<p>31</p> <p>9:00 Tramp - Bowenvale Valley to Sign of the Kiwi (moderate). Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Knitting and Crochet - learn how, or bring your own projects 12:30 Sewing - bring your own projects \$2.00 1:00 Therapy Dog Visit from Max, a Miniature Schnauzer 1:15 Volunteer at Willowbank</p>