





















# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, JUNE 2018

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
				<p>1 9:30 Tramp - Kennedy's Bush Track (See Chris or Di For Details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>4 Queens Birthday Weekend Step Ahead Closed</p> 	<p>5 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 - Low fat Chicken Curry - bring 1 large Chicken Breast - bookings by 10am (\$1.00) 1:00 Holistic Wellness Group</p> 	<p>6 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 Table Tennis at West Hall 1:00 Craft - Teacup Pin Cushion or Bird Feeder (\$2.50) 1:00 Social Group</p> 	<p>7 10:00 Golf Day (\$5.00) 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 QEII (\$3.00)</p> <p>5:00 Dinner at Golden Mile Tavern Templeton (Meals from \$18.50)</p> 	<p>8 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) 1:30 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Board and Word Games 1:00 Walking Group 1:00 Christian Fellowship - DVD afternoon</p> 	<p>12 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 Men's Group - Christchurch Op Shopping</p> 	<p>13 9:30 Day Trip to Hanmer (optional swim \$10) 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Write alternative endings for short stories 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch and discuss 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Pasta Bake, veggies, dessert and DVD night at Stanmore (\$4.50)</p> 	<p>14 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Chicken, veggie's and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Guest Speaker - Sign Language 1:30 Swim/Relax at QEII (\$3.00)</p> 	<p>15 9:30 Tramp - Wharfedale Track from View Hill carpark (See Chris or Di for details) 10:00 Open Craft 10:00 Meditation at the Marshland Road Thai Buddhist Temple 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>18 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at Brighton Pierside Restaurant. (Meals from \$16.00) 1:00 Walking Group</p> 	<p>19 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 - Chicken Flavoured Potato Patties - bring 3 medium potatoes - bookings by 10am (\$1.00)</p> 	<p>20 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 - Sew pin cushions and finish decorating teacups (\$2.50) 1:00 Table Tennis at West Hall</p> 	<p>21 9:30 Men's Group - Trip to Akaroa 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 QEII (\$3.00)</p> <p>5:00 Dinner at the Rose and Thistle (Meals from \$14.50)</p> 	<p>22 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 12:00 Mid-Winter Lunch at The Garden Hotel Bookings by Friday 15th June and payment in advance appreciated (\$18.00) 1:30 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>25 9:30 Women's Group - Day Trip to Hanmer (optional swim \$10) - bring your own lunch 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Walking Group 1:00 Christian Fellowship - DVD afternoon</p> 	<p>26 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) 3:00 Peer Support Supervision</p> 	<p>27 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Study work of American author John Steinbeck 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch &amp; discuss 1:15 Nutritionist (Dietary Advice) 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Self Crusting Quiche, veggies, dessert and Karaoke at Stanmore (\$4.50)</p> 	<p>28 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon &amp; Egg Pie, coleslaw and dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$5.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at QEII (\$3.00)</p> 	<p>29 9:00 Tramp - Bealey Spur (See Chris or Di for Details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 