




















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

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, JUNE 2019

<p>Mahe Monday</p>	<p>Turei Tuesday</p>	<p>Wenerei Wednesday</p>	<p>Tatte Thursday</p>	<p>Paraire Friday</p>
<p>3</p> <p>Step Ahead Closed Queens Birthday</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group – Watch You Tube videos on Health, Science, Nutrition, and discuss.</p> 	<p>5 10:00 Gym Group – bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>6 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Golf Afternoon (\$6.00) 1:00 Learn self-massage techniques 1:30 Swim/Relax at Taioara QEII (\$3.50)</p>  <p>5:00 Quiz night - Quiche, veggies and dessert (\$4.50)</p>	<p>7 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>10 10:00 Coffee Morning 10:30 Open Craft 10:30 Women's Group Day Trip to Oxford. Visit museum (gold coin donation) craft shops, café etc. 11:00 Nutritionist (Dietary Advice) 1:00 Walking Group</p> 	<p>11 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Chicken Potpie - bring 1 large chicken breast and (\$1.00). Bookings by 10am</p> 	<p>12 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Second Hand Book shopping 12:30 Lunch (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 Craft – Making Pot Pourri (\$2.50) 1:30 Table Tennis (\$1.00)</p>  <p>5:00 Dinner at New Brighton Club (Meals from \$13.00)</p>	<p>13 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Pulled Pork Sliders with coleslaw, baked potato and dessert (\$4.50) – Bookings by 10am 1:00 Stone Carving (\$3.50) 1:30 Guest Speaker – Public Trust - making a will, power of attorney etc. 1:30 Swim/Relax at Taioara QEII (\$3.50)</p> 	<p>14 9:00 Tramp - Hogs Back Track Craigieburn Range. (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>17 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – DVD afternoon. Bring a DVD for the group to choose from 1:00 Walking Group</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>19 10:00 Gym Group – bring a towel (\$4.00) 10:30 News and Views Discussion Group 10:30 Card Craft (\$2.50) 12:30 Lunch (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>20 9:00 Men's Group Trip to Ashburton Aviation Museum (\$6.00) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Learn self-massage techniques 1:30 Swim/Relax at Taioara QEII (\$3.50)</p>  <p>5:00 DVD night - Chicken, veggies & dessert (\$4.50)</p>	<p>21 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 12:00 Mid-Winter Lunch at Richmond Club. Bookings by Tuesday 18th June and payment in advance appreciated (\$20). Followed by entertainment. 1:30 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>24 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group – Lunch at Asian Restaurant and Riccarton walk. Meals from (\$13.00) 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>25 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Zucchini & Cheese Bake - bring 1 small pottle of plain yoghurt and 2 small zucchinis (\$1.00). Bookings by 10am</p> 	<p>26 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Read, discuss and write poetry 12:30 Lunch (\$2.50) 1:00 Mini Golf at Ferrymead (\$5.00) 1:00 Craft – Pamper Day – Foot spa, Facial & Nail care (\$2.50) 1:30 Table Tennis (\$1.00)</p>  <p>5:00 Dinner at Kaiapoi Club (Meals from \$14.00)</p>	<p>27 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Healthy Sausage Rolls, roast veggies and dessert (\$4.50) – Bookings by 10am 1:00 Golf – Ferrymead Driving Range (\$6.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioara QEII (\$3.50)</p> 	<p>28 9:00 Tramp - Mt Herbert from Diamond Harbour. (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 