

# Step Ahead Stanmore - Hune / June 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p><b>1</b></p> <p><b>Step Ahead Closed for Kings Birthday</b></p> 	<p><b>2</b></p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 12:45 Gardening &amp; Plant Swap at Puriri - transport provided 1:00 Music Videos - enjoy different music genres 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><b>3</b></p> <p>9:30 Thrive 2026 Inspiring Talks - Food to Thrive 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's happening in the community this month 10:30 Te Reo Māori - beginners welcome 12:30 Lunch - Minestrone Soup \$3.50 1:00 Decoupage a tin can to make a plant pot \$2.00 1:00 Mindfulness &amp; Meditation - at St. Ninian's Hall \$3.00 1:30 Health Focus Series - support services at The Loft 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 4:30 Dinner and Karaoke - Roast Pumpkin Soup \$4.50</p>	<p><b>4</b></p> <p>10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:00 Golf Driving Range at Ferrymead Golf \$9.00 10:00 Volunteer at Rosewood Lifecare 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Warm Kumara, Leek and Lentil Salad \$3.50 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Young Adults Craft at Puriri - wire balloon garden decor, make your own way there \$2.00 1:00 Chess and Checkers - learn to play 1:30 Swim/Aqua Jog at Taiora QE11</p>	<p><b>5</b></p> <p>8:00 Tramp - Coopers Knob to Sign of the Takahe (moderate/challenging) 10:00 Coffee Morning - socialise and have a cuppa 10:00 Music Ensemble - play musical instruments 10:30 Open Craft - bring your own project 12:30 Sewing - make a bowl cosy \$2.00 1:00 Board Games - choose your favourite! 1:15 Volunteer at Willowbank - wear closed toe shoes</p> 
<p><b>8</b></p> <p>10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Piano Concert with Gracie</p> 	<p><b>9</b></p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Art Room Working Bee 1:00 Music Videos - enjoy different music genres 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga - at Climate Action Campus \$3.00</p> 	<p><b>10</b></p> <p>10:00 Art Therapy with Sarah \$2.00 10:00 Gym at Parakiore 10:00 Maths and Science - gravity defying structures 10:00 Walking Netball at Hagley Courts 12:30 Lunch - Egg Sandwiches \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - make lavender bags for charity 1:00 Visit the Westpac Air Rescue Helicopter Hanger 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 4:30 Dinner and Stargazing - Roast Veggie Wraps and Stargazing at Oxford Observatory. Pay to book by 3rd \$12.50</p>	<p><b>11</b></p> <p>10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Basic Bike Maintenance - bring a bike if you have one 10:00 Learn the Ukulele - beginners welcome 10:30 Deliver Meals on Wheels - rounds 1 and 2 10:45 Young Adults - Catnap Cafe \$5.00 1:00 Earth Building Co-Design - learn about sustainable earth building 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Rainbow Group - walk with therapy dog 1:30 Swim/Aqua Jog at Taiora QE11</p> 	<p><b>12</b></p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Pictionary - word guessing game 10:30 Inspirational Talk - Abel Tasman Trip recap 12:00 He Puna Taimoana Hot Pools \$5.00 12:30 Sewing - bring your own projects \$2.00 1:00 Beginners Tramp - start of Kennedys Bush Track (moderate gradual climb). Return by 4pm</p>
<p><b>15</b></p> <p>10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Day Cycle - Te Ara Ōtākaro Avon River Trail (20km) Return by 3pm 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - New Brighton Library and stroll on the Pier</p>	<p><b>16</b></p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - visit Porstone Garden Centre 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>17</b></p> <p>10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 Te Reo Māori - beginners welcome 12:30 Lunch - Vegetable Rosti \$3.50 1:00 Craft - embroidered cards \$2.00 1:00 Mindfulness &amp; Meditation - at Climate Action Campus \$3.00 1:30 Health Focus Series - Diabetes 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 5:00 Dinner at Mosaic by Simo (mains from \$18)</p>	<p><b>18</b></p> <p>9:45 Dance Fitness - wear comfortable clothes \$3.00 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:00 Young Adults - fun team building games 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Vegetarian Pasta Bake \$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 2:00 Documentary Group watch "Beyond Matariki"</p>	<p><b>19</b></p> <p>9:00 Tramp - Ashley Gorge Waterfall Track (moderate) Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Brew with a View at Victoria Park 1:15 Volunteer at Willowbank - wear closed toe shoes</p> 
<p><b>22</b></p> <p>10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Nail Art \$2.00</p> 	<p><b>23</b></p> <p>1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy &amp; 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><b>Step Ahead Closed until 12:30pm</b></p>	<p><b>24</b></p> <p>10:00 Art Therapy with Sarah \$2.00 10:00 Gym at Parakiore 10:00 Maths and Science - make a fabric balloon ball 10:00 Outdoor Skills - shop for second-hand gear. Bring \$\$ 10:30 Topic Discussion Group with Annie - use Intentional Peer Support to guide us 12:30 Lunch - Pumpkin Soup \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - fabric photo board \$2.00 1:00 Orienteering at the Groynes 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 4:00 Young Adults Dinner and Hot Pools - pay to book by 15th \$10.00</p>	<p><b>25</b></p> <p>10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - watch "Living the Change" documentary 10:00 Archery - pay to book by 18th \$10.00 10:00 Learn the Ukulele - beginners welcome 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Intentional Peer Support (IPS) Overview 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 - tips to stop scrolling</p> 	<p><b>26</b></p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Indoor Bouldering at Uprising \$5.00 10:30 Open Craft - bring your own project 10:30 Play Ti Rākau - Māori music and rhythm game 12:30 Sewing - bring your own projects \$2.00 1:00 Card Games - Uno, SkipBo, Five Crowns etc 1:00 Therapy Dog Visit from Max, a Miniature Schauzer</p> 
<p><b>29</b></p> <p>10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Guided tour of Christchurch Art Gallery Te Puna o Waiwhetū</p>	<p><b>30</b></p> <p>10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 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>Bookings for June open on Monday 25th May at 9am</b></p>	<p><b>Parkrun at Hagley Saturday 20th &amp; 27th</b></p>	