



## June News and Programmes

### Julie's News

Arriving back at work in Stanmore Road recently felt really good. I hope members have been feeling like this too. It's been great to be able to chat with members and staff alike. If you haven't been in yet please drop by to one of our coffee mornings to say hello and see how cosy and welcoming the place feels.

If you don't feel like calling in yet please join one of our online Zoom sessions so you can touch base with what is happening at Step Ahead. Our next two weeks programming is with this mail out.

With the community opening up again we will be too, hopefully as this goes to print, we will hear that the Government is allowing larger groups to get together and then we can also bring back more choices.

I do have one sad piece of news. Janice Bremer, our lovely Nutritionist passed away unexpectedly on 15<sup>th</sup> May. If you have been reading our email Newsletters during lockdown you will know that Janice contributed to those regularly. Her advice and guidance around food was always sensible and achievable. Janice also took a monthly group at Stanmore Road. She always had such good down to earth advice and was popular with the attendees. We will miss her and send our condolences to her family.

We will publish another programme in two weeks and then all going well will have a full month's programme available in July again.

### Hello from Di

As I write we've had our first week of members returning to Step Ahead activities. How good it's been to be back to doing the things we enjoy and seeing one another again. You will see that the enclosed programme is for the first two weeks of June and that there are more activity options than we've had for the last two weeks in May. Some of the start times might be different than usual so take a close look. The aim is to make sure that not too many members arrive at the same time so that we can keep our physical distancing. Once we are advised by the government of a move to level one we'll be able to plan a full month of activities for all bases.

Staff are enjoying seeing you all again. For those of you who have not yet ventured back, hope to see you soon.



You must book in for every activity at all bases as there will be limits on the number of people who can attend each group.

You must not turn up if you have not booked in.

Look out below for discounted activity costs on this programme.

## Rural Programme

**Rangiora Monday June 1<sup>st</sup> - Queen's Birthday - Step Ahead Closed**

**Rangiora Wednesday June 3<sup>rd</sup>**

10:00 Coffee Morning	10:30 Open Craft / Word Finds / Mandala Art	1:00 Walk from venue
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**Ashburton Friday June 5<sup>th</sup>**

10:00 Coffee Morning	10:30 Board Games / Open Craft	1:00 Fun Quiz
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**Rangiora Monday June 8<sup>th</sup>**

10:00 Coffee Morning	10:30 Open Craft	1:00 Walk from venue
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**Rangiora Wednesday June 10<sup>th</sup>**

10:00 Coffee Morning	10:30 New and Views	1:00 Board Games / Cards
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**Ashburton Friday June 12<sup>th</sup>**

10:00 Coffee Morning	10:30 Craft (\$2.50)	1:00 Book Group
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**Bookings are essential!! Please call 0800 688 732 or text 022 173 1673**

## Zoom Programme

**Monday June 1<sup>st</sup> - Queen's Birthday - Step Ahead Closed**

**Tuesday June 2<sup>nd</sup> - Friday June 12<sup>th</sup>**

10:00-10:30 Coffee Morning

<https://zoom.us/j/966476203>

Meeting ID 966 476 203

Details for these activities are on [www.stepahead.org.nz](http://www.stepahead.org.nz) or our facebook page



# Stanmore Programme

## Monday June 1<sup>st</sup> - Queen's Birthday - Step Ahead Closed

### Tuesday June 2<sup>nd</sup>

10:00 Art with Selwyn (\$2.00)	1:00 Swim / Aquajog at Pioneer (\$3.00) 1:00 Music Group	1:00 Mosaics (\$2.50 plus cost of board)
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### Wednesday June 3<sup>rd</sup>

10:00 Gym Group – bring a towel (\$2.50) 10:30 Writers and Book Group - Ethnic Short Story read, discuss and write your own	1:00 Ten Pin Bowling (\$4.00) 1:30 Documentary Group (watch & discuss)	1:00 Craft Group - Mixed media (\$2.00)
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### Thursday June 4<sup>th</sup>

10:00 Walking Group 10:00 Art with Karen (\$2.00) 10:30 Meals on Wheels	1:00 Swim/Relax at Taiora QEII (\$3.00) 1:30 Stone Carving (\$2.50)	1:00 Mosaics (\$2.50)
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### Friday June 5<sup>th</sup>

10:00 Tramp – Brooklands Lagoon / Spencer Park 10:00 Open Craft 11:00 Meditation	1:00 Open Craft / Knitting 1:00 Walking Group	2:00 Christian Fellowship
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### Monday June 8<sup>th</sup>

10:30 Open Craft	1:00 Walking Group	1:00 Women's Group – Kedi – a beautiful movie about street cats in Istanbul
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### Tuesday June 9<sup>th</sup>

10:00 Art with Selwyn (\$2.00)	1:00 Swim / Aquajog at Pioneer (\$3.00) 1:00 Music Group	1:00 Mosaics (\$2.50)
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### Wednesday June 10<sup>th</sup>

10:00 Gym Group – bring a towel (\$2.50) 10:00 News and Views Discussion Group	1:00 Ten Pin Bowling (\$4.00) 1:30 TED Talks – you choose the topic	1:00 Craft – Decoupage (\$2.00)
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### Thursday June 11<sup>th</sup>

10:00 Walking Group 10:00 Art with Karen (\$2.00) 10:30 Meals on Wheels	1:00 Swim / Relax at Taiora QEII (\$3.00) 1:30 Walking Group	1:00 Mosaics (\$2.50) 1:30 Stone Carving (\$2.50)
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### Friday June 12<sup>th</sup>

10:00 Open Craft 11:00 Meditation	1:00 Open Craft / Knitting 1:00 Walking Group	2:00 Christian Fellowship
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**Bookings are essential!! Please call 0800 688 732 or text 022 173 1673**

# Puriri Programme

## Monday June 1st - Queen's Birthday - Step Ahead Closed

### Tuesday June 2<sup>nd</sup>

9:30 Coffee Morning  
10:00 Walking Group

12:00 Bring your own lunch

1:00 Ten Pin Bowling (\$4.00)  
1:15 Swim / Aquajog at Pioneer (\$3.00)

### Wednesday June 3<sup>rd</sup>

9:30 Coffee Morning  
10:00 Tai Chi (\$2.50)  
10:00 Crochet and Knitting (\$2.00)  
10:00 News and Views Discussion Group

12:00 Bring your own lunch

1:00 Technology Group  
1:00 Craft - Fimo clay modelling (\$2.00)

### Thursday June 4<sup>th</sup>

9:30 Coffee Morning  
10:00 Walking Group  
10:30 Meals on Wheels

12:00 Bring your own lunch

1:00 Women's Group – Mandala colouring and cuppa  
1:00 Board games / Housie

### Friday June 5<sup>th</sup>

9:30 Coffee Morning  
10:00 Craft - Glass Painting Decoration (\$2.50)  
10:00 Exercise at Puriri

12:00 Bring your own lunch

1:00 Open Craft  
1:30 Walking with Stanmore members

### Monday June 8<sup>th</sup>

9:30 Coffee Morning  
10:00 TED Talks – you choose the topic  
10:00 Indoor Bowls

12:00 Bring your own lunch

1:00 Fun Quiz  
1:00 Walking Group

### Tuesday June 9<sup>th</sup>

9:30 Coffee Morning  
10:00 Mosaics (\$2.50 plus cost of board)

12:00 Bring your own lunch

1:00 Ten Pin Bowling (\$4.00)  
1:15 Swim/Aquajog at Pioneer (\$3.00)

### Wednesday June 10<sup>th</sup>

9:30 Coffee Morning  
10:00 Tai Chi with Mike (\$2.50)  
10:00 Art with Karen (\$2.00)  
10:30 Meals on Wheels

12:00 Bring your own lunch

1:00 Mosaics (\$2.50 plus cost of board)  
1:00 Music Appreciation

### Thursday June 11<sup>th</sup>

9:30 Coffee Morning  
10:00 Walking Group  
10:00 Quiz / Word Games

12:00 Bring your own lunch

1:00 Gardening Group  
1:00 Documentary Group (watch & discuss)  
1:00 Meditation

### Friday June 12<sup>th</sup>

9:30 Coffee Morning  
10:00 Craft - Creative Bookmarks (\$2.50)  
10:00 Exercise at Puriri

12:00 Bring your own lunch

1:00 Outing to Turanga Library  
1:00 Beginners Tramp (flat)

**Bookings are essential!! Please call 0800 688 732 or text 022 038 3721**