























# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MARCH 2017

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Online stories - read, discuss, write 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Op shopping for supplies 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>2 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 Pioneer (\$3.00)</p>  <p>5:00 Dinner and DVD at Stanmore Road (\$4.50)</p>	<p>3 9:00 Tramp - Bealey Spur (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc.) 1:15 Exercise in the park 2:00 Christian Fellowship Group</p> 
<p>6 9:30 Women's Group Day Trip to Akaroa 10:00 Coffee morning - Pikelets (\$1.50) 10:00 <b>100K Challenge</b> at Halswell Quarry with West and Rangiora members -bring your own lunch. See newsletter for details 10:30 Open Craft 1:00 Walking Group 1:00 Prayer Group</p> 	<p>7 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Drama Group</p> 	<p>8 10:15 Gym at Redwood (\$3.00) 10:30 Discussion Group - News &amp; Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Tennis</p> 	<p>9 10:00 Men's Group - Ferrymead mini golf (\$5.00) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Cricket in the park with West</p> 	<p>10 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 1:00 Garden Working Bee followed by afternoon tea 2:00 Christian Fellowship Group 5:00 Outdoor Cinema at Arts Centre (Bring your own dinner)</p> 
<p>13 10:00 Coffee morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch and Pool at Leithfield Pub (Meals from \$14) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>14 9:30 20's &amp; 30's Group Day Trip to Geraldine Vintage Car &amp; Machinery Museum. (\$7.50) 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Cooking for One - Broccoli &amp; Carrot Bake - bring ½ cup of broccoli florets (\$1.00) 1:00 Drama Group</p> 	<p>15 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Writing exercises and quiz 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Visit Worcester Boulevard Art/Craft Market for ideas 1:00 Table Tennis at West Hall</p> 	<p>16 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 Pioneer (\$3.00)</p>  <p>5:00 Dinner and Quiz Night at Stanmore Road (\$4.50)</p>	<p>17 9:00 Tramp - Awa Awa Reserve (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc.) 1:00 Garden Working Bee followed by afternoon tea 2:00 Christian Fellowship Group</p> 
<p>20 10:00 Coffee morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk and cuppa at Airport Lakes 1:00 Walking Group 1:00 Prayer Group</p> 	<p>21 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Drama Group 3:00 Peer Support Supervision</p> 	<p>22 10:00 Jet Boating - Waimakariri River (\$15.00) BYO lunch 10:15 Gym at Redwood (\$3.00) 10:30 Discussion Group - News &amp; Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling - Stanmore versus West (\$5.00) 5:00 Dinner at Racecourse Hotel (Meals from \$14.00)</p> 	<p>23 9:00 Men's Group Day Trip to Kaikoura 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold meat, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>24 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing (\$2.50 for materials etc.) 1:00 Garden Working Bee followed by afternoon tea 1:15 Urban Bike Ride (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>27 10:00 Coffee morning - Savouries (\$1.50) 10:30 Open Craft 12:30 Women's Group - Classic Movie at Brighton Museum (\$2.00) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>28 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.50 plus cost of board) 1:00 Cooking for One - Savoury Bread Cases - bring 3 slices of bacon (\$1.00) 1:00 Drama Group</p> 	<p>29 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Visit Chertsey Book Barn, BYO lunch 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Decoupage Furniture (\$2.50) 1:15 Dietitian 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>30 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, salad &amp; dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 	<p>31 9:00 Tramp - Lake Rubicon - Springfield (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 1:00 Garden Working Bee followed by afternoon tea 1:15 Exercise in the park 2:00 Christian Fellowship Group</p> 