



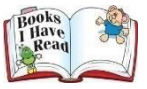


















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MARCH 2018

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 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 Jellie Park (\$3.00) 1:00 Golf Afternoon (\$5.00)</p> 	<p>2 10:00 Open Craft 10:30 Day Out - Lake Roto Kohatu with West and Ashburton members - Canoeing, walking, and relaxing (canoe hire \$2.50) 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk and coffee at Governors Bay (bring \$\$) 1:00 Walking Group 1:00 Christian Fellowship Group DVD afternoon</p> 	<p>6 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group</p> 	<p>7 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - 2nd hand shopping at Chertsey Book Barn. Bring your own lunch 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Tennis 1:00 Documentary Group - watch and discuss</p> 	<p>8 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 Jellie Park (\$3.00)</p>  <p>5:00 Dinner at Leithfield Hotel (Meals from \$14.00)</p>	<p>9 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>12 10:00 Coffee Morning - Savouries (\$1.50) 10:00 Women's Group - Day out to Oxford and Ashley Gorge. Bring your own lunch 10:30 Open Craft 1:00 Walking Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Sausage and Spinach Spaghetti - bring 2 sausages (\$1.00) 1:00 Men's Group visit to Air Force Museum</p> 	<p>14 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 - Op shopping for supplies and planning meeting. Bring \$\$, Return by 4pm 1:00 Table Tennis at West Hall 1:00 Social Group 5:00 Dinner and Quiz night at Stanmore (\$4.50)</p> 	<p>15 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Jellie Park (\$3.00) 1:30 Guest Speaker - Refresher course - The Road Code. (Gold coin donation) 1:30 Cricket in the Park with West</p> 	<p>16 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) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee Morning -- Crumpets & honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Movie afternoon 1:00 Walking Group</p> 	<p>20 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 3:00 Peer Support Supervision</p> 	<p>21 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Read, discuss and write letters to the Editor 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch & discuss 1:00 Social Group 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>22 9:00 Men's Group Day trip to Okains Bay, Banks Peninsula 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 Jellie Park (\$3.00) 5:00 Dinner at Papanui Club (Meals from \$12.50)</p> 	<p>23 9:00 Tramp - Rakaia Walkway (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>26 10:00 Coffee Morning - Hot Cross Buns (\$1.50) 10:00 100K Challenge at Halswell Quarry with West and Rangiora members - bring your own lunch. See newsletter for details 10:30 Open Craft 1:00 Women's Group - Visit Dogwatch - Dog rescue and adoption service (\$2.00) 1:00 Walking Group</p> 	<p>27 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Summer Corn Chowder - bring 2 slices of bacon & 1 can of creamed corn (\$1.00)</p> 	<p>28 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 - Decoupage (\$2.50) 1:15 Nutritionist (Dietary Advice) 1:45 Tennis 5:00 Dinner and DVD night at Stanmore (\$4.50)</p> 	<p>29 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold Meat, Salad and dessert. (\$4.50) Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Jellie Park (\$3.00)</p> 	<p>30 Step Ahead Closed Good Friday</p> 