





















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

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MARCH 2019

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taita Thursday	Paraire Friday
				<p>1 9:00 Tramp - Port Hills. Back by 1:00 pm (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:30 Farwell Function for Helen. Come along to say your good byes and wish her well.</p> 
<p>4 10:00 Coffee Morning 10:30 Open Craft 11:00 Nutritionist (Dietary Advice) 1:00 Women's Group - Flower arranging with Kate 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>5 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - Discussing Health Trends for 2019</p> 	<p>6 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group visit Turanga (City library) 12:30 Lunch (\$2.50) 1:00 Tube Floating down the Styx Stream 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Table Tennis with West at Blenheim Road (\$1.00)</p> 	<p>7 9:00 Men's Group trip to Kaikoura 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Pioneer (\$3.50)</p>  <p>5:00 Karaoke, Pasta Bake, salad and dessert (\$4.50)</p>	<p>8 10:00 Visit to NZ Track & Field Champs at the Nga Puna Wai sports hub. Bring your own lunch 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Coffee at Addington Coffee Co-op. Bring \$\$ 1:00 Walking Group</p> 	<p>12 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Fish Balls - bring 200gm - 300gm tin of fish and (\$1.00)</p> 	<p>13 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 Ten Pin Bowling (\$6.00) 1:00 Craft - Jewellery Making (\$2.50) 1:30 Badminton at Cowles Stadium with West (\$2.50)</p>  <p>5:00 BBQ at the Groynes (\$4.50)</p>	<p>14 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Homemade veggie quiche, salad and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Pioneer (\$3.50)</p> 	<p>15 Tramp to Mt Guy near Lake Clearwater (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>18 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group - Bring your own picnic lunch at Corsair Bay 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>19 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Men's Group Visit the new Turanga City Library</p> 	<p>20 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - childhood recollections, read, discuss and writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:15 Tennis with West at Hagley Park</p> 	<p>21 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 - Mystery location (\$6.00) 1:30 Swim/Relax at Pioneer (\$3.50)</p>  <p>5:00 Quiche, Salad, dessert and Quiz night (\$4.50)</p>	<p>22 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 1:00 Kayak Afternoon on Avon River (\$3.00) 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>25 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - DVD afternoon 1:00 Walking Group</p> 	<p>26 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Baked potatoes - bring 2 medium potatoes and (\$1.00)</p> 	<p>27 9:30 Visit Giants House Mosaics Garden in Akaroa with West members (\$10.00) 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Carry Baskets for Easter Eggs (\$2.50)</p>  <p>5:00 Dinner at Kaiapoi Club (Meals from \$14.00)</p>	<p>28 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 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Pioneer (\$3.50)</p> 	<p>29 Tramp to Three Dean's near Amberley (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 