












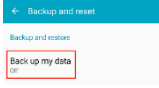










STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, MARCH 2020

| <p>Mane Monday</p> | <p>Turei Tuesday</p> | <p>Weneri Wednesday</p> | <p>Taita Thursday</p> | <p>Paraire Friday</p> |
|--|--|--|--|--|
| <p>2 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian – Making Choices. Pros and Cons of reading labels for best results or simply comparing labels 11:30 Women's Group – Bring your own picnic lunch at Orton Bradley Park 1:00 Walking Group</p>  | <p>3 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group – Making Red Cabbage Pickle – bring \$2 and a jar</p>  | <p>4 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Short Stories: Read and Discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Easter Lace Baskets (\$2.50) 1:30 Badminton with Puriri members at Badminton Canterbury (\$2.50) 5:00 Dinner Tai Tapu Hotel (meals from \$13.00)</p>  | <p>5 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:00 Men's Group – visit Kaiapoi Men's Shed 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Yoga/Meditation/Relaxation</p>  | <p>6 10:00 Open Craft 10:30 Tubing down Avon – bring a change of clothes and towel 11:00 Meditation – Focus on Chakra Meditation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>9 10:00 Coffee Morning 10:00 100km challenge at Halswell Quarry with Rangiora and Puriri members 10:30 Open Craft 1:00 Women's Group – Visit Barrington Oderings Garden Centre and café (optional) 1:00 Walking Group – Halswell Quarry for 100km challenge</p>  | <p>10 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Sweet Chilli Chicken, Tomato and Corn Salad- bring one (small) chicken breast and \$1.00, bookings by 10am</p>  | <p>11 9:30 Volunteer Group – Mini Ha Ha Horse Haven 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 Documentary Group - watch & discuss 1:00 Guest Speaker - Police Dog Handler with his Black Labrador "Milo" 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Dinner and Board Games. Chicken, salad and dessert (\$4.50)</p>  | <p>12 9:00 Tramp – Overnight trip to Hawdon Hut 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Vegetable Lasagne, Salad and Dessert (\$4.50) – bookings by 10am 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Yoga/Meditation/Relaxation 2:00 Social Enterprise Meeting</p>  | <p>13 10:00 Open Craft 11:00 Meditation Self Guided meditation for relaxation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>16 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Golden Oldies Movie at Brighton (\$2.00) 1:00 Walking Group 1:30 Step Ahead Website Review Meeting</p>  | <p>17 10:00 Art with Selwyn (\$2.50) 11:30 Men's Group - BBQ at Waikuku Beach (\$4.00) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p>  | <p>18 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Combined Short Story writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Continue Easter Lace Baskets (\$2.50) 1:00 Tennis at Hagley Park with Puriri members 5:00 Dinner at Golden Lotus Thai Restaurant (meals from \$17.00)</p>  | <p>19 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Technology Group (how to do back-up of your data, e.g. photos both online and offline) 1:00 Stone Carving (\$3.50) 1:00 Swim/Relax at Taioira QEII (\$3.50)</p>  | <p>20 9:30 Volunteer Group - Collect for the Red Cross Street Appeal 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 10:30 Meditation – Visit Buddhist Temple 1:00 Sewing with Petra (\$1.00) 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p>  |
| <p>23 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Museum visit and café (optional) 1:00 Walking Group</p>  | <p>24 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Courgette Schnitzel Wraps - bring a medium size courgette and \$1.00, bookings by 10am</p>  | <p>25 10:00 Gym Group – bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch with Rangiora members (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group - watch & discuss 1:30 Badminton with Puriri members at Badminton Canterbury (\$2.50) 1:30 Guest Speaker on Epilepsy 5:00 Dinner and DVD. Quiche, salad and dessert (\$4.50)</p>  | <p>26 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Green Pasta, 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 Taioira QEII (\$3.50) 2:00 Yoga/Meditation/Relaxation</p>  | <p>27 9:00 Tramp – Hurunui High Country Track from Island Hill (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation – Self Guided meditation for relaxation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>30 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group – Lunch at Hong Kong Culture Eatery followed by a walk (Meals from \$13.00) 1:00 Walking Group 1:00 Christian Fellowship DVD</p>  | <p>31 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Volunteer Group - SPCA: tasks then time with the animals</p>  | | | |