











Step Ahead Activities – 167 Stanmore Road – March 2024

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
		Wednesday Evening Activities 6th Khmer Cambodian 13th Veggie Pasta and Games 20th NomNom 27th Curry and Karaoke		1 9:00 Tramp - Rakaia Gorge Walkway - moderate tramp (talk to Tom or Kaylee for details) 10:00 Music Ensemble - join together to play music, bring an instrument if you have one 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes and gumboots 1:00 Beginner's Tramp - McIndoe Track - The Willows (flat)
4 9:00 Day Cycle - Rangiora to Waikuku Beach - bring water, lunch and sunscreen (\$2 bike hire) 9:30 Thrive Talks - Thriving in Adversity 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 11:00 Nutrition - planning session with Kaylee 1:00 Women's Group - visit veggie and fruit stores (purchase your produce for the week) 1:00 Walking Group 1:30 Tech Group - talk tech, issues, questions & training (Zoom & in person)	5 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Holistic Wellness - fruit foraging, bring a bag 	6 10:00 Gym Group - bring a towel (\$3) 12:30 Lunch - Filled Roll and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - photography basics with Maree 1:15 Badminton with Puriri members at Badminton Canterbury (\$2) 5:00 Dinner at Khmer Cambodian (meals from \$18)	7 10:00 Art with Karen (\$2) 10:00 Walking Group 10:00 Learn to Surf - week 4 (\$10) - bring togs and towel 10:30 Meals on Wheels - Round 1 12:30 Midday Meal - Pasta Bake and Dessert (\$4.50) - bookings by 10am 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3) 	8 10:00 Raft Building at Diamond Harbour - bring togs, towel, lunch, water and change of clothing (talk to Tom or Kaylee for details) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Nature Group at Brooklands Lagoon 
11 10:00 Coffee Morning 10:00 Young Adults - Trip to The Giants House in Akaroa (\$10) payment by Friday 8 th to confirm your spot 10:00 Men's Group Day Trip to Akaroa - bring lunch, water and sunscreen 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - walk/cuppa at Botanical Gardens 1:00 Walking Group 1:15 Pool/Snooker and Darts at the Richmond Club 	12 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Functional Fitness - bring a towel and water 1:30 Cooking for One - Spiced Pork and Noodle Salad - bring 250g pork mince and (\$1), bookings by 10am	13 9:30 Beginner Sewing - make a pin cushion 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - continued practise 12:30 Lunch - Filled Roll and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - felted soap (\$2) 1:00 Arts Centre Visit - Guided Tour (\$5) 1:30 Job Connect - paid, volunteer, work, study options 1:30 Tennis with Puriri members 1:30 Sign Language - continued practise 4:30 Dinner - Veggie Pasta and Games Night (\$4.50)	14 10:00 Art with Karen (\$2) 10:00 Walking Group 10:00 Learn to Surf - week 5 (\$10) - bring togs and towel 10:30 Meals on Wheels - Round 1 & 2 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3)	15 9:00 Tramp - Trig M (Porters Pass) - medium/challenging (talk to Tom or Kaylee for details) 10:00 Music Ensemble - join together to play music, bring an instrument if you have one. 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Volunteer at Willowbank - wear old clothes and gumboots 1:15 Urban Bike Ride with Puriri (\$2 bike hire) 
18 9:30 Thrive Talks - Growth Mindset 10:00 Adventure Park Chairlift and Morning Tea - bring water (\$5) 10:00 Women's Group - Orana Park. Bring lunch, water, hat, sunscreen (\$10) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Walking Group 1:30 Tech Group - cybersecurity (Zoom & in person)	19 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:15 Young Adults - Flowerwizz with Maree (\$5) 	20 9:30 Beginner sewing - sew an Easter basket (\$2) 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - continued practise 12:30 Lunch - Filled Roll and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - turn driftwood into a piece of art (\$2) 1:30 Table Tennis at Table Tennis Canterbury (\$1) 5:00 Dinner at NomNom (meals from \$22)	21 10:00 Art with Karen (\$2) 10:00 Walking Group 10:00 Learn to surf - week 6 (\$10) - bring togs and towel 10:30 Meals on Wheels - Round 1 12:30 Midday Meal - Grilled Chicken Salad and Dessert (\$4.50) bookings by 10am 1:15 Member Staff/Liaison Meeting 2:00 Stone Carving (\$3) 2:00 Mosaics (\$4 plus cost of board) 2:00 Swim/Relax at Taioira QEII (\$3) 	22 10:00 YMCA Climbing with Puriri - no experience needed (\$5) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) Finishes at 2pm today 2:00 Julie's Farewell - come and say goodbye to Julie. Speeches, games and afternoon tea provided. Dress for an afternoon tea party 
25 10:00 Coffee Morning 10:00 250km Challenge - walk/bike at Kainga Rd Reserve 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - join the 250km challenge 1:00 Walking Group - join the 250km challenge 	26 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taioira QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Functional Fitness - bring a towel and water	27 9:45 Mindfulness at He Waka Tapu 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - visit New Brighton Library 12:30 Lunch - Filled Roll and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:15 Badminton at Badminton Canterbury (\$2) 1:15 Walking tour at Botanic Gardens 1:30 Sign Language - continued practise 4:30 Dinner - Curry and Karaoke (\$4.50)	28 10:00 Giant (8 person) Stand-Up Paddle Board at Akaroa (\$5) - bring togs, lunch and towel 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taioira QEII (\$3) 1:30 Tech Group - tech trends (Zoom & in person)	29 <div> Step Ahead Closed Good Friday  </div>

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