



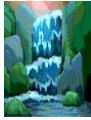



















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MAY 2017

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p>1 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk at Sumner & optional café visit - Bring \$\$ 1:00 Walking Group</p> 	<p>2 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 (\$4.00 plus cost of board)</p> 	<p>3 10:15 Gym Group (\$3.00) 10:30 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>4 9:30 Day trip to Rangitata River Salmon Hatchery 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 (\$4.50)</p>	<p>5 9:00 Tramp - Washpen Falls (\$5.00) - 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>8 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - DVD afternoon - bring a plate to share for afternoon tea 1:00 Walking Group</p> 	<p>9 10:00 Art with Selwyn (\$2.50) 11:00 Men's Group Movie at The Palms (\$5.00) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Pork/Mince Loaf - bring 250gms of pork or beef mince (\$1.00)</p> 	<p>10 10:15 Gym Group (\$3.00) 10:30 Writers & Book Group - American Author - Tim O'Brien. Read & discuss. 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Finish ongoing craft projects, card making and programme planning (\$2.50) 1:00 Table Tennis at West Hall 5:00 Dinner at Woodlands Restaurant Woodend (Meals from \$16.00)</p> 	<p>11 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon & Egg Pie, veges & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - How to keep warm during winter</p> 	<p>12 10:00 Open Craft 10:15 Gym Group (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:30 Mountain Biking (\$2.50 bike hire) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>15 10:00 Coffee Morning - Crumpets & honey (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at Woodlands Café in Woodend (Meals from \$10.00) and visit petting zoo 1:00 Walking Group</p> 	<p>16 10:00 Art with Selwyn (\$2.50) 1:00 20's & 30's Group - Wigram Airforce Museum. (optional flight simulator \$6) 1:00 Swim/Aquajog at Pioneer (\$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>17 9:30 Day Trip to Hanmer (optional swim \$10.00) 10:15 Gym Group (\$3.00) 10:30 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>18 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) 2:00 Drama Group</p>  <p>5:00 Dinner and Quiz night at Stanmore (\$4.50)</p>	<p>19 9:00 Tramp Peak Hill - Lake Coleridge (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Working Bee - afternoon tea provided 1:30 Exercise in the park 2:00 Christian Fellowship Group</p> 
<p>22 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Afternoon in New Brighton, visit galleries, pier, library etc & cuppa 1:00 Walking Group</p> 	<p>23 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 (\$4.00 plus cost of board) 1:00 Cooking for One - Sweet & Sour Chicken - bring 1 chicken breast (\$1.00)</p> 	<p>24 10:15 Gym Group (\$3.00) 10:30 Writers & Book Group - Grammar & punctuation exercises. 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Doily Craft (\$2.50) 1:00 Table Tennis at West Hall 5:00 Dinner at Vietnamese Restaurant Meals from (\$14.00)</p> 	<p>25 9:30 Men's Group Trip to Akaroa 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, veges & 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>26 10:00 Open Craft 10:15 Gym Group (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>29 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 11:30 Women's Group - Op Shopping in Rangiora - bring lunch or purchase there 1:00 Walking Group</p> 	<p>30 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 (\$4.00 plus cost of board)</p> 	<p>31 10:15 Gym Group (\$3.00) 10:30 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Dietitian 1:45 Badminton at Cowles Stadium (\$2.50)</p> <p>NUTRITION</p>		