























STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MAY 2018

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
	<p>1 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group</p> 	<p>2 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Quiz and First Line story writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch & discuss 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner & DVD night at Stanmore (\$4.50)</p> 	<p>3 10:00 Golf Day (\$5.00) 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>4 9:00 Tramp - Mt Sinclair, Banks Peninsula. (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 2:00 Christian Fellowship Group</p> 
<p>7 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Programme Planning followed by afternoon tea. Please bring a plate to share 1:00 Walking Group 1:00 Christian Fellowship Group - DVD afternoon</p> 	<p>8 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Jellie Park (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Spinach & Feta Rolls - bring 250gms Feta cheese (\$1.00)</p> 	<p>9 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 Table Tennis at West Hall 1:00 Craft - Bead + Driftwood Windchimes (\$2.50)</p> 	<p>10 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Men's Group visit to Yaldhurst Transport Museum (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00) 5:00 Dinner at Cranford Alehouse (Meals from \$15.00)</p> 	<p>11 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>14 10:00 Coffee Morning - Crumpets & honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit to the museum and optional café visit. Bring \$\$ 1:00 Walking Group</p> 	<p>15 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>16 9:30 Day Trip to Hanmer (optional swim \$10) 10:15 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Share yours or someone else's poems, prose, book reviews 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch & discuss 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and Karaoke night at Stanmore (\$4.50)</p> 	<p>17 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Macaroni Cheese, coleslaw and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:00 Guest Speaker - Michael Begg - Tips for keeping warm during winter 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>18 9:00 Tramp - Dracophyllum Flat to Cheeseman Road. (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc.) 2:00 Christian Fellowship Group</p> 
<p>21 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Housie. Bring a wrapped \$2 gift 1:00 Walking Group 1:00 Christian Fellowship Group - DVD afternoon</p> 	<p>22 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Vegetable Fettucine - bring 2 cups of fresh veggies (\$1.00)</p> 	<p>23 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 - Finish Windchimes or other projects (\$2.50) 1:00 Table Tennis at West Hall</p> 	<p>24 9:00 Men's Group Day Trip to Kaikoura 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) 5:00 Dinner at Racecourse Hotel (Meals from \$15.00)</p> 	<p>25 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Mediation Group 1:00 Sewing (\$2.50 for materials etc.) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>28 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - DVD afternoon 1:00 Walking Group</p> 	<p>29 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>30 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Recount Writing - prompts provided 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Documentary Group - watch & discuss 1:15 Nutritionist (Dietary Advice) 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and Quiz at Stanmore (\$4.50)</p> 	<p>31 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Shepherd's Pie, veggies and 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> 