



COVID-19 Update - Welcome Back to Step Ahead

We are delighted to be reopening Step Ahead to our members and looking forward to being able to meet up with you again.

We will be opening up both houses on Monday 18th May with a limited programme for the first two weeks (and maybe longer).

Rural: Anna will be in phone contact with rural members as the programme will depend on whether venues are open again.

We will need to follow the Level 2 rules so everyone can feel safe while they are at Step Ahead. Here is the list of things we will be doing to make sure this happens:

- 1) If you feel even the slightest bit unwell do not come to Step Ahead.
- 2) You must book in for every activity you wish to attend.
- 3) When you come in the door you will be asked to use the hand sanitizer to make sure you are not bringing any germs into the house.
- 4) We will have up to 8 members in each group at any one time.
- 5) A staff member will greet you when you arrive and talk through the new rules.
- 6) Everyone will be asked to be at least one metre apart at all times.
- 7) You will be asked to sit in one place while at Step Ahead and not move around too much.
- 8) You are welcome to have hot drinks but only one person can be in the kitchen at a time. Staff will let you know when it is your turn.
- 9) If you sneeze or cough please follow the health guidelines and sneeze into your elbow.
- 10) Try not to touch your face with your hands at any time.

You must book in for every activity as there will be limits on the number of people who can attend each group.

You must not turn up if you have not booked in.

It seems a lot to do but we want everyone to feel safe. All going well we should not be at Level 2 for very long and we can then again offer a full range of activities. We'll also continue with our phone calls and Zoom meetings.



Zoom Programme

Monday May 18th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Quiz/Word games
<https://us02web.zoom.us/j/86369316412>
 Meeting ID 863 6931 6412

Tuesday May 19th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Music Appreciation
<https://us02web.zoom.us/j/81271328497>
 Meeting ID 812 7132 8497

1:30-3:00 Quiz/Word Games
<https://us02web.zoom.us/j/85807944790>
 Meeting ID 858 0794 4790

Wednesday May 20th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Open Craft
<https://us02web.zoom.us/j/88385216070>
 Meeting ID 883 8521 6070

3:00-4:00 Cooking - Homemade Sausage Rolls
<https://us02web.zoom.us/j/81415353865>
 Meeting ID 814 1535 3865

Thursday May 21st

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Open Craft
<https://us02web.zoom.us/j/89149558028>
 Meeting ID 891 4955 8028

1:30-3:00 Ted Talk
<https://us02web.zoom.us/j/86114106890>
 Meeting ID 861 1410 6890

Friday May 22nd

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Meditation
<https://us02web.zoom.us/j/86050265116>
 Meeting ID 860 5026 5116

1:30-3:00 Quiz/Word Games
<https://us02web.zoom.us/j/86308078243>
 Meeting ID 863 0807 8243

Monday May 25th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Quiz/Word games
<https://us02web.zoom.us/j/86137295204>
 Meeting ID 861 3729 5204

Tuesday May 26th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Music Appreciation
<https://us02web.zoom.us/j/81293637787>
 Meeting ID 812 9363 7787

1:30-3:00 Quiz/Word Games
<https://us02web.zoom.us/j/84940909313>
 Meeting ID 849 4090 9313

Wednesday May 27th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Open Craft
<https://us02web.zoom.us/j/85364376621>
 Meeting ID 853 6437 6621

3:00-4:00 Cooking - Chicken Fettuccine
<https://us02web.zoom.us/j/89794915632>
 Meeting ID 897 9491 5632

Thursday May 28th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Open Craft
<https://us02web.zoom.us/j/81512991286>
 Meeting ID 815 1299 1286

1:30-3:00 Ted Talk (You Choose the topic)
<https://us02web.zoom.us/j/88469231619>
 Meeting ID 884 6923 1619

Friday May 29th

10:00-10:30 Coffee Morning
<https://zoom.us/j/966476203>
 Meeting ID 966 476 203

10:30-12:00 Meditation
<https://us02web.zoom.us/j/85942831057>
 Meeting ID 859 4283 1057

1:30-3:00 Quiz/Word Games
<https://us02web.zoom.us/j/87521369086>
 Meeting ID 875 2136 9086

Details for these activities are on www.stepahead.org.nz or our facebook page

Stanmore Programme

Monday May 18th

10:00 Open Craft	1:00 Walking from the house	1:00 Women's Group Catch Up and Quiz
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Tuesday May 19th

10:00 Open Craft	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Wednesday May 20th

10:00 News & Views	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Thursday May 21st

10:00 Art (\$2.00) 10:30 Meals on Wheels	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Friday May 22nd

10:00 Open Craft 10:00 Tramp - Port Hills	1:00 Walking from the house	2:00 Christian Fellowship
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Monday May 25th

10:00 Open Craft	1:00 Walking from the house	1:00 Women's Group Catch Up and Quiz
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Tuesday May 26th

10:00 Open Craft	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Wednesday May 27th

10:00 News & Views	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Thursday May 28th

10:00 Art (\$2.00) 10:30 Meals on Wheels	1:00 Walking from the house	1:00 Mosaics (\$2.50)
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Friday May 29th

10:00 Open Craft 10:00 Tramp - Port Hills	1:00 Walking from the house	2:00 Christian Fellowship
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Bookings are essential!! Please call 0800 688 732 or text 022 173 1673

Puriri Programme

Monday May 18th

9:30-10:00 Coffee Morning
10:00-12:00 Indoor Bowls

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Decoupage (\$2.00)

Tuesday May 19th

9:30-10:00 Coffee Morning
10:00-12:00 Mandala Colouring

12:00-1:00 Bring your own lunch

1:00 - 3:00 Walking from the house
or Working Bee

Wednesday May 20th

9:30-10:00 Coffee Morning
10:00-12:00 Tai Chi (\$2.50)

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Mosaics (\$2.50)

Thursday May 21st

9:30-10:00 Coffee Morning
10:00-12:00 Gardening

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Fun Quiz

Friday May 22nd

9:30-10:00 Coffee Morning
10:00-12:00 Card Making

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Open Craft

Monday May 25th

9:30-10:00 Coffee Morning
10:00-12:00 Indoor Bowls

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Homemade Body Oils (\$2.00)

Tuesday May 26th

9:30-10:00 Coffee Morning
10:00-12:00 Music Appreciation

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Working Bee

Wednesday May 27th

9:30-10:00 Coffee Morning
10:00-12:00 Tai Chi (\$2.50)
(\$2.50)

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Mosaics (\$2.50)

Thursday May 28th

9:30-10:00 Coffee Morning
10:00-12:00 Documentary Group

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Fun Quiz

Friday May 29th

9:30-10:00 Coffee Morning
10:00-12:00 Jewellery Making
(\$2.00)

12:00-1:00 Bring your own lunch

1:00-3:00 Walking from the house
or Open Craft

Bookings are essential!! Please call 0800 688 732 or text 022 038 3721