



Step Ahead Activities - 167 Stanmore Road - May 2024

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p>Wednesday Evening Activities</p> <p>1st Hoon Hay Thai</p> <p>8th Soup and Board Games</p> <p>15th Pizza Oven Night at the Hub</p> <p>22nd Fox and Ferret</p> <p>29th Roast and Karaoke</p>	 <p>Wear your pink shirt on Friday 17th May!</p>	<p>1 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 - design your own mug, bring a plain white mug (\$2) 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1) 5:00 Dinner at Hoon Hay Thai (meals from \$21)</p>	<p>2 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taiora QEII (\$3)</p> 	<p>3 9:30 Tramp - Kennedys Bush Track - easy/manageable day tramp in the Port Hills 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2) 1:00 Urban Biking (\$2 bike hire)</p>
<p>6 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 11:00 Cycle from Step Ahead to Sumner - bring lunch and water (\$2 bike hire) 11:00 Nutritionist - digestion 1:00 Women's Group - visit Lyttelton attractions (cafe visit optional) 1:00 Walking Group</p> 	<p>7 9:30 Holistic Wellness - day trip to Kate Valley Landfill. Bring lunch 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taiora QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board)</p> 	<p>8 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 - make a magic colour changing card (\$2) 1:00 Planting at Beverley Park 1:15 Badminton with Puriri members at Badminton Canterbury (\$2) 1:30 Sign Language - continued practise 4:30 Dinner - Soup and Board Games (\$4.50)</p>	<p>9 10:00 Art with Karen (\$2) 10:00 YMCA Climbing - no experience needed (\$5) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 12:30 Middy Meal - Roast Chicken 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 Taiora QEII (\$3) 2:45 Social/Fun Basketball - play basketball and socialise with He Waka Tapu</p>	<p>10 9:45 Young Adults - New Brighton Hot Pools (\$5) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:00 Music Ensemble - join together to play music, bring an instrument if you have one 12:15 Sewing with Petra (\$2) 12:30 Beginners Tramp - McLeans Island (flat) 1:00 Volunteer at Willowbank - wear old clothes and gumboots</p> 
<p>13 9:00 Day Trip to Devil's Punchbowl in Arthurs Pass. Bring water and lunch 9:30 Thrive Talks - The Power of Nutrition (\$2) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - flower arranging with Maree (\$5) 1:00 Walking Group 1:00 Golf with Puriri members. Half round at Avondale Golf Course (\$5)</p>	<p>14 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taiora QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Cooking for One - Ramen Noodles (\$2) 1:00 Functional Fitness - bring drink bottle and towel (workout is 30-40 min)</p> 	<p>15 9:30 Beginner Sewing - make a pair of fleece mittens (\$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 - original contemporary art (\$2) 1:00 Pictionary - come join us for a game of Pictionary 1:00 Cooking - food and fire prep for pizza evening 1:30 Table Tennis with Puriri at Table Tennis Canterbury (\$1) 4:30 Dinner - Pizza Oven night at Phillipstown Hub (\$4.50)</p>	<p>16 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taiora QEII (\$3) 1:30 Pool and Darts with Puriri</p> 	<p>17 8:30 Tramp - Mount Grey from Lake Janet - challenging level tramp (See Tom or Kaylee for details) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:00 Nature Group Day Trip - Lake Ellesmere, bring lunch 12:15 Sewing with Petra (\$2)</p>
<p>20 10:00 Coffee Morning 10:00 Brew with a View - come for a hot drink at Godley Head or Sign of the Bellbird 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - afternoon in Rangiora. Explore local attractions 1:00 Walking Group 1:30 Blokarting with Puriri and Rangiora (\$15) - deposit of (\$10) by 13th May</p>	<p>21 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taiora QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Young Adults - CanBead jewellery making at Puriri 1:00 Mosaics (\$4 plus cost of board)</p> 	<p>22 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) 1:00 Craft - embroidered keyring (\$2) 1:15 Botanic Gardens - walking tour with Susan 1:15 Badminton with Puriri members at Badminton Canterbury (\$2) 1:30 Sign Language - continued practise 5:00 Dinner at Fox and Ferret (meals from \$24)</p>	<p>23 10:00 Art with Karen (\$2) 10:00 Adventure Park Chairlift and Morning Tea - bring warm clothing (\$5) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 12:30 Middy Meal - Red Lentil and Coconut Dahl 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 Taiora QEII (\$3)</p>	<p>24 9:00 Day Cycle - Lake Lyndon to Lake Coleridge with pick-up at Lake Coleridge (\$2 bike hire) 10:00 Step Ahead's Got Talent - 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</p> 
<p>27 9:30 Pigeon Bay Day Trip - socialise and walk at Pigeon Bay 9:30 Thrive Talks - Reflections 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - Nail Art (\$2) 1:00 Walking Group</p> 	<p>28 10:00 Art with Selwyn (\$2) 1:00 Swim/Aquajog at Taiora QEII (\$3) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Functional Fitness - bring drink bottle and towel (workout is 30 - 40 min) 1:30 Cooking for One - Spinach, Chickpea & Potato Curry - bring 1 can of chickpeas and (\$1) bookings by 10am</p>	<p>29 10:00 Gym Group - bring a towel (\$3) 10:30 Birdlings Flat Day Trip - beach walk and rock hunting 12:30 Lunch - Filled roll and fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:30 Table Tennis at Table Tennis Canterbury (\$1) 4:30 Dinner - Roast and Karaoke (\$4.50)</p> 	<p>30 9:00 Men's Group Day Trip to Hanmer Springs (optional swim \$10) 10:00 Art with Karen (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:00 Swim/Relax at Taiora QEII (\$3)</p>	<p>31 10:00 Tramp - Adventure Park - moderate level tramp (see Tom or Kaylee for details) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing with Petra (\$2)</p> 

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