


Step Ahead Stanmore - Mei / May 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday	
<p>Bookings for May open on Monday 20th April at 9am</p>		<p>Parkrun at Hagley Saturday 9th & 23rd</p>		<p>1</p> <p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Music Ensemble - play musical instruments 10:30 Open Craft - bring your own project 12:00 He Puna Taimoana Hot Pools \$5.00 12:30 Sewing - bring your own projects \$2.00</p> 	
	4		5	7	8
<p>7:00 Abel Tasman Great Walk 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Women's Centre, Riverside Market and feed the eels</p>	<p>10:00 Art with Selwyn - instruction from a tutor \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy & learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Rainbow Group - beaded rainbow pins \$2.00 1:30 Swim/Aqua Jog at Taiora QE11</p> 	<p>10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Thai Chicken Curry & Rice \$3.50 1:00 Photography with Maree - autumn photos part 2 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 4:30 Dinner and DVD - Rice, Beans & Vegetable Stew \$4.50</p>	<p>10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Volunteer at Rosewood Lifecare 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Warm Broccoli and Potato Salad \$3.50 1:00 Topic Discussion Group with Annie 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Tahatū Careers Expo NZ at Wolfbrook Arena 1:30 Swim/Aqua Jog at Taiora QE11</p>	<p>10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Craft - knit and crochet - learn how, or bring your own projects 12:30 Sewing - bring your own projects \$2.00 1:00 Arts Centre - self guided tour of Rutherford's Den 1:15 Volunteer at Willowbank - wear closed toe shoes</p>	
11	12	13	14	15	
<p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - Ten Pin Bowling \$5.00</p> 	<p>10:00 Art with Selwyn - instruction from a tutor \$2.00 1:00 Visit Barnett House Recovery Centre 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy & learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga at Climate Action Campus \$3.00</p>	<p>9:30 Walking Netball at Ngā Puna Wai 10:00 Gym at Parakiore 10:30 Te Reo Māori - beginners welcome 12:30 Lunch - Chickpea, Kumara & Carrot Curry \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - braided copper rings \$4.00 1:00 Wilderness Woodend Animal Park \$5.00 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 4:30 Dinner - Pasta Bake and Fun Quiz \$4.50</p>	<p>9:45 Dance Fitness - dress to sweat \$3.00 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Outdoor Skills - care of our recreational spaces 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Outdoor Games - Four Square and Quoits 1:30 Young Adults (18-35yrs) Icebreaker Games and visit from therapy dog at Puriri - transport provided 1:30 Swim/Aqua Jog at Taiora QE11</p> 	<p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Day Trip Bus Ride to Lincoln - bus card provided 10:00 Tramp - Kennedy's Bush Track to Ōrongomai/Cass Peak (moderate) Return by 3pm 10:30 Open Craft - bring your own project 12:30 Sewing - bring your own projects \$2.00</p>	
18	19	20	21	22	
<p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 10:30 Golf Driving Range at Ferrymead Golf \$6.00 1:00 Walking Group - social walk with others 1:00 Women's Group - Open Craft, bring your own project 1:00 Archery - pay to book by 11th \$10.00</p> 	<p>Step Ahead Closed for Staff Planning Day</p>		<p>10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 Te Reo Māori - beginners welcome 12:30 Lunch - Pumpkin Curry and Rice \$3.50 1:00 Mindfulness & Meditation 1:30 Guest Speaker - Dog Safe Education 1:30 Visit the Westpac Air Rescue Helicopter Hanger 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 5:00 Dinner at Two Fat Indians (mains from \$22.50)</p> 	<p>10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:00 Adventure Park Chairlift and Cuppa - pay to book by 14th \$7.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 10:30 Catnap Cafe - socialise with rescue cats \$5.00 12:30 Lunch - Chicken Curry with Rice \$3.50 1:15 Member/Staff Liaison Meeting 2:00 Mosaics - create decorative artworks \$4.00 2:00 Singing for Wellbeing - gather to sing for joy 2:00 Tech Group - digital photo editing. BYO device 2:00 Brew with a View at Halswell Quarry 2:00 Swim/Aqua Jog at Taiora QE11</p>	<p>10:00 Young Adults (18-35yrs) Day Trip to Orana Park \$10.00 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Board Games - play a game of your choice 12:30 Sewing - bring your own projects \$2.00 1:00 Nature Group - watch "Our Big Blue Backyard" documentary 1:15 Volunteer at Willowbank - wear closed toe shoes</p> 
25	26	27	28	29	
<p>10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym at Parakiore 10:30 Open Craft - bring your own project 12:30 Women's Group - He Puna Taimoana Hot Pools \$5.00 1:00 Walking Group - social walk with others</p> 	<p>1:00 Jewellery Repairs and Cleaning \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy & learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 2:00 Yoga at Climate Action Campus \$3.00</p> <p>Step Ahead Closed until 12:30pm</p>	<p>10:00 Gym at Parakiore 10:00 Maths and Science - how plants produce oxygen 10:00 Bus to Tūranga - explore library, tech support. Bus card provided 12:30 Lunch - Lentil Dhal with Yoghurt & Mint \$3.50 1:00 Sign Language Practise - book by 10am 1:00 Craft - dream catchers \$2.00 1:00 Rainbow Group - animated film "Nimona" 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Guest Speaker - employment, training, upskilling 1:30 Bike Maintenance - bring your bike 5:00 Young Adults (18-35yrs) Dinner at Mosaic - (meals from \$15 and cabinet food/salads from \$13)</p>	<p>9:45 Dance Fitness - dress to sweat \$3.00 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - make your own shampoo and deodorant. Bring 3 small jars with lids \$3.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 11:00 Swim at Parakiore - optional hydrosides (\$9.00) 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Play Scrabble and Rummikub 1:00 Orienteering - map reading at Spencer Park 1:30 Swim/Aqua Jog at Taiora QE11</p>	<p>8:30 Tramp - Methven Loop Track (easy, flat 11km walk) Return by 4:30pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Escape Room at Step Ahead - a team puzzle solving game 12:30 Sewing - bring your own projects \$2.00 1:00 Movie Afternoon</p> 	