













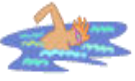
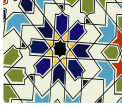








STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, NOVEMBER 2016

| Mane Monday | Turei Tuesday | Wenerei Wednesday | Taite Thursday | Paraire Friday |
|--|--|--|---|---|
| | <p>1 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 (\$3.50) 1:00 Cooking for One - Sweet and Sour Chicken - bring 1 uncooked boneless chicken breast (\$1.00)</p>  | <p>2 10:15 Gym at Redwood (\$3.00) 10:30 Board & card games 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Garden working bee followed by afternoon tea 1:45 Badminton at Cowles Stadium (\$2.50) 1:00 Craft - Christmas Felt Decorations (\$2.50)</p>  | <p>3 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving Group visit to the Tai Tapu Sculpture Park (\$5.00) 1:00 Drama Group 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Cricket in the park with West members 5:00 Dinner at Racecourse Hotel (Meals from \$14.00)</p>  | <p>4 9:00 Tramp - Woolshed Creek Mt Sommers (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 1:30 Exercise in the park with West members 2:00 Christian Fellowship Group</p>  |
| <p>7 10:00 Coffee morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - DVD and afternoon tea - bring a small plate to share 1:00 Walking Group 1:00 Prayer Group</p>  | <p>8 9:00 Men's Group trip to Geraldine 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 (\$3.50) 3:00 Peer Support Supervision</p>  | <p>9 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group 2nd hand book shopping in Riccarton & Lincoln Rd 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:15 Dietitian 5:00 Dinner and DVD Night Stanmore (\$4.50)</p>  | <p>10 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:00 A & P show (Pre- booked tickets) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon and Egg Pie, salad & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  | <p>11</p> <p style="text-align: center;">Show Day Step Ahead Closed</p>  |
| <p>14 10:00 Coffee morning - Savoury Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Portstone Garden Centre, Cafe and Pet Store 1:00 Walking Group 1:00 Prayer Group</p>  | <p>15 10:00 Art with Selwyn (\$2.50) 10:00 20's & 30's Group - Day trip to Oxford and Ashley Gorge 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Orange and Honey Soy Chicken - bring 1 uncooked boneless chicken breast (\$1.00)</p>  | <p>16 10:15 Gym at Redwood (\$3.00) 10:00 Discussion Group - News & Views 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Jewellery (\$2.50) 1:30 Guest Speaker from Pathways-Mental Health Support Services 1:30 Tennis</p>  | <p>17 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Drama Group 1:30 Swim/Relax at Pioneer (\$3.00) 5:00 Dinner at Robbies Belfast (Meals from \$17.50)</p>  | <p>18 9:00 Tramp - Pinchgut Stream (See Chris or Di for details.) 10:00 Open Craft 10:00 Day Trip to Orana Park (\$8.50) 1:00 Sewing 1:30 Exercise in the park with West members 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 - Walk, swim and cuppa at Corsair Bay 1:00 Walking Group 1:00 Prayer Group</p>  | <p>22 10:00 Art with Selwyn (\$2.50) 11:30 Men's Group BBQ at Waikuku Beach (\$4.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50)</p>  | <p>23 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - read aloud and discuss short stories 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50) 4:00 AGM - Holy Trinity Church Hall 5:00 BBQ at Spencer Park (\$4.50)</p>  | <p>24 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad & dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Drama Group 2:00 Swim/Relax at Pioneer (\$3.00) 2:00 Stone Carving (\$2.50)</p>  | <p>25 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:30 Urban Bike Ride (\$2.50 bike hire) 2:00 Christian Fellowship Group</p>  |
| <p>28 10:00 Coffee morning - Savouries (\$1.50) 10:30 Open Craft 11:00 Women's Group - Lunch at Southbridge Hotel (Meals from \$17.00) 1:00 Walking Group 1:00 Prayer Group</p>  | <p>29 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 (\$3.50) 1:00 Cooking for One - Fudgy Christmas Truffles (\$2.50)</p>  | <p>30 10:15 Gym at Redwood (\$3.00) 11:30 Day out Horse Riding (\$25 for 1 hour or \$15 for ½ hour) - BYO lunch 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Bath Bombs (\$2.50)</p>  | | |