








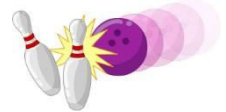
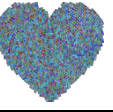













# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, NOVEMBER 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 9:15 Day trip to Ellesmere for Archery lesson (\$3.00) BYO lunch 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 Social Group - talk to staff for details</p> 	<p>2 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  <p>5:00 Dinner and Quiz at Stanmore (\$4.50)</p>	<p>3 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) 1:00 Garden Working Bee followed by afternoon tea 2:00 Christian Fellowship Group</p> 
<p>6 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk at Sumner - Bring \$\$ for optional café visit 1:00 Walking Group</p> 	<p>7 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 (\$4.00 plus cost of board) 1:00 Cooking for One - Sausage Meat Pie - bring 1 packet of thawed pastry and 2 bacon strips. (\$1.00)</p>  	<p>8 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - study work of Maori author 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Jewellery Making (\$2.50) 1:00 Table Tennis with West 5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>9 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon &amp; Egg Pie, salad and dessert (\$4.50) Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Sign Language Guest Speaker</p>  <p>eat / food</p>	<p>10 9:00 Tramp - Lake Clearwater (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 
<p>13 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - 10 Pin Bowling (\$5.00) 1:00 Walking Group</p> 	<p>14 10:00 Art with Selwyn (\$2.50) 11:30 20's &amp; 30's Group - BYO lunch at Corsair Bay - walk, swim, relax 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>15 10:15 Gym at Redwood (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Tennis</p>  <p>5:00 Dinner and Karaoke at Stanmore (\$4.50)</p>	<p>16 10:00 A &amp; P show (Pre-booked tickets) 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)</p> 	<p>17</p> <p><b>Step Ahead Closed Show Day</b></p> 
<p>20 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at La Porchetta, Riccarton. (Meals from \$12.00) 1:00 Walking Group</p> 	<p>21 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 (\$4.00 plus cost of board) 1:00 Cooking for One - Vegetable Fritters - Bring a potato and carrot (\$1.00) Bookings by 10am</p> 	<p>22 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Read, discuss and write summer poetry 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Christmas Driftwood Reindeer (\$2.50) 1:00 Documentary Group - watch and discuss 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>23 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad and dessert (\$4.50) Bookings by 10am 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00) 5:00 Dinner at Papanui Club (Meals from \$12.50)</p> 	<p>24 9:00 Tramp - Port Robinson Walkway (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Garden Working Bee followed by afternoon tea 2:00 Christian Fellowship Group</p> 
<p>27 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Afternoon at Corsair Bay, walk, relax, or swim. 1:00 Walking Group</p> 	<p>28 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 (\$4.00 plus cost of board) 3:00 Peer Support Supervision</p> 	<p>29 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 11:30 Day Out Horse Riding (\$35 for 1 hr or \$25 for ½ hour) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Dietitian</p> 	<p>30 8:30 Men's Group Trip to Timaru 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold meat, salad and dessert (\$4.50) Bookings by 10am 1:15 Member Staff Liaison Meeting 1:30 Softball in the park with West 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00) 5:00 BBQ at Spencer Park (\$4.50)</p> 