









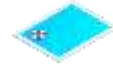












STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, NOVEMBER 2018

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 9:30 Men's Group Fishing day at Akaroa 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 Taioira QEII (\$3.50)</p>  <p>5:00 Dinner at Rangiora RSA (Meals from \$15.00)</p>	<p>2 9:00 Tramp - Saddle Hill Reserve Little River See Di for details 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Walk at Sumner and optional café visit. Bring \$\$ 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>6 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - How much sugar is in our drinks?</p> 	<p>7 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Tennis 1:00 Craft - Button Craft Christmas Decorations (\$2.50)</p>  <p>5:00 Dinner and Karaoke at Stanmore (\$4.50)</p>	<p>8 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 (\$6.00) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>9 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>12 10:00 Coffee Morning 10:30 Open Craft 12:30 Women's Group - Visit Northbrook Museum in Rangiora (\$6.00 - includes afternoon tea) 1:00 Walking Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Homemade Sausage Rolls - bring 1 packet sausage meat and (\$1.00)</p> 	<p>14 10:15 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group visit to Chertsey Book Barn. Bring your own lunch and \$\$ 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Table Tennis at Blenheim Road (\$1:00)</p>  <p>5:00 Dinner at Kaiapoi Working Men's Club (Meals from \$14.00)</p>	<p>15 10:00 A & P Show (Pre-booked tickets) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Meatloaf, salad and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>16 Step Ahead Closed Show Day</p> 
<p>19 10:00 Coffee Morning 10:30 Open Craft 12:00 Women's Group - Bring your own lunch and enjoy an afternoon at Corsair Bay 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>20 10:00 Art with Selwyn (\$2.50) 11:30 Men's Group BBQ at the Beach (\$4.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>21 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Christmas Decorations or card making (\$2.50) 1:15 Badminton at Cowles Stadium (\$2.50)</p> 	<p>22 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 11:00 Golf at Waimakariri Golf Club (\$6.00) 1:00 Stone Carving (\$2.50) 1:00 Sport in the park with West (Cricket, Softball or Frisbee golf) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Dinner and DVD Night (\$4.50)</p> 	<p>23 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>26 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Make Christmas Cards with Barbara M (\$2.50). (Limited to 8) 1:00 Walking Group</p> 	<p>27 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Chick Pea Patties - bring 1 can of chickpeas and (\$1.00) 4:00 AGM at St Frances Hall - 167 Stanmore Road followed by refreshments</p> 	<p>28 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Origins of idioms & phrases - read and discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Tennis 1:00 Documentary Group 1:15 Nutritionist (Dietary Advice)</p>  <p>5:00 BBQ at Spencer Park (\$4.50)</p>	<p>29 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 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>30 9:00 Tramp to Peak Hill at Lake Coleridge. (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 