





















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, NOVEMBER 2019

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taita Thursday	Paraire Friday
				<p>1 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 1:00 Sewing with Helen (\$1.00) 1:30 Urban Biking with Puriri members (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>4 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian – “Working out how much food is for me” 1:00 Women’s Group – Afternoon in Brighton – Beach walk, visit op shops, art gallery, café etc. 1:00 Walking Group</p> 	<p>5 9:00 Holistic Wellness Group – Day Trip to the Banks Peninsula KoruKai Herb Farm (\$2.00) 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 Volunteer Group – Beach clean-up. Gloves provided. Wear trainers or gumboots</p> 	<p>6 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 Documentary Group – Watch & discuss 1:00 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Dinner and Karaoke. Chilli con Carne, rice & veggies (\$4.50)</p> 	<p>7 9:30 Men’s Group – trip up Molesworth Road 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Enhancing Communication Skills with Karen T 1:30 Swim/Relax at Taiora QEII (\$3.50)</p> 	<p>8 9:00 Tramp – Spencer Park to Waimakariri River (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing with Helen (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning 10:30 Open Craft 1:00 Women’s Group – Walk and cuppa at Lake Roto Kohatu 1:00 Walking Group</p> 	<p>12 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) 1:30 Cooking for One – Baked vegetable and butter bean slice – bring 2 cups of any veggie and \$1.00, bookings by 10am</p> 	<p>13 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Visit New Brighton library 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Driftwood Succulents (\$2.50) 1:00 Tennis with Puriri members at Hagley Park 5:00 Dinner at New Brighton Club (meals from \$13.00)</p> 	<p>14 10:00 A & P Show (Pre-booked tickets) 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – BBQ, salad and dessert (\$4.50) – bookings by 10am 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taiora QEII (\$3.50) 1:30 Guest Speaker – Alpha Consultants: Are you thinking about working?</p> 	<p>15 Step Ahead Closed Show Day</p> 
<p>18 9:30 Women’s Group – Day trip to Darfield and Castle Hill Rocks. Wear walking shoes. 10:00 Coffee Morning 10:30 Open Craft 1:00 Walking Group</p> 	<p>19 10:00 Art with Selwyn (\$2.50) 11:30 Men’s Group – BBQ Lunch at Waikuku 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) 1:00 Volunteer Group – Baking for Ronald McDonald House</p> 	<p>20 10:00 Gym Group – bring a towel (\$4.00) 10:00 Card Making – Christmas cards (\$2.50) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group – Watch & discuss 1:30 Badminton with Puriri members at Cowles Stadium (\$2.50) 1:30 Guest Speaker – KiwiSaver – What it can do for you? 5:00 Dinner and Quiz. Chicken, veggies and dessert (\$4.50)</p> 	<p>21 9:30 Day trip to Methven Fair (\$5.00) 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taiora QEII (\$3.50) 1:30 Technology Group – Online Banking</p> 	<p>22 9:00 Tramp – Scotts Saddle Track from Awa Awa Reserve (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>25 10:00 Coffee Morning 10:30 Open Craft 1:00 Women’s Group – Visit Addington Coffee Co-op and programme planning. Bring \$\$ 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>26 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) 1:30 Cooking for One – Moroccan Salad – bring 1 small chicken breast and \$1.00, bookings by 10am</p> 	<p>27 10:00 Gym Group – bring a towel (\$4.00) 10:30 Jet Boating (\$20 – payment in advance appreciated) 10:30 Writers and Book Group – Remembering Christmas – read, discuss and write 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Christmas Decorations (\$2.50) 5:00 Dinner at Thai Restaurant & evening stroll (meals from \$18.50)</p> 	<p>28 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Healthy Sausage Rolls, salad and dessert (\$4.50) – bookings by 10am 1:00 Golf Afternoon (\$6.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taiora QEII (\$3.50) 2:30 Yoga/Meditation/Relaxation with Nicole</p> 	<p>29 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 12:30 Beginners Tramp with Puriri members – Worsley Spur Track 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 