

Step Ahead Stanmore - Noema / November 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
2 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Summer Overnight Camps Information Session at Puriri - all members welcome. Transport provided 1:00 Walking Group - social walk with others 1:00 Women's Group - play Pictionary 	3 10:00 Visit the Westpac Air Rescue Helicopter Hanger 10:00 Art with Selwyn - instruction from a tutor \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Volunteering at Trees for Canterbury 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Chair Yoga at Phillipstown Hub \$3.00 1:30 Swim/Aqua Jog at Taiora QE11 	4 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's happening in the community this month 12:30 Lunch - Tofu and Asparagus Spring Salad \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Volunteer Planting at Olliviers Reserve in Phillipstown 1:30 Guest Speaker from the Rodger Wright Clinic - accessible health checks 1:30 Table Tennis - for all abilities 4:30 Dinner and Quiz Night - Beef and Bean Nachos \$4.50	5 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Mindfulness & Meditation at Avebury House 10:00 Learn to Surf - session 2/6 \$10.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Vegetable Quiche with Salad \$3.50 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:00 Circus Skills with MOVE at Parakiore \$9.00 1:00 Young Adults (18 - 35 years) at Puriri - tie dye a t- shirt, make your own way there \$2.00 1:30 Swim/Aqua Jog at Taiora QE11	6 9:30 Summer Overnight Camps Information Session - all members welcome 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 11:30 Tramp - Rapaki Track to Mount Vernon (moderate/challenging) Return by 4pm 1:00 Afternoon at New Brighton Beach 1:15 Volunteer at Willowbank - wear closed toe shoes
9 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Young Adults (18 - 35years) morning tea at Riccarton Bush. Book and meet at Puriri \$2.00 1:00 Walking Group - social walk with others 1:00 Women's Group - mini golf at Spencer Park \$2.00 	10 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 and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Yoga at Phillipstown Hub \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 3:45 Annual Hui at 485 Tuam Street - we will share highlights from across our services, recognise progress and positive outcomes Step Ahead Annual Hui	11 10:00 Gym at Parakiore 10:30 Te Reo Māori - continued practise. Beginners welcome 12:30 Lunch - Chicken Sushi Bowl \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Sign Language Practise - book by 10am 1:00 Language and Culture Group at Puriri - transport provided 1:00 Volunteer Planting at Olliviers Reserve in Phillipstown 1:15 Badminton - for all abilities \$2.00 4:30 Dinner - BBQ and Co-design Session - an opportunity to share your ideas \$4.50	12 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Tech Group - make passwords easy 10:00 Canterbury A&P Show - enjoy the animals, farm machinery, horticulture 10:00 Learn to Surf - session 3/6 \$10.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Open House - bring friends, family and support people. Book by 10th 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Rainbow Group - walk through Bottle Lake Forest with Max the Therapy Dog	13 Step Ahead Closed for Canterbury Anniversary Day
16 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - visit Corsair Bay 1:00 Craft - felting for beginners (part 1 of 2) \$2.00 1:00 Young Adults (18 - 35 years) Adventure Park Chairlift - hot drinks provided \$7.00 	17 Step Ahead Closed for Staff Planning	18 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Curried Egg Sandwiches \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Craft - felting for beginners (part 2 of 2) \$2.00 1:30 Guest Speaker - Audiology (ear health) 1:30 Table Tennis - for all abilities 5:00 Dinner at Riverside Market - your choice of cuisine \$4.50 	19 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Mindfulness & Meditation at Avebury House 10:00 Guitar - learn the basics 10:00 Learn to Surf - session 4/6 \$10.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Vegetarian Lasagne \$3.50 1:15 Member/Staff Liaison Meeting 2:00 Mosaics - create decorative artworks \$4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 Singing for Wellbeing - gather to sing for joy 2:00 New Stanmore Base Co-design Meeting - A Lived Experience Group	20 10:30 Coffee Morning and Quiz - socialise and have a cuppa 11:00 Craft - make a fabric frisbee 11:00 Teamwork Challenge - build a Tyrolian using ropes and buckets 11:00 Moustache Match-Up Game 12:30 Movember BBQ Lunch - free if you book for our Movember afternoon activity \$3.50 1:30 Fun Sports Afternoon MOVEMBER
23 9:30 Thrive 2026 Inspiring Talks - How to Thrive 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:15 Women's Group - visit Willowbank \$9.00 1:00 Walking Group - social walk with others 1:00 Craft - felting for intermediate level (part 1 of 2) \$2.00	24 1:00 Golf at Rawhiti Golf Club \$5.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Yoga at Phillipstown Hub \$3.00 1:30 Swim/Aqua Jog at Parakiore Step Ahead Closed until 12:30pm	25 10:00 Gym at Parakiore 10:00 Maths and Science - paper airplanes 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Falafel, Roast Carrot and Broccoli Salad \$3.50 1:00 Visit Cafe 140 at Canterbury Aero Club - bring \$\$ 1:00 Sign Language Practise - book by 10am 1:00 Craft - felting for intermediate level (part 2 of 2) \$2.00 1:15 Badminton - for all abilities \$2.00 1:30 Ten Pin Bowling - socialise and have fun \$5.00 4:30 Young Adults (18 - 35 years) Dinner and Board Games at Dice and Slice	26 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - volunteer at Phillipstown Community Garden 10:00 Learn to Surf - session 5/6 \$10.00 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 Orienteering at Victoria Park 1:30 Swim/Aqua Jog at Taiora QE11	27 10:00 Day at Lake Roto Kohatu - paddleboard, swim, walk. Max the Therapy Dog will join us. Return by 4pm 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:30 Sewing - reusable food wraps and covers \$2.00 
30 10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - handmade Christmas cards \$2.00 	hello SUMMER	Bookings for November open on Tuesday 27th October Bookings for December open on Monday 23rd November	All Whites vs India Football Match at One Stadium Sunday 15th November at 2pm Pay to book(\$12.50) by 9th Nov	Pirates of Penzance Matinee at the Court Theatre Saturday 12th December Pay to book (\$35) by 6th Nov