





















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, OCTOBER 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p>3 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Walk at Halswell Quarry & shared afternoon tea - bring a small plate 1:00 Walking Group 1:00 Prayer Group</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aqua-jog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Hearty Beef Goulash - bring 300gms gravy beef or stewing steak (\$1.00) 2:00 Guitar Group</p> 	<p>5 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 Craft - Candle Making (\$2.50) 1:00 Visit Buddhist Temple on Marshlands Road 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>6 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) 1:30 Softball in the park with West members 5:00 Dinner and pool at Leithfield Hotel (Meals from \$14.00)</p> 	<p>7 10:00 Open Craft 10:00 Visiting Alpaca Show at A & P Showgrounds (\$2.00) 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Mountain Biking (\$2.50 bike hire) 1:30 Exercise in the park with West members 2:00 Christian Fellowship Group</p> 
<p>10 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Addington Coffee Co-op & local shops. Bring \$\$ 1:00 Walking Group 1:00 Prayer Group 3:15 Art Exhibition Opening at Eastside Gallery</p> 	<p>11 9:30 20's & 30's Group Day Trip to Akaroa 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aqua-jog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 3:00 Peer Support Supervision</p> 	<p>12 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Collaborative Story writing continued & quiz 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Garden Working Bee followed by afternoon tea 1:15 Dietitian 5:00 Dinner and DVD at Stanmore (\$4.50)</p> 	<p>13 9:30 Men's Group Trip to Highbank Power Station and Rangitata Diversion Race 9:30 Painting Techniques Group visit to Darfield Art Week - return by 12:30 10:00 Walking Group 10:30 Meals on Wheels 12:30 Budget Lunch - Cold Meat, salad & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker on Budget Advice</p> 	<p>14 9:00 Tramp - Bealey Spur (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>17 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 11:30 Women's Group - BBQ at Scarborough & beach walk (\$4.50) 1:00 Walking Group 1:00 Prayer Group</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aqua-jog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Cooking for One - Meatballs and Spaghetti - bring 300gms of uncooked mince (\$1.00) 1:00 Mosaics (\$3.50) 2:00 Guitar Group</p> 	<p>19 10:15 Gym at Redwood (\$3.00) 10:30 Housie - bring a \$2 prize 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Making scented soap (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>20 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:00 Visit Warwickz Rare Breed Farm (\$5.00) BYO lunch 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 5:00 Dinner and Pool at Butchers Arms (Meals from \$16.00)</p> 	<p>21 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Urban Bike Ride (\$2.50 bike hire) 1:30 Exercise in the park with West members 2:00 Christian Fellowship Group</p> 
<p>24</p> <p style="text-align: center;">Labour Day Step Ahead Closed</p> 	<p>25 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aqua-jog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 1:00 Men's Group (See Chris for details)</p> 	<p>26 10:15 Gym at Redwood (\$3.00) 10:30 Writers & Book Group - Summer Poems - read, discuss & write 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 5:00 Dinner and Quiz Night at Stanmore (\$4.50)</p> 	<p>27 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 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00) 2:00 Technology - bring your phone, camera, tablet, laptop and questions.</p> 	<p>28 9:30 Tramp - Worsley Spur (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>31 9:30 Women's Group Day Trip to Coniston Gardens in Ashburton (\$4.00) 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Walking Group 1:00 Prayer Group</p> 