























Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, OCTOBER 2018

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p><b>1</b> 10:00 Coffee Morning 10:00 Depart for Guest Speaker from Awareness at West 10:30 Open Craft 1:00 Women's Group - Walk at Halswell Quarry and cuppa 1:00 Walking Group 3:15 Art Exhibition Opening at Eastside Gallery</p> 	<p><b>2</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - Tour of Fo Guang Yuan Art Gallery and Buddhist Temple</p> 	<p><b>3</b> 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Creative Writing - pictures provided for inspiration! 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group - watch &amp; discuss 1:30 Table Tennis at Blenheim Road (\$1.00)</p> 	<p><b>4</b> 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) 1:30 Cricket in the park with West members <b>5.00 Dinner - Bangers, Mash and veggies and DVD at Stanmore (\$4.50)</b></p> 	<p><b>5</b> 9:00 Tramp to Nikau Palm Gully (See Chris or Di for Details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p><b>8</b> 9:30 Women's Group - Day Trip to Castle Hill and Lake Pearson - bring your own lunch 10:00 Coffee Morning 10:30 Open Craft 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p><b>9</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Chicken Fried Rice - bring 1 Chicken Breast and \$1.00</p> 	<p><b>10</b> 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 - Fabric Christmas Tree Decorations (\$2.50) 1:00 Social Group - see staff for details 1:15 Badminton at Cowles Stadium (\$2.50) <b>5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</b></p> 	<p><b>11</b> 9:00 Men's Group trip to Arthurs Pass 9:30 Day trip to Rare Breed Animal Farm (\$7.00) 9:30 Painting Techniques Group trip to Darfield Art Week. Return by 1pm 10:00 Walking Group 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, 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><b>12</b> 10:00 Day out at Mcleans Island Swap Meet 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p><b>15</b> 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Op shopping 1:00 Walking Group</p> 	<p><b>16</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p><b>17</b> 10:15 Gym Group - Bring a towel (\$4.00) 10:30 Writers and Book Group - 3 line poetry and prose. Read, discuss and write 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Tennis 1:00 Justice Precinct Tour</p> 	<p><b>18</b> 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) <b>5:00 Dinner at Racecourse Hotel (Meals from \$15.00)</b></p> 	<p><b>19</b> 9:00 Tramp to Pinchgut Hut (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p><b>22</b></p> <p style="text-align: center;"><b>Labour Day Step Ahead Closed</b></p> 	<p><b>23</b> 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Corn Fritters - bring 1 can Creamed Corn and \$1.00</p> 	<p><b>24</b> 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 - Scrabble Christmas Tree Decorations (\$2.50) 1:30 Table Tennis at Blenheim Road (\$1.00) <b>5:00 Dinner - Quiche, Potato and Coleslaw and Quiz at Stanmore (\$4.50)</b></p> 	<p><b>25</b> 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><b>26</b> 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><b>29</b> 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Visit Christchurch Bird Club Breeder in Avondale 1:00 Walking Group</p> 	<p><b>30</b> 10:00 Art with Selwyn (\$2.50) 11:00 Men's Group BBQ at Waikuku Beach (\$4.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p><b>31</b> 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Book reviews. Bring a book you have enjoyed 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group - watch &amp; discuss 1:15 Nutritionist (Dietary Advice) 1:15 Badminton at Cowles Stadium (\$2.50)</p> 