






















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, OCTOBER 2019

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
	<p>1 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 – Sir John Kirwan and Mike Chunn documentaries about depression and anxiety</p> 	<p>2 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – continue combined short story writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling at Zone Bowling (\$6.00) 1:00 Craft – Decoupage (\$2.50) 1:00 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00)</p> <p>5:00 Dinner at Pineacres Restaurant (meals from \$18.00)</p> 	<p>3 9:00 Men's Group Day Trip to Shearer's Quarters in Temuka 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 Taioira QEII (\$3.50)</p> 	<p>4 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 1:00 Sewing with Petra (\$1.00) 1:30 Urban Biking with Puriri members (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>7 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian – "Finding my own way to eat for me" 1:00 Women's Group – Afternoon in Lyttelton to visit local attractions, shops & cafe 1:00 Walking Group 3:15 Art Exhibition Opening</p> 	<p>8 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 – Homemade Dumplings - bring 150gms pork mince and \$1.00. Bookings by 10am</p> 	<p>9 10:00 Gym Group – bring a towel (\$4.00) 10:00 Card Making – Latch Cards (\$2.50) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling at Zone Bowling (\$6.00) 1:00 Documentary Group – Watch & discuss 1:30 Badminton with Puriri members at Cowles Stadium (\$2.50)</p> <p>5:00 Dinner and DVD. Fish Pie, veggies & dessert (\$4.50)</p> 	<p>10 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Golf Afternoon (\$6.00) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>11 9:00 Tramp - Broken River Ski Field Road (See Chris or Di for details). 9:30 Pink Ribbon Collection – volunteers needed 10:00 McLean's Island Swap Meet 10:00 Open Craft 11:00 Meditation 1:00 Sewing with Petra (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>14 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Coastal walk at Governors Bay 1:00 Walking Group</p> 	<p>15 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 Men's Group visit to Winstone's Quarry, West Coast Road (See Chris for details)</p> 	<p>16 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Poetry through the Centuries. Theme: War 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling at Zone Bowling (\$6.00) 1:00 Craft – Finish Decoupage (\$2.50) 1:00 Tennis with Puriri members at Hagley Park</p> <p>5:00 Dinner at the Leithfield Hotel (meals from \$18.00)</p> 	<p>17 9:30 Art with Karen visit to Darfield Art Week. Return mid-day. 10:00 Walking Group 10:30 Meals on Wheels 12:30 Budget Lunch – Chicken Bake with mashed potatoes and dessert (\$4.50). Bookings by 10am 1:00 Stone Carving (\$3.50) 1:00 Enhancing Communication Skills with Karen T 1:30 Technology Group – keeping yourself safe online 1:30 Swim/Relax at Taioira QEII (\$3.50) 1:30 Fun games with Puriri members at Beverley Park</p> 	<p>18 10:00 Gym Group – bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation – BBC Documentary. Travelling to Kathmandu – The Power of Meditation 1:00 Sewing with Petra (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group 4:00 Take down Step Ahead Art Exhibition – volunteers needed</p> 
<p>21 10:00 Coffee Morning 10:30 Open Craft 11:30 Women's Group – Sausage Sizzle at Spencer Park (\$2.50) followed by beach walk and a visit to the Aviary and Wildlife Center 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>22 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 – Roast Chicken Breast with Bombay Potatoes. Bring 1 large chicken breast and \$1.00. Bookings by 10am</p> <p>4:00 AGM at St Francis Hall 168 Stanmore Road followed by refreshments</p> 	<p>23 10:00 Gym Group – bring a towel (\$4.00) 10:30 News and Views Discussion Group 11:30 Horse Trekking at Waimak River Horse Treks. \$30 for 1 hour, \$15 for ½ hour. \$10 deposit required by 18th. 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling at Zone 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 & Board Games. Chicken, veggies, dessert (\$4.50)</p>	<p>24 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Golf Afternoon (\$6.00) 1:00 Stone Carving (\$3.50) 1:00 Enhancing Communication Skills with Karen T 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>25 9:00 Tramp – Towards Kinnebrooks Hut, Waimakariri River (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>28</p> <p>Labour Day Step Ahead Closed</p> 	<p>29 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)</p> 	<p>30 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group 12:30 CBS Concert – Beethoven: Sonata for violin and piano (\$5.00) 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling at Zone Bowling (\$6.00) 1:00 Craft – Visit Creative Junk & Op Shops. Return by 4:30pm. 1:30 Badminton with Comcare and Puriri members at Cowles Stadium (\$2.50) 5:00 Dinner at the Tai Tapu Hotel (meals from \$16.00)</p> 	<p>31 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:00 Christmas Country Fete at Fernside (\$5.00). Tickets to be paid for by Tuesday 29th. 10:30 Meals on Wheels 12:30 Budget Lunch – Cannelloni Pasta, salad and dessert (\$4.50). Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50) 2:00 Enhancing Communication Skills with Karen T</p> 