

Step Ahead Stanmore - Oketopa / October 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
			1	2
Bookings for October open on Monday 21st September at 9am Bookings for November open on Tuesday 27th October at 9am	Parkrun at Riverlution Saturday 10th October Parkrun at Hagley Saturday 24th October See Kevin for for more details and to register	He Puna Taimoana New Brighton Hot Pools Saturday 31st October Leaving Stanmore at 9:30am Pay (\$9) to book by 22nd	10:00 Social Cycle - bring own bike or hire ours for \$2.00 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Mindfulness & Meditation at Avebury House \$3.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Roasted Vegetable Salad & Lemon Dressing \$3.50 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 Guest Speaker - preventing online fraud and scams	9:45 He Puna Taimoana Hot Pools at New Brighton \$6.50 10:00 Coffee Morning - socialise and have a cuppa 10:00 Digital Art - learn the basics. BYO device or use ours 10:30 Open Craft - bring your own project 1:00 Games on the Beach - play Kubb, Quoits and Frisbee 1:00 Paddle the Avon with Arawa Canoe Club 
5	6	7	8	9
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 - colour letters for the Cancer Society	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 Chair Yoga at Phillipstown Hub \$3.00 1:30 Swim/Aqua Jog at Taiora QE11 Step Ahead Closed until 12:30pm	10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's Happening in the Community 12:30 Lunch - Vegetarian Pasta Salad \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Table Tennis - for all abilities 4:30 Dinner and Board Games - Roast Vegetable Salad with Garlic Bread \$4.50	10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Tech Group - what is AI? Bring your device 10:00 Learn the Ukulele - beginners welcome 10:00 Men's Group - walk from Victoria Park to Sign of the Kiwi Cafe - bring \$\$ 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 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Young Adults (18 - 35 years) Social Outdoor Sports - wear closed-toed shoes	9:00 Tramp - ChCh 360 Challenge - Mt. Pleasant to Rapaki Rock 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:30 Sewing - bring your own projects \$2.00 1:15 Volunteer at Willowbank - wear closed toe shoes 
12	13	14	15	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 Sewing - bring your own projects \$2.00 1:00 Walking Group - social walk with others 1:30 Women's Group - Guest Speaker from the Cancer Society 	10:00 Art with Selwyn - tutor instruction \$2.00 1:30 Art Exhibition Opening Step Ahead Art Exhibition Opening Palms Shopping Centre Leaving Stanmore at 1:30pm 	10:00 Walking Netball at Hagley Courts 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Mango Chicken Curry with Rice \$3.50 1:00 Craft - card making \$2.00 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Sign Language - book by 10am 1:15 Badminton - for all abilities \$2.00 1:30 Language and Culture Group 4:30 Dinner and Outdoor Games - Vegetarian Nachos \$4.50	10:00 Mindfulness & Meditation - at Avebury House \$3.00 10:00 Guitar - learn the basics 10:00 Golf Driving Range at Riccarton Park \$7.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Vegetarian Quesadillas \$3.50 1:00 Young Adults (18 - 35 years) Sticker Making with Max the Therapy Dog - book with Puriri and meet there \$2.00 1:15 Next Step Forum - have your say about our future direction 2:00 Mosaics - create decorative artworks \$4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 New Stanmore Base Co-design Meeting - A Lived Experience Group	9:00 Mental Health Awareness Week Tramp from Stanmore Rd to Puriri St (6km one way) & return 10:00 Mental Health Awareness Week Walk - from Puriri St to Stanmore Rd Mental Health Awareness Week Walk Puriri St to Stanmore Rd Catch the 10am Orbiter bus with staff or meet at Puriri for an 11am start. Bus cards provided
19	20	21	22	23
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 - stroll at the Mona Vale Gardens 	10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Arts Centre Sculpture Festival 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 Taiora QE11	10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Spaghetti Bolognese with Garlic Bread \$3.50 1:00 Tails From The Coast - Canterbury Museum Exhibition 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Craft - use Ti Kōuka/Cabbage Tree leaves to make rope \$2.00 1:30 Table Tennis - for all abilities 5:00 Dinner at Thai Chefs on Riccarton Rd 	10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - make an instrument from recycled materials 10:00 Learn the Ukulele - beginners welcome 10:00 Young Adults (18 - 35 years) Lego building - bring your own lego project and socialise 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 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Rainbow Group - ice breaker games	8:00 Tramp - Diamond Harbour Coastal Walkway (easy/moderate). Return by 4pm \$5.00 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Music Ensemble - play musical instruments 12:30 Sewing - bring your own projects \$2.00 1:00 Mini Golf - Jurassic Adventure \$6.00 1:15 Volunteer at Willowbank - wear closed toe shoes
26	27	28	29	30
Step Ahead Closed for Labour Day	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 Taiora QE11 Step Ahead Closed until 12:30pm	10:00 Gym at Parakiore 10:00 Maths and Science - python programming for beginners 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Creamy Pasta with Chicken and Spinach \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Sign Language - book by 10am 1:00 Craft - kinusaiga, creating art with fabric scraps \$2.00 1:00 Blokarting - pay to book (\$10) deposit by 19th \$20.00 1:15 Badminton - for all abilities \$2.00 5:00 Young Adults (18 - 35 years) Dinner at Riverside Market, bring \$\$	10:00 Guitar - learn the basics 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Gymnastics at the School of Gymnastics - for all abilities \$5.00 10:00 Learn to Surf - session 1/6 \$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 - map reading & navigation 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Go-Karting - slow and faster rides available \$24.50	10:00 Coffee Morning - socialise and have a cuppa 10:00 Outdoor Skills - tramp planning 10:30 Knitting and Crochet - bring your own project or learn how 10:30 Open Craft - bring your own project 12:30 Sewing - bring your own projects \$2.00 1:00 Word Puzzles and Quiz with Max the Therapy Dog 1:00 New Stanmore Base Co-design Meeting - A Lived Experience Group 1:30 Rainbow Group - beach art 