


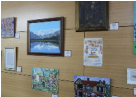








# Step Ahead Puriri - Whiringa-ā-nuku/October 2025

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p><b>Weka Pass Train Trip</b></p> <p>Sunday 19<sup>th</sup> at 9:15am Please pay \$20 by the 10<sup>th</sup> to secure your place 27 places available, see staff to book</p> 	<p><b>Parkrun at Broadpark</b> Saturday 11<sup>th</sup> Meet by the flying fox at 7:45am (7:30am warm up)</p> <p><b>Parkrun at Hagley</b> Saturday 25<sup>th</sup> Meet by the Model Yacht Club by Victoria Lake at 7:45am (7:30am warm up)</p>	<p><b>1</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Tai Chi with Mike - gentle exercise for the mind and body \$3 10:00 Healthy Baking - traditional scones made healthier \$1 10:00 Craft - visit Creative Junk for journaling resources (Bring \$) 12:00 Bring Lunch - socialise while eating your lunch 1:00 Craft - junk journaling using recycled and craft resources to represent a personal story \$2 1:45 Table Tennis - for all abilities and fitness levels. Book at Stanmore, transport from Puriri \$1 4:00 Book your ride to Stanmore for dinner. Please book dinner at Stanmore. Ride home available</p> 	<p><b>2</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Walking Group - social walk with other members 10:30 Deliver Meals On Wheels - round 44 11:00 Christian Fellowship - relaxed meeting of like-minded people at St Ninian's 12:00 Bring Lunch - socialise while eating your lunch 1:00 Young Adult Craft - make beaded critter charms \$2 1:00 Design a local walking quiz for other members to enjoy</p>	<p><b>3</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Cooking with Marco - Asian Style Stir Fry. Bring \$1 and 2 chicken thighs 10:00 What's Happening in the community this month 12:00 Bring Lunch - socialise while eating your lunch 12:45 Volunteer at Willowbank - wear closed-toe shoes 1:00 Woodwork Projects - learn design techniques and tool handling skills</p> 
<p><b>6</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Craft - tie dye a t-shirt \$2 10:00 Chair Yoga - gentle movement and strengthening for all abilities at St Ninian's Hall \$3 12:00 Bring Lunch - socialise while eating your lunch 12:30 Sewing - sew a t-shirt - part one \$2 1:00 Walking Group - social walk with other members</p>	<p><b>7</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Ten Pin Bowling - socialise while having fun \$5 10:00 Craft - make personalised cards \$2 12:00 Bring Lunch - socialise while eating your lunch 1:00 Step Ahead Art Exhibition Opening - support artists exhibiting at the Palms Mall</p> 	<p><b>8</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor \$2 10:00 Tai Chi with Mike - gentle exercise for the mind and body \$3 10:30 Deliver Meals on Wheels - round 52 12:00 Bring Lunch - socialise while eating your lunch 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:00 Badminton - for all abilities \$2 1:30 Newsletter Article - help write our monthly newsletter article 4:00 Book your ride to Stanmore for dinner. Please book dinner at Stanmore. Ride home available</p>	<p><b>9</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Day Trip to Lincoln - explore the area and walk at the Liffey Domain. Bring lunch 10:00 Knit and Natter - work on your own yarn-based projects and share ideas 12:00 Bring Lunch - socialise while eating your lunch 1:00 Canoeing on the Avon - glide along the Avon River and through the Botanic Gardens \$8.50</p> 	<p><b>10</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Fun Quiz - variety of quizzes 10:00 Prepare for Mental Health Awareness Week Walkers - help set up Puriri for visitors 12:00 Bring Lunch - socialise while eating your lunch 12:00 Mental Health Awareness Walk - join other members walking from Stanmore Rd to Puriri St 1:00 Continued preparation for Mental Health Awareness Week Walkers - welcome the walkers to Puriri</p>
<p><b>13</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Music Ensemble - come together to play music 10:00 Tech Group - bring tech gear and questions 12:00 Bring Lunch - socialise while eating your lunch 1:00 Walking Group - social walk with other members 1:00 Swim/Aquajog - bring togs and a towel</p> 	<p><b>14</b></p> <p><b>Step Ahead Closed for Staff Planning</b></p>	<p><b>15</b> 9:30 Coffee Morning - socialise and have a cuppa 9:30 Alternative Book Group at Riccarton Library - for adults who "read" in alternative formats 10:00 Craft - make your own beeswax food wraps \$2 10:00 Tai Chi with Mike - gentle exercise for mind and body \$3 12:00 Bring Lunch - socialise while eating your lunch 12:30 Afternoon Tram Ride - ride on a restored heritage tram. Bring lunch \$20 1:45 Table Tennis - for all abilities and fitness levels. Book at Stanmore, transport from Puriri \$1 4:00 Book your ride to Stanmore for dinner. Please book dinner at Stanmore. Ride home available</p>	<p><b>16</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Walking Group - social walk with other members 10:00 Meal Preparation - help prepare Risotto with Baked Chicken 10:30 Deliver Meals On Wheels - round 44 12:00 Bring Lunch - socialise while eating your lunch 12:00 Lunch - Risotto with Baked Chicken &amp; Fruit \$3.50 1:00 Next Step Forum - have your say about our future direction 2:00 Garden Group - help keep the garden tidy and learn gardening skills 2:00 Petanque and Kubb at McCormacks Bay Reserve</p>	<p><b>17</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Nutrition - intuitive eating 10:00 Bookarama - Annual Rotary Club Book Sale 12:00 Bring Lunch - socialise while eating your lunch 12:45 Volunteer at Willowbank - wear closed-toe shoes 1:00 Woodwork Projects - learn design techniques and tool handling skills</p> 
<p><b>20</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Poetry Group - join together to read, write and appreciate poetry 10:00 All Levels Yoga at St Ninian's - for those who can get up off the floor without assistance \$3 12:00 Bring Lunch - socialise while eating your lunch 12:30 Sewing Group - sew a t-shirt - part two \$2 12:30 Young Adults - Blokarting. Please pay \$15 by 13<sup>th</sup> to secure your place. Book at Stanmore 1:00 Walking Group - social walk with other members</p>	<p><b>21</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Ten Pin Bowling - socialise while having fun \$5 12:00 Bring Lunch - socialise while eating your lunch 1:00 Open Craft - bring your own project. Mandala art, puzzles provided 1:30 Gratitude Club - show our appreciation for those who assist Step Ahead by making thank you cards</p> 	<p><b>22</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor \$2 10:00 Tai Chi with Mike - gentle exercise for mind and body \$3 10:30 Deliver Meals on Wheels - round 52 12:00 Bring Lunch - socialise while eating your lunch 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:00 Badminton - for all abilities \$2 4:00 Book your ride to Stanmore for dinner. Please book dinner at Stanmore. Ride home available</p>	<p><b>23</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Women's Group Day Trip - take the bus to Kaiapoi, river walk and optional cafe visit. Bring your Metrocard or \$3 10:00 Craft - decorate terracotta pots with clay \$2 12:00 Bring Lunch - socialise while eating your lunch 1:30 Catnap Cafe - come and have a coffee surrounded by friendly cats. Book and pay \$4 by 2<sup>nd</sup></p> 	<p><b>24</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Day at Spencer Park - walks, games and a BBQ lunch \$3.50 10:00 Restore/Repair Workshop - repair useful items and reduce waste 12:00 Bring Lunch - socialise while eating your lunch 1:00 Woodwork Projects - learn design techniques and tool handling skills</p>
<p><b>27</b></p> <p><b>Step Ahead Closed for Labour Day</b></p>	<p><b>28</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Lunch Preparation - Pesto Gnocchi with Charred Tomatoes and Roasted Veggies 12:00 Bring Lunch - socialise while eating your lunch 12:00 Lunch - Pesto Gnocchi with Charred Tomatoes and Roast Veggies. Bookings by 10am \$3.50 1:30 Ten Pin Bowling - socialise while having fun</p>	<p><b>29</b> 9:30 Coffee Morning - socialise and have a cuppa 9:30 Walking Netball - friendly and low-impact sport \$1 10:00 Craft - make a wind chime with upcycled materials \$2 10:00 Tai Chi with Mike - gentle exercise for mind and body \$3 12:00 Bring Lunch - socialise while eating your lunch 12:00 Croquet - play a friendly game of croquet at a local park 1:00 Badminton - for all abilities \$2 4:00 Young Adults Dinner &amp; Nintendo Switch Night - Vegan Burgers. Book at Stanmore &amp; make your own way there. Ride home available \$4.50</p> 	<p><b>30</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Enabling Good Lives - open discussion about what you would like to see and learn 10:00 Walking Group - social walk with other members 10:30 Deliver Meals On Wheels - round 44 12:00 Bring Lunch - socialise while eating your lunch 1:00 Garden Group - help keep the garden tidy and learn gardening skills 1:00 Enabling Good Lives Appointments - individual support. Book a time with Kaylee 0800 688 732 1:00 Craft - complete our affirmations tablecloth</p>	<p><b>31</b> 9:30 Coffee Morning - socialise and have a cuppa 10:00 Restore/Repair Workshop - repair useful items and reduce waste 10:00 Functional Fitness - stretching and bodyweight exercises 12:00 Bring Lunch - socialise while eating your lunch 12:45 Volunteer at Willowbank - wear closed-toe shoes 1:00 Woodwork Projects - learn design techniques and tool handling skills</p>

9 Puriri Street, Christchurch

Please remember to book in! Phone 389 4001 or 0800 688 732 or text 022 038 3721