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# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, SEPTEMBER 2016

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 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) 1:00 Archery at West Hall (\$5.00)</p>  <p>5:00 Dinner and DVD at Stanmore Road (\$4.50)</p>	<p>2 9:00 Tramp - Red Hill (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>5 10:00 Coffee morning - Crumpets &amp; honey (\$1.50) 10:30 Open Craft 1:00 Women's Group - Daffodil walk at Hagley Park &amp; optional café visit 1:00 Walking Group 1:00 Prayer Group</p> 	<p>6 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics - Visit Mosaics Supplier in North Beach 1:00 Cooking for One - Potato Soufflé - bring 200gms ham (\$1.00) 2:00 Guitar Group</p> 	<p>7 10:15 Gym at Redwood (\$3.00) 10:30 Art Gallery - see John Britten's Motorbike Exhibition 12:30 Lunch (\$2.50) 1:00 Garden Working Bee 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Decorating Lampshades (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50) 5.00 Dinner and Pool at Hornby Working Men's Club (Meals from \$13.50)</p> 	<p>8 9.30 Men's Group Trip to Methven &amp; Ashburton 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold Meat, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>9 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>12 10:00 Coffee morning - Scones &amp; jam (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Boutique Shops at The Tannery 1:00 Walking Group 1:00 Prayer Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 1:00 20's &amp; 30's Group - BBQ at Spencer Park (\$4.50) - Beach walk, bikes, volleyball etc 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50)</p> 	<p>14 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Word games, discuss &amp; write anecdotes 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:15 Dietitian</p> 	<p>15 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 11:00 Sean from Canterbury Raptor Rescue with Eva (Hawk) 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  <p>5:00 Dinner and Quiz at Stanmore Road (\$4.50)</p>	<p>16 9:00 Tramp - Mt Herbert (See Chris or Di for details). 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 11:30 Women's Group - Lunch at Leithfield Hotel (Meals from \$13.50) followed by beach walk 1:00 Walking Group 1:00 Prayer Group</p> 	<p>20 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$3.50) 1:00 Cooking for One - Chicken Noodle Frittata - bring a packet of chicken flavoured 2 minute noodles (\$1.00) 2:00 Guitar Group 3:00 Peer Support Supervision</p> 	<p>21 10:15 Gym at Redwood (\$3.00) 10:30 Housie - bring along a \$2 prize 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Decoration Lampshades (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and Pool at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>22 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - BBQ, salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>23 9:30 Day Trip to Hanmer - (optional swim \$10) 10:00 Open Craft 10:15 Gym at Redwood (\$3.00) 1:00 Sewing 1:00 Urban Bike Ride (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>26 9:30 Women's Group Day Trip to Boulevard Day in Ashburton - Street Stall Markets 10:00 Coffee morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Walking Group 1:00 Prayer Group</p> 	<p>27 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog 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>28 10:15 Gym at Redwood (\$3.00) 10:30 Writers &amp; Book Group - Exercises to get you writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall</p> 	<p>29 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, salad &amp; dessert (\$4.50) 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 questions 5.00 Dinner and Karaoke night at Stanmore Road (\$4.50)</p> 	<p>30 9:00 Tramp - Lake Clearwater (See Chris or Di for details). 10:00 Open Craft 1:00 Sewing 2:00 Christian Fellowship Group</p>