





















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

# STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, SEPTEMBER 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
				<p>1 9:00 Tramp - Lake Catherine (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>4 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Hadstock Daffodil Farm (\$2 for bunch of daffodils) 1:00 Walking Group</p> 	<p>5 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 (\$4.00 plus cost of board) 1:00 Men's Group Fishing afternoon at Diamond Harbour</p> 	<p>6 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Decoupage Group (\$2.50) 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>7 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 (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)  5:00 Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>8 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:00 Mountain Biking (\$2.50 for bike hire) 2:00 Christian Fellowship Group</p> 
<p>11 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at Khmer Restaurant (Meals from \$12) followed by a walk in the Botanical Gardens 1:00 Walking Group</p> 	<p>12 10:00 Art with Selwyn (\$2.50) 1:00 20's &amp; 30's Group - Ten Pin Bowling (\$5.00) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Shepherd's Pie - bring 250gms mince (\$1.00) Bookings by 10am</p> 	<p>13 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers &amp; Book Group - Bring a short story you have enjoyed - to read and discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft Group - Op shopping for craft supplies. Bring \$\$\$ 1:00 Social Group 1:00 Table Tennis at West Hall 5:00 Dinner and DVD Night at Stanmore (\$4.50)</p> 	<p>14 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon and Egg Pie, vegies &amp; dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Jenny from the Cancer Society</p> 	<p>15 9:00 Tramp to Belfast from Lake Rotokohatu (see Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>18 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Pet shops to see spring kittens, puppies etc. 1:00 Walking Group</p> 	<p>19 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 (\$4.00 plus cost of board)</p> 	<p>20 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Decoupage Group (\$2.50) 1:00 Bike Maintenance - bring your bike for basic repairs 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>21 9:00 Men's Group trip to Hanmer Springs. (Optional Swim - \$10.00) 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) 1:30 Softball in the park with West 5:00 Dinner out at Racecourse Hotel (Meals from \$14.00)</p> 	<p>22 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$2.50 for materials etc) 1:30 Urban Biking (\$2.50 for bike hire) 2:00 Christian Fellowship Group</p> 
<p>25 9:30 Women's Group - Boulevard Day in Ashburton - Browse the market stalls. BYO lunch 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Walking Group</p> 	<p>26 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 (\$4.00 plus cost of board) 1:00 Cooking for One - Pumpkin and Kumara Soup - bring 1 cup of pumpkin pieces (\$1.00) Bookings by 10am 3:00 Peer Support Supervision</p> 	<p>27 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers &amp; Book Group - Bring along poems, prose, books or your own work to discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Tree Art (\$2.50) 1:00 Documentary Group - watch and discuss 1:00 Table Tennis at West Hall 1:15 Dietitian 5:00 Dinner and Karaoke at Stanmore (\$4.50)</p> 	<p>28 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Cold meat and salad &amp; dessert (\$4.50) - Bookings by 10am 1:00 Golf Afternoon (\$5.00) 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 	<p>29 9:00 Tramp to Lee's Valley (see Chris or Di for details) 10:00 Open Craft 11:30 20's &amp; 30's Group Sausage Sizzle at Spencer Park (\$2.00) 1:00 Sewing (\$2.50 for materials etc) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 