




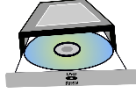





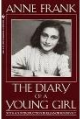









Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 173 1673

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, SEPTEMBER 2018

Mahe Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p>3 10:00 Coffee Morning - Scones (\$1.50) 10:30 Open Craft 1:00 Women's Group - Daffodil walk at Botanic Gardens and optional café visit. Bring \$\$ 1:00 Walking Group</p> 	<p>4 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - visit Liberty Organic Food Market</p> 	<p>5 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Writing Captions - pictures provided 12:30 Lunch (\$2.50) 1:00 Adventure Park Chairlift ride (\$6.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group</p> 	<p>6 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 Taioira QEII (\$3.00)</p>  <p>5:00 Pea, Pie, Pud & Quiz night at Stanmore (\$4.50)</p>	<p>7 9:00 Tramp to Lake Ida (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>10 10:00 Coffee Morning - Pikelets (\$1.50) 10:30 Open Craft 12:00 Women's Group - Lunch at Pierside Café. (meals from \$15) 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>11 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Fish Pie - bring 310gm tinned fish (\$1.00)</p> 	<p>12 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 12:45 Mood Management App talk 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft - Mixed Media on Canvas (\$2.50) 1:00 Social Group - see staff for details 1:30 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 Dinner at Kaiapoi Working Men's Club (Meals from \$14.00)</p>	<p>13 9:30 Men's Group trip to Glenfalloch Station, Rakaia Valley 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bacon & Egg Pie, veggies and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Taioira QEII (\$3.00) 1:30 Guest Speaker - Diabetes</p> 	<p>14 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>17 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 1:00 Women's Group - Board, Word Games Afternoon 1:00 Walking Group</p> 	<p>18 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Men's Group - The Life Story of Anne Frank at Airforce Museum</p> 	<p>19 10:15 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Ethnic Poets, read & discuss 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 House Spring Cleaning - afternoon tea provided 1:30 Table Tennis at Blenheim Road (\$1.00)</p> 	<p>20 9:30 Day Trip to Hanmer (optional swim \$12) 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 Taioira QEII (\$3.00)</p>  <p>5:00 Self Crusting Quiche, veggies and Karaoke at Stanmore (\$4.50)</p>	<p>21 9:00 Tramp to 'the Three Deans' (See Chris or Di for details) 10:00 Open Craft 11:00 Meditation Group 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>24 9:30 Women's Group Boulevard Market Day in Ashburton. Bring your own lunch. 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>25 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 - Lasagne - bring 200gms mince (\$1.00) 3:00 Peer Support Supervision</p> 	<p>26 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 (\$6.00) 1:00 Craft - Finish Canvas Projects or decoupage (\$2.50) 1:15 Nutritionist (Dietary Advice) 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner at Leithfield Hotel (Meals from \$14.00)</p> 	<p>27 10:00 Walking Group 10:00 Art Exhibition Preparation 10:30 Meals on Wheels 12:30 Budget Lunch - Macaroni Cheese, coleslaw and dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Taioira QEII (\$3.00)</p> 	<p>28 10:00 Gym Group - bring a towel (\$3.00) 10:00 Open Craft 10:30 Meditation Group off site 1:00 Sewing (\$1.00) 1:00 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 