






















STEP AHEAD ACTIVITIES – 167 STANMORE ROAD, SEPTEMBER 2019

| Mahe Monday | Turei Tuesday | Wenerei Wednesday | Tatte Thursday | Paraire Friday |
|---|---|--|--|---|
| <p>2 10:00 Coffee Morning 10:30 Open Craft 11:00 Dietitian Visit 11:30 Women's Group – Lunch at the Golden Mile Tavern in Rolleston. Meals from \$10 followed by op shopping 1:00 Walking Group</p>  | <p>3 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group – Learn basic first aid skills</p>  | <p>4 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group – Group ideas for combined short story writing 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Make your own Snow Globe (\$2.50) 1:00 Table Tennis at Table Tennis Canterbury on Blenheim Road (\$1.00)</p>  | <p>5 9:30 Men's Group trip to Hanmer Springs. Optional Swim (\$10.00) 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taiora QEII (\$3.50) 5:00 Dinner at Hoofbeats Restaurant (Meals from \$16.50)</p>  | <p>6 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 1:30 Urban Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p>  |
| <p>9 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Walk at Botanic Gardens Daffodil Lawn. Optional café visit. Bring \$\$ 1:00 Walking Group</p>  | <p>10 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Chicken Fettucine. Members bring 1 medium boneless chicken breast and \$1.00 - bookings by 10am</p>  | <p>11 10:00 Gym Group – bring a towel (\$4.00) 10:30 Card Making – make your own design 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 12:30 CBS concert – Mozart trio in G, Dvorak Dumky Trio (\$5.00) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and Karaoke. Quiche, veggies & dessert (\$4.50)</p>  | <p>12 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Bacon and egg pie, mashed potato and coleslaw followed by dessert (\$4.50) – bookings by 10am 1:00 Golf Afternoon (\$6.00) 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taiora QEII (\$3.50)</p>  | <p>13 9:00 Tramp - Godley Head From Taylors Mistake (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>16 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – DVD afternoon. Bring along a favourite for the group to choose 1:00 Walking Group</p>  | <p>17 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Men's Group visit the Airport Fire Service</p>  | <p>18 10:00 Gym Group – bring a towel (\$4.00) 10:30 Writers and Book Group - Writing with prompts 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Craft – Planning Meeting followed by finishing projects or Nail Art (\$2.50) 1:00 Table Tennis at Table Tennis Canterbury on Blenheim Road (\$1.00)</p>  | <p>19 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Technology Group – how to set up an email account 1:30 Swim/Relax at Taiora QEII (\$3.50) 5:00 Dinner at Kaiapoi Club (Meals from \$12.00)</p>  | <p>20 9:30 Day trip to Mount Hutt. Optional Chair Lift Ride (\$15.00) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>23 9:30 Women's Group – Trip to Ashburton Boulevard Day and visit the Mineral and Gem Museum (gold coin donation) 10:00 Coffee Morning 10:30 Open Craft 1:00 Walking Group 1:00 Mental Health Awareness Week Walk followed by a sausage sizzle at Puriri Street</p>  | <p>24 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One – Italian Meatloaf. Members bring 250 grams of mincemeat and \$1.00 - bookings by 10am</p>  | <p>25 10:00 Gym Group – bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$6.00) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner and quiz. Cottage pie, veggies and dessert (\$4.50)</p>  | <p>26 10:00 Walking Group 10:00 Art with Karen (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch – Roast meat and dessert (\$4.50) – Bookings by 10am 1:00 Golf Afternoon (\$6.00) 1:15 Member Staff Liaison Meeting 1:30 Top Team Games at Beverley Park 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taiora QEII (\$3.50)</p>  | <p>27 9:00 Tramp – Lake Emily & Manuka Hut (see Chris or Di for details) 10:00 Open Craft 11:00 Meditation 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p>  |
| <p>30 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group – Flower arranging with Kate – spaces limited, book early 1:00 Walking Group 1:00 Christian Fellowship DVD</p>  | | | | |