

STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, SEPTEMBER 2020

Mane/Monday	Turei/Tuesday	Wenerei/Wednesday	Taite/Thursday	Paraire/Friday
	<p>1 10:00 Art with Selwyn (\$2.00) 1:00 Swim/Aquaioa 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 - Spiced Cauliflower Fritters with Vegan Mayonnaise (\$2.00)</p> 	<p>2 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:30 Lunch - Salad rolls & fruit (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Fabric Painting (\$2.00) 1:00 Documentary Group (watch and discuss) 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Dinner and Quiz - Spaghetti Bolognese, veggies and dessert (\$4.50)</p>	<p>3 10:00 Walking Group 10:00 Art with Karen (\$2.00) 10:30 Meals on Wheels 1:00 Phone Users Group - Learn to use your phone 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Swim/Relax at Taiora QEII (\$3.00) 1:00 Ferrymead Mini Golf (\$4.00)</p> 	<p>4 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft - Hand craft, mandala art etc 11:00 Meditation 1:00 Sewing with Petra (\$2.00) 1:00 Christian Fellowship 1:30 Urban Biking (\$2.00 bike hire or bring your own)</p>
<p>7 10:00 Coffee Morning 10:30 Open Craft - Hand craft, mandala art etc 11:00 Nutritionist - Dietary Advice with Laura 12:00 Women's Group - Visit to Arion Farm - bring your own lunch (\$6.00) 1:00 Walkine Group 1:30 Pool, Snooker or Darts with Puriri members</p> 	<p>8 10:00 Art with Selwyn (\$2.00) 1:00 Swim/Aquaioa at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Chicken and Cauliflower Curry (mild) - bring a small chicken breast and \$1.00, bookings by 10am</p>	<p>9 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group - Second hand book shopping 12:30 Lunch - Salad rolls & fruit (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Dried Flower Suncatchers (\$2.00) 1:00 Badminton with Puriri members at Badminton Canterbury (\$2.00) 1:30 Election Referendum Discussion with Julie 5:00 Dinner and Board Games - Frittata, veggies and dessert (\$4.50)</p>	<p>10 10:00 Walking Group 10:00 Art with Karen (\$2.00) 10:30 Meals on Wheels 12:30 Midday Meal - Roast Meat and veggies and dessert (\$4.50) - bookings by 10am 1:00 Mosaics (\$4.00) 1:00 Swim/Relax at Taiora QEII (\$3.00) 1:30 Guest Speaker - Electoral Commission - ensure you are eligible to vote 1:30 Chromebook Users Group - Learn to use your new Chromebook</p>	<p>11 9:00 Tramp - Craigieburn Ski Field Road and Track (see Chris or Di for details) 10:00 Open Craft - Hand craft, mandala art etc 11:00 Meditation 1:00 Sewing with Petra (\$2.00) 1:00 Christian Fellowship</p> 
<p>14 10:00 Coffee Morning 10:30 Open Craft - Hand craft, mandala art etc 1:00 Women's Group - Daffodil walk in Botanic Gardens and cafe (optional) 1:00 Walkine Group</p>	<p>15 10:00 Art with Selwyn (\$2.00) 1:00 Swim/Aquaioa at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>16 10:00 Gym Group - bring a towel (\$3.00) 10:00 Turanga Library - Children's Holocaust Memorial 10:30 News and Views Discussion Group 12:30 Lunch - Hot dogs & fruit (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Jewellery Making (\$2.00) 1:00 Documentary Group (watch and discuss) 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Dinner - Saigon Star Restaurant (Meals from \$12.00)</p>	<p>17 10:00 Walking Group 10:00 Art with Karen (\$2.00) 10:30 Meals on Wheels 1:00 Mosaics (\$4.00) 1:00 Swim/Relax at Taiora QEII (\$3.00) 1:30 Maori Language - Learn some basic phrases 1:30 Tablet Users Group - Learn to use your Tablet</p> <p style="text-align: center;">  <i>Kia hora te marino, Kia whakapapa pouamaia te moana, Kia tano te Kāwhirihihi i mua i ōku huarahi. My heart is whakapapa, my heart is pouamaia my heart is whakapapa, my heart is pouamaia</i>  </p>	<p>18 9:30 Men's Group - Day trip to Hanmer Springs. Optional Swim (\$10.00) 10:00 Open Craft 11:00 Meditation - Hand craft, mandala art etc 12:30 Beginners Tramp with Puriri members 1:00 Sewing with Petra (\$2.00) 1:00 Christian Fellowship</p>
<p>21 10:00 Coffee Morning 10:30 Open Craft - Hand craft, mandala art etc 12:30 Walking Group - Mental Health Awareness Week walk to Puriri Step Ahead followed by refreshments</p> 	<p>22 10:00 Art with Selwyn (\$2.00) 1:00 Swim/Aquaioa at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Beef 'n' Bean Wraps - bring 250 grams of minced beef and \$1.00, bookings by 10am</p>	<p>23 10:00 Gym Group - bring a towel (\$3.00) 10:30 Writers and Book Group Writing 6 word memoirs 12:30 Lunch - Bread rolls & fruit (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Dreamcatchers (\$2.00) 1:00 CBS Concert - Young pianist - Yifan Yang (\$5.00) 1:30 Badminton with Puriri members at Badminton Canterbury (\$2.00) 5:00 Dinner and DVD - Curried Chicken, rice, veggies and dessert (44.50)</p>	<p>24 9:30 Art Trip - Visit art supply shops and have coffee Bring \$\$ Return by midday 10:00 Walking Group 10:30 Meals on Wheels 12:30 Midday Meal - Spaghetti Bolognese, coleslaw and dessert (\$4.50) - bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Tech Group - Your general tech questions answered 2:00 Mosaics (\$4.00) 2:00 Swim/Relax at Taiora QEII (\$3.00)</p>	<p>25 9:00 Tramp - Tiromoana Walkway (see Chris or Di for details) 10:00 Open Craft - Hand craft, mandala art etc 11:00 Meditation 1:00 Sewing with Petra (\$2.00) 1:00 Christian Fellowship</p> 
<p>28 9:30 Women's Group - Day trip to Ashburton 10:00 Coffee Morning 10:30 Open Craft - Hand craft, mandala art etc 1:00 Walkine Group</p>	<p>29 10:00 Art with Selwyn (\$2.00) 1:00 Swim/Aquaioa at Pioneer (\$3.00) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>30 10:00 Gym Group - bring a towel (\$3.00) 10:30 News and Views Discussion Group 12:15 Swim He Puna Taimoana Hot Pools in New Brighton (\$5.00) 12:30 Lunch - Hot dogs & fruit (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Craft - Jewellery Making and Repairs (\$2.00) 1:00 Documentary Group 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1.00) 5:00 Dinner Pineacres Restaurant (Meals from \$17.00)</p>		

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