

Step Ahead Puriri - Hepetema / September 2026

Rāhina - Monday	Rātu - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
	1	2	3	4
Bookings for September open on Monday 24th August at 9am Bookings for October open on Monday 21st September at 9am	10:00 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Chair Yoga - at St Ninian's Hall \$3.00 	10:00 Nature Group - at Riccarton Bush 10:00 Craft - upcycled neck tie purse \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 1:00 Fly our previously crafted Māori kite at New Brighton 1:00 Health Focus at Stanmore - watch the video "Food to Thrive" with Professor Julia Rucklidge. Transport provided 1:45 Table Tennis - for all abilities 4:30 Dinner - see Stanmore programme and book with Stanmore	10:00 Coffee Morning - socialise and have a cuppa 10:00 Walking Group - social walk with others 10:30 Deliver Meals on Wheels - round 44 12:15 Rainbow Diversity Education - Sexual Orientation 1:00 Craft - make a hand puppet \$2.00 2:00 Gardening - keep the garden tidy  Tech Support appointments available today. Book as usual	10:00 Volunteer at Kauri Lodge Rest Home 10:00 What's happening in the Community this month 10:00 Slow Walking Group - local walk, gentle pace 1:00 Woodwork Projects - bring a project or assist with ours 1:00 Beginners Tramp - Taylors Mistake to Boulder Bay 
7	8	9	10	11
10:00 Music Ensemble - play musical instruments 10:00 Chair Yoga - at St Ninian's Hall \$3.00 1:00 Swim/Aqua Jog - bring togs and a towel 1:00 Walking Group - social walk with others 	10:00 Singing for Wellbeing - join together to sing for joy 1:00 Ten Pin Bowling - socialise and have fun \$5.00 	10:00 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 10:30 Deliver Meals on Wheels - round 52 12:45 Badminton - for all abilities \$2.00 1:00 Mosaics - create decorative artworks \$4.00 1:45 Language and Culture Group 4:30 Dinner and Karaoke - see Stanmore programme and book with Stanmore	10:00 Craft - sew on paper to create a landscape \$2.00 10:00 Self Defence - pay to book by 3rd \$15.00 10:00 Young Adults (18 - 35 years) Spring Blossom Walk - book with Stanmore. Meet at Stanmore or Hagley Park 1:00 Member/Staff Liaison Meeting 2:00 Tree of Life Workshop - A Lived Experience Voices Group 2:00 Neighbourhood Clean Up - in Riccarton Enabling Good Lives appointments available today. Book as usual	10:00 Project Shelter Working Bee - help to tidy up and organise 10:00 Slow Walking Group - local walk, gentle pace 10:00 Guest Speaker at Stanmore - Hapai Access Card information - transport provided 10:00 Team Building Games 12:45 Volunteer at Willowbank - wear closed toe shoes 1:00 Woodwork Projects - bring a project or assist with ours
14	15	16	17	18
10:00 Gym at Parakiore - first timers please talk to Olivia before attending 10:00 Sewing - make a bag or wall art using scrap fabric quilting techniques \$2.00 1:00 Walking Group - social walk with others 1:00 Poetry and Writing - read, write and share	10:00 Nutrition - healthy weight management 1:00 Ten Pin Bowling - socialise and have fun \$5.00 	10:00 Craft - lavender felt cloud \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 10:00 Word Puzzles and Brain Teasers 1:00 Watch this Space - Guided Urban Street Art Tour \$7.50 1:00 Cooking on a Budget - Roasted Cajun Chicken and Vegetables \$2.00 1:45 Table Tennis - for all abilities 5:00 Dinner - see Stanmore programme and book with Stanmore	10:00 Coffee Morning - socialise and have a cuppa 10:30 One New Zealand Stadium Tour - pay to book by 9th. Return by 1pm \$12.50 10:30 Deliver Meals on Wheels - round 44 12:15 Rainbow Diversity Education - Intersex/VSC 1:30 Walking Group - social walk with others 2:00 Gardening - keep the garden tidy  Tech Support appointments available today. Book as usual	9:30 Young Adults (18 - 35 years) Day Trip to New Brighton - Hot Pools and Mini Golf \$11.50 10:00 Craft - egg carton fairies \$2.00 10:00 Lunch Preparation - help prepare lunch 10:00 Slow Walking Group - local walk, gentle pace 12:00 Lunch - Garlic Bread Topped Chicken Pot Pie \$3.50 1:00 Woodwork Projects - bring a project or assist with ours 1:00 Beginners Tramp - Broadhaven Reserve to North New Brighton 1:00 Health Focus at Stanmore - Vaccinations and Medication. Transport provided
21	22	23	24	25
10:00 Yoga - at St Ninian's Hall \$3.00 10:00 Craft - Kinusaiga, creating art with fabric scraps \$2.00 1:00 Swim/Aqua Jog - bring togs and a towel 1:00 Walking Group - social walk with others 	1:30 Ten Pin Bowling - socialise and have fun \$5.00 Step Ahead Closed until 1pm	10:00 Coffee Morning - socialise and have a cuppa 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 10:30 Deliver Meals on Wheels - round 52 12:45 Badminton - for all abilities \$2.00 1:00 Mosaics - create decorative artworks \$4.00 5:00 Young Adults (18 - 35 years) Dinner - see Stanmore programme and book with Stanmore	9:30 Sherlin Alpaca Farm in West Melton - return by 12pm. Pay to book by 17th \$7.50 10:00 Dancing For Fitness - exercise to music 1:00 Guest Speaker - Voting & the Election Process 1:00 Young Adults (18 - 35 years) make pet bandanas, with Max the Therapy Dog \$2.00 Enabling Good Lives appointments available today. Book as usual	9:30 Men's Group - Disc Golf 10:00 Slow Walking Group - local walk, gentle pace 10:00 CPR and Defibrillator Training with Hato Hone St John 12:45 Volunteer at Willowbank - wear closed toe shoes 1:00 Woodwork Projects - bring a project or assist with ours 
28	29	30		
10:00 Gym at Parakiore - first timers please talk to Olivia before attending 10:00 Sewing - bring your own projects \$2.00 1:00 Walking Group - social walk with others 1:00 Tech Group - cybersecurity essentials. Bring your device	10:00 Fun Quiz - general knowledge and team building tasks 1:00 Ten Pin Bowling - socialise and have fun \$5.00  Enabling Good Lives appointments available today. Book as usual	10:00 Brew with a View - at Avonhead Park 10:00 Craft - booklovers wreath \$2.00 10:00 Tai Chi - exercise for mind and body \$3.00 1:00 Card Making - for Meals on Wheels recipients 1:00 Bus to Te Puna o Waiwhetū Christchurch Art Gallery - bus card provided	Rainbow Group Saturday 19th  Join the Open Day for NZ's only LGBTQIA+ DragonBoat Team Leaving Stanmore at 9:30am Return by 12:30pm	Weka Pass Train Trip Sunday 20th Pay to book by 11th (\$20) Book with Stanmore Pick up available at all bases