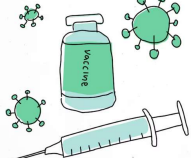


Step Ahead Stanmore - Hepetema / September 2026

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 Parkrun at Scarborough Saturday 8th Parkrun at Broad Park Saturday 29th See Kevin for more details and to register	10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Chair Yoga at St Ninian's Hall - transport to Puriri provided 1:30 Swim/Aqua Jog at Taiora QE11 	10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 What's Happening in the Community this month 12:30 Lunch - Brown Lentil Soup with Meatballs \$3.50 1:00 Craft - turn tin cans into gorgeous wind chimes \$2.00 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:30 Health Focus - watch the video "Food to Thrive" 1:30 Table Tennis - for all abilities 4:30 Dinner and Karaoke - Vegetarian Pasta and Garlic Bread \$4.50	10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Mindfulness & Meditation \$3.00 10:00 Volunteer at Rosewood Lifecare 10:00 Visit Cafe 140 at Canterbury Aero Club - bring \$\$ 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:15 Rainbow Diversity Education - Sexual Orientation 12:30 Lunch - Pumpkin and Walnut Risotto \$3.50 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Rainbow Group - Guest Speaker from Qtopia 	10:00 Coffee Morning - socialise and have a cuppa 10:00 Ruapuna Raceway - watch the Canterbury Car Club test day 10:00 Digital Art - learn the basics and create. BYO device or borrow ours 10:30 Open Craft - bring your own project 10:30 Music Ensemble - play musical instruments 12:30 Sewing - make a bag or wall art using scrap fabric quilting techniques \$2.00 1:00 Brew with a View - Sign of the Kiwi 1:30 Packhorse Hut Overnight Tramp information session - mandatory if wanting to join tramp
7	8	9	10	11
10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:15 Women's Group - archery at the Christchurch Archery Club \$10.00 1:00 Walking Group - social walk with others 	10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Yoga - at Philipstown Hub \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:00 Walking Tour around City - self guided education walk 1:30 Swim/Aqua Jog at Taiora QE11	9:30 Thrive 2026 Inspiring Talks - Rest to Thrive 9:30 Walking Netball at Ngā Puna Wai 10:00 Maths and Science - make a balloon powered car 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Quinoa Salad with Chicken and Broccoli \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Sign Language Practise - book by 10am 1:00 Craft - shadow painting \$2.00 1:00 Photography - with Maree 1:15 Badminton - for all abilities \$2.00 1:30 Language and Culture Group at Puriri - transport provided 4:30 Dinner and Karaoke - Chicken Wraps \$4.50	10:00 Self Defence at Puriri - book with Puriri, make your own way there. Pay to book by 3rd \$15.00 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Learn the Ukulele - beginners welcome 10:00 Golf Driving Range at Riccarton Park \$7.00 10:00 Young Adults (18 - 35 years) Spring Blossom Walk 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:15 Rainbow Diversity Education - Gender 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11 1:30 Orienteering - map reading & navigation 	9:00 Tramp - ChCh 360 Challenge - Godley Head to Mt Pleasant (moderate) 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Guest Speaker - Hapai Access Card information 12:30 Sewing - bring your own projects \$2.00 1:15 Volunteer at Willowbank - wear closed toe shoes 
14	15	16	17	18
10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 12:30 Women's Group - guided tour of the Bird Land: Te Kāhui Manu exhibition at Te Puna o Waiwhetū Christchurch Art Gallery 1:00 Walking Group - social walk with others 	10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Music Videos - enjoy different music genres 1:00 Walk to the Richmond Community Gardens - nature word games in Te Reo Māori 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Yoga - at Philipstown Hub \$3.00 1:30 Swim/Aqua Jog at Taiora QE11	10:00 Gym at Parakiore 12:30 Lunch - Roast Vegetable Salad \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Craft - design Koru and Kōwhaiwhai patterns \$2.00 1:00 Volunteer Planting at Olliviers Reserve in Phillipstown 1:30 Table Tennis - for all abilities 5:00 Dinner at Maxine's Palace (meals from \$20) 	10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Guitar - learn the basics 10:00 Mindfulness & Meditation at Avebury House \$3.00 10:30 Deliver Meals on Wheels - rounds 1 and 2 10:30 One New Zealand Stadium Tour - pay to book by 9th. Return by 1pm \$12.50 12:15 Rainbow Diversity Education - Intersex/VSC 12:30 Lunch - Roasted Veggie Salad with Quinoa \$3.50 1:15 Member/Staff Liaison Meeting 2:00 Tree of Life Workshop - A Lived Experience Voices Group 2:00 Mosaics - create decorative artworks \$4.00 2:00 Swim/Aqua Jog at Taiora QE11 2:00 Singing for Wellbeing - gather to sing for joy 	9:45 Young Adults (18 - 35 years) Day Trip to New Brighton - hot pools and mini golf \$11.50 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Riddles and Puzzles - problem solving fun 12:30 Sewing - bring your own projects \$2.00 1:30 Health Focus - Vaccinations and Medication 
21	22	23	24	25
10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:00 Women's Group - visit Tom's Emporium for craft supplies 1:00 Craft - felting (part 1 of 2) \$2.00	1:00 Music Videos - enjoy different music genres 1:00 Gardening - keep the garden tidy and learn skills 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Yoga - at Philipstown Hub \$3.00 1:00 Cooking on a Budget - see app for details \$2.00 1:30 Swim/Aqua Jog at Taiora QE11 Step Ahead Closed until 12:30pm	10:00 Gym at Parakiore 10:00 Maths and Science - triangles 10:00 Art Therapy with Sarah \$2.00 12:30 Lunch - Red Lentil Dhal \$3.50 1:00 Ten Pin Bowling - socialise and have fun \$5.00 1:00 Sign Language Practise - book by 10am 1:00 Craft - felting (part 2 of 2) \$2.00 1:15 Badminton - for all abilities \$2.00 5:00 Young Adults (18 - 35 years) Dinner and Nintendo Switch - Mediterranean Wraps \$4.50	9:30 Packhorse Hut Overnight Tramp \$15.00 10:00 Walking Group - social walk with others 10:00 Art with Jen - instruction from a tutor \$2.00 10:00 Sustainability Group - drop off recycling 10:00 Guest Speaker - Voting & the Election Process 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Young Adults (18 - 35 years) make pet bandanas - book with Puriri \$2.00 1:00 Mosaics - create decorative artworks \$4.00 1:00 Singing for Wellbeing - gather to sing for joy 1:30 Swim/Aqua Jog at Taiora QE11	10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 10:30 Play Ti Rakau - Māori music and rhythm game 12:30 Sewing - bring your own projects \$2.00 1:00 Board Games with Max the Therapy Dog 1:15 Volunteer at Willowbank - wear closed toe shoes 
28	29	30		
10:00 Gym at Parakiore 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:00 Walking Group - social walk with others 1:15 Women's Group - Guided Tour in the Botanic Gardens 	10:00 Art with Selwyn - tutor instruction \$2.00 1:00 Walking Tour in the City 1:00 Music Videos - enjoy different music genres 1:00 Gardening - how to grow potatoes 1:00 Mosaics - create decorative artworks \$4.00 1:00 Stone Carving - using Oamaru stone \$3.00 1:00 Yoga - at Philipstown Hub \$3.00 1:00 Golf at Everglades - play a friendly game \$7.50 1:30 Swim/Aqua Jog at Taiora QE11	9:30 Walking Netball at Ngā Puna Wai 10:00 Gym at Parakiore 10:00 Art Therapy with Sarah \$2.00 10:30 Te Reo Māori - continued practise. Beginners welcome 12:30 Lunch - Sushi Rice Ball with Chicken \$3.50 1:00 Volunteer Planting at Olliviers Reserve in Phillipstown 1:00 Ten Pin Bowling - socialise and have fun \$5.00	Rainbow Group Saturday 19th Join the Open Day for NZ's only LGBTQIA+ Dragon Boat Team Leaving Stanmore at 9:30am LGBTQIA+ Members and Allies welcome 	Weka Pass Train Trip Sunday 20th Pay to book by 11th (\$20) Book with Stanmore Pick up available at all bases