

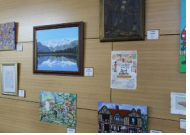








Step Ahead Stanmore - Whiringa-ā-nuku/October 2025

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p>Weka Pass Train Trip</p> <p>Sunday 19th at 9:30am Please pay \$20 by the 10th to secure your place 27 places available, see staff to book</p> 	<p>Parkrun at Broadpark Saturday 11th Meet by the flying fox at 7:45am (7:30am warm up)</p> <p>Parkrun at Hagley Saturday 25th Meet by the Model Yacht Club by Victoria Lake at 7:45am (7:30am warm up)</p>	<p>1 10:00 Gym - exercise and improve your physical fitness 10:30 What's happening in the community this month 10:30 Te Reo Māori - continued practise 12:30 Lunch - Middle Eastern Falafel \$3.50 1:00 Tech Group - learn to use the new SA Bookings App 1:00 Enabling Good Lives Appointments - individual support Book a time with Kaylee 0800 688 732 1:30 Table Tennis - for all abilities and fitness levels \$1 1:30 Ten Pin Bowling - socialise while having fun \$5 4:30 Dinner & Singalong - Veggie Pasta \$4.50. Ride home available</p>	<p>2 10:00 Enabling Good Lives Appointments - individual support. Book a time with Kaylee 0800 688 732 10:00 Art with Jen - instruction from a tutor \$2 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:15 Rainbow Online Discussion - Intersex and VSC People 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:30 Swim/Aquajog - bring togs and a towel</p> 	<p>3 8:00 Tramp at Lake Heron - easy/long. Return by 5pm 9:45 Dance Fitness at Aranui Wainoni Community Centre \$3 10:00 Coffee Morning - socialise and have a cuppa 10:00 Technology Support - individual support. Book a time with Kaylee 0800 688 732 10:30 Open Craft - bring your own project. Mandala art, puzzles provided 1:00 Volunteer at Willowbank - wear closed-toe shoes. Book at Puriri, transport from Stanmore 1:15 Therapy Dog Visit from Lottie, the Golden Retriever</p>
<p>6 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym - exercise and improve your physical fitness 10:30 Open Craft - bring your own project. Mandala art, puzzles provided 1:00 Women's Group - make gratitude cards with spring flowers for those who assist Step Ahead 1:00 Walking Group - social walk with other members</p>	<p>7 10:00 Art with Selwyn - instruction from a tutor \$2 1:30 Step Ahead Art Exhibition Opening - support artists exhibiting at The Palms Mall</p> 	<p>8 10:00 Gym - exercise and improve your physical fitness 10:00 Enabling Good Lives Appointments - individual support. Book a time with Kaylee 0800 688 732 10:00 Practical Maths and Science - make slime \$2 12:30 Lunch - Chicken Salad Wraps \$3.50 1:00 Craft - tie dye a t-shirt \$2 1:00 Mindfulness and Meditation at Phillipstown Hub. Basic breathwork, mindfulness and meditation techniques 1:00 Sign Language - continued practise. Book by 10am 1:15 Badminton - book at Puriri 1:30 Ten Pin Bowling - socialise while having fun \$5 4:30 Dinner & Quiz - Mushroom and Lentil Pie \$4.50. Ride home available</p>	<p>9 10:00 All Levels Yoga at the Phillipstown Hub - for those who can get up off the floor without assistance 10:00 Enabling Good Lives Appointments - individual support Book a time with Kaylee 0800 688 732 10:00 Art with Jen - instruction from a tutor \$2 10:30 Woolshed Creek Overnight Tramp Planning Meeting 12:15 Rainbow Online Discussion - Supporting Relationships 12:30 Lunch - Vegetarian Pasta Bake \$3.50 1:00 Singing for Wellbeing - gather together to sing for joy 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:30 Young Adults - Icebreakers - get to know each other 1:30 Swim/Aquajog - bring togs and a towel</p>	<p>10 9:30 Tramp - walk from Puriri St to Stanmore Rd then join the MHAW walk back to Puriri St in the afternoon 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project. Mandala art, puzzles provided 10:30 Music Ensemble - come together to play music 12:30 Mental Health Awareness Week Walk from Stanmore Rd to Puriri St</p> 
<p>13 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym - exercise and improve your physical fitness 10:30 Open Craft - bring your own project. Mandala art, puzzles provided 1:00 Walking Group - social walk with other members 1:00 Women's Group - walk and a cuppa in the Botanic Gardens</p> 	<p>14</p> <p>Step Ahead Closed for Staff Planning</p>	<p>15 10:00 Gym - exercise and improve your fitness 10:00 Day Trip to Diamond Harbour - ferry ride (pay with MetroCard) Bring lunch. Return by 4pm 10:30 Te Reo Māori - continued practise 12:30 Lunch - Veggie Pasta \$3.50 1:00 Craft - learn embroidery or finish past projects \$2 1:30 Ten Pin Bowling - socialise while having fun \$5 1:30 Table Tennis - all abilities and fitness levels \$1 4:30 Dinner & Bingo - Rattatouille Nicoise \$4.50. Ride home available</p> 	<p>16 10:00 Learn to play the ukelele 10:00 Art with Jen - instruction from a tutor \$2 10:00 Archery - payment of \$10 by the 9th secures your place 10:30 Deliver Meals on Wheels - rounds 1 & 2 12:15 Rainbow Online Discussion - Creating Safe Spaces for Rainbow People 1:00 Stone Carving - create artworks using Oamaru stone \$3 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:30 Swim/Aquajog - bring togs and a towel 2:00 Rainbow Group - mini putt at Ferrymead Golf. LGBTQ+ members and allies welcome \$5</p>	<p>17 8:30 Tramp - easy/moderate tramp at St James Homestead Loop (Hammer). Return by 4:30pm 9:45 Scrabble at Linwood Library 10:00 Coffee Morning - socialise over a cuppa 10:30 Open Craft - bring your own project. Mandala art & puzzles provided 12:15 Sewing - sew a t-shirt - part one \$2 1:00 Botanic Gardens Guided Walking Tour - join us for an informative guided tour 1:00 Volunteer at Willowbank - wear closed toe shoes. Book at Puriri, transport from Stanmore</p>
<p>20 10:00 Coffee Morning - socialise and have a cuppa 10:00 Gym - exercise and improve your physical fitness 10:30 Open Craft - bring your own project. Mandala art, puzzles provided 12:30 Young Adults - Blokating. Please pay \$15 by 13th to secure your place 1:00 Walking Group - social walk with other members 1:00 Women's Group - stroll at New Brighton to look at art and have a cuppa</p>	<p>21 10:00 Art with Selwyn - instruction from a tutor \$2 11:45 Linedancing for beginners at the Woolston Club \$4 1:00 Enabling Good Lives Appointments - individual support Book a time with Kaylee 0800 688 732 1:00 Music Videos - enjoy & share different music genres 1:00 Gardening Group - help keep the garden tidy and learn gardening skills 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:30 Swim/Aquajog - bring togs and a towel</p> 	<p>22 10:00 Gym - exercise and improve your physical fitness 10:00 Beginner Guitar Lessons - learn the basics 10:00 Enabling Good Lives Appointments - individual support. Book a time with Kaylee 0800 688 732 10:00 Practical Maths and Science - make a flexagon 12:30 Lunch - Warm Roast Carrot & Rice Salad \$3.50 1:00 Outdoor Skills - native plant identification and foraging 1:00 Craft - scrapbooking \$2 1:00 Brew with a View - socialise with a hot drink and a view 1:00 Sign Language - continued practise. Book by 10am 1:30 Badminton - book at Puriri \$2 1:30 Ten Pin Bowling - socialise while having fun \$5 5:00 Dinner - Saigon Centre Vietnamese (mains from \$20) Ride home available</p>	<p>23 10:00 Golf Driving Range at Ferrymead Golf \$6 10:00 Enabling Good Lives Appointments - individual support Book a time with Kaylee 0800 688 732 10:00 Art with Jen - instruction from a tutor \$2 10:00 All Levels Yoga at Phillipstown Hub - for those who can get up off the floor without assistance 10:30 Deliver Meals on Wheels - rounds 1 and 2 12:30 Lunch - Creamy Mushroom and Beef Pasta \$3.50 1:15 Next Step Forum - have your say about our future direction 2:00 Singing for Wellbeing - gather together to sing for joy 2:00 Swim/Aquajog - bring togs and a towel 2:00 Pool and Darts at the Woolston Club 2:00 Mosaics - create decorative artworks (new board \$5) \$4 2:30 Tech Group - learn to use the new SA Bookings App</p>	<p>24 9:30 Men's Group Day Trip to Akaroa - bring lunch and water. Return by 4pm 9:30 Day Trip Agate/Crystal Hunt with Ashburton members Wear shoes you can get wet. Return by 5pm 10:00 Coffee Group - socialise over a cuppa 10:00 Open Craft - bring your own project. Mandala art & puzzles provided 10:00 Technology Support - individual support. Book a time with Kaylee 0800 688 732 10:30 Music Ensemble - come together to play music 12:15 Sewing - sew a t-shirt - part two \$2 1:00 Tour of Riccarton House - join a guided tour of this historic house \$7</p> 
<p>27</p> <p>Step Ahead Closed for Labour Day</p>	<p>28 10:00 Art with Selwyn - instruction from a tutor \$2 1:00 Cooking with Marco - make fresh pasta to take home. Bring \$1 and 1 egg 1:00 Enabling Good Lives Appointments - individual support Book a time with Kaylee 0800 688 732 1:00 Music Videos - enjoy & share different music genres 1:00 Gardening Group - help keep the garden tidy and learn gardening skills 1:00 Mosaics - create decorative artworks (new board \$5) \$4 1:30 Swim/Aquajog - bring togs and a towel 2:00 All Levels Yoga at Phillipstown Hub - for those who can get up off the floor without assistance</p>	<p>29 9:30 Walking Netball - friendly, low-impact sport \$1 10:00 Gym - exercise and improve your physical fitness 10:30 Te Reo Māori - let's practise 12:30 Lunch - Lentil, Mushroom & Spinach Curry \$3.50 1:00 Rainbow Group - make beaded friendship bracelets LGBTQ+ members and allies welcome \$2 1:00 Volunteer Planting with Council 1:15 Badminton - book at Puriri \$2 1:30 Ten Pin Bowling - socialise while having fun \$5 4:30 Young Adults Dinner & Nintendo Switch Night - Vegan Burgers \$4.50. Ride home available</p>	<p>30 9:00 Overnight Tramp - see Tom or Olivia for more information and details \$12.50 9:45 Dance Fitness at Aranui Wainoni Community Centre. Dress to sweat \$3 10:00 Art with Jen - instruction from a tutor \$2 10:00 Learn to play the ukelele 10:30 Deliver Meals on Wheels - rounds 1 and 2 1:00 Stone Carving - create artworks using Oamaru stone \$3 1:00 Mosaics - create decorative artwork (new board \$5) \$4 1:30 Swim/Aquajog - bring togs and a towel</p> 	<p>31 10:00 Coffee Morning - socialise and have a cuppa 10:00 Technology Support - individual support. Book a time with Kaylee 0800 688 732 10:00 Bus Trip to Lyttelton - bring Metrocard or \$3 10:30 Open Craft - bring your project. Mandala art, puzzles provided 12:15 Sewing - bring your own projects to work on \$2 1:00 Volunteer at Willowbank - wear closed toe shoes. Book at Puriri, transport from Stanmore</p>

167 Stanmore Road, Christchurch

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