













Step Ahead Activities - 167 Stanmore Road - December 2023

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p><i>Wednesday Evening Activities</i></p> <p>6th BBQ at Spencer Park</p> <p>13th Arcadia Gaming</p> <p>20th Young Adult BBQ at Spencer Park</p>		 <p>Step Ahead Christmas Lunch Friday 15th December at the Richmond Club, 11:30am</p> 		<p>1 8:30 Tramp - Hogs Back - Castle Hill Village (moderate but manageable, talk to Tom or Kaylee for details)</p> <p>10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided</p> <p>12:15 Sewing with Petra (\$2)</p> <p>12:30 Many Hats - "A Christmas Carol" live theatre (\$3)</p> <p>1:00 Volunteer at Willowbank - wear old clothes and gumboots</p> <p>1:00 Therapy Dog Visit - Ludo the Great Dane</p> <p>1:15 Urban Biking with Puriri members (\$2 bike hire)</p>
<p>4 10:00 Rope Climbing with Puriri members, no experience needed (\$5)</p> <p>10:00 Coffee Morning</p> <p>10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided</p> <p>12:30 Laughter and Dancing for health (1/2 hour session with Maree)</p> <p>1:00 Women's Group - set up Christmas decorations at the Stanmore house</p> <p>1:00 Walking Group</p> <p>1:30 Tech Group - budgeting using spreadsheets (Zoom & in person)</p>	<p>5 10:00 Art with Selwyn (\$2)</p> <p>1:00 Swim/Aquaioj at Taioira QEII (\$3)</p> <p>1:00 Gardening Group</p> <p>1:00 Music Group</p> <p>1:00 Mosaics (\$4 plus cost of board)</p> <p>1:00 Holistic Wellness - healthy Christmas treats, make sweet and savoury treats. Van leaves for Puriri at 1pm (\$1)</p> <p>1:30 Cooking for One - Rice Balls - bring 1 can of tuna or salmon and \$1, bookings by 10am</p> 	<p>6 10:00 Gym Group - bring a towel (\$3)</p> <p>10:30 Te Reo Māori - continued practice</p> <p>12:30 Lunch - Filled roll and fruit (\$2.50)</p> <p>1:00 Ten Pin Bowling (\$5)</p> <p>1:00 Craft photography basics - learn techniques and make the most of your camera</p> <p>1:00 Pūharakekenui/Styx Mill Reserve - ecology project to revitalise the river</p> <p>1:00 Pickleball with Puriri members (\$2)</p> <p>1:30 Rainbow Group - board games and brainstorming</p> <p>4:30 Dinner - BBQ at Spencer Park (\$4.50)</p>	<p>7 10:00 Art Trip - visit galleries. Return by 12:30pm</p> <p>10:00 Walking Group</p> <p>10:00 Learn to Surf - week 6, bring togs (\$10)</p> <p>10:30 Meals on Wheels - Round 1 & 2</p> <p>12:30 Midday Meal - Quiche, Salad and Dessert (\$4.50) - bookings by 10am</p> <p>1:00 Stone Carving (\$3)</p> <p>1:00 Mosaics (\$4 plus cost of board)</p> <p>1:00 Swim/Relax at Taioira QEII (\$3)</p> <p>1:30 Tech Group - cybersecurity (Zoom & in person)</p> <p>2:00 Overnight Stay at Quail Island - speak to Tom for details (\$20)</p> 	<p>8 10:00 Music Ensemble - come together to play and sing Christmas music</p> <p>10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided</p> <p>10:30 Functional Fitness - bring a towel and drink bottle</p> <p>12:15 Sewing with Petra (\$2)</p> <p>12:30 Laughter and Dancing for health (1/2 hour session with Maree)</p> <p>1:00 Visit Look Sharp - to get costumes for Christmas Lunch</p>
<p>11 10:00 Canoeing on the Avon - bring water, hat and sunscreen (\$5)</p> <p>10:00 Coffee Morning</p> <p>10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided</p> <p>1:00 Women's Group - flower arranging with Maree (\$5)</p> <p>1:00 Walking Group</p> <p>1:30 Tech Group - disinformation and misinformation (Zoom & in person)</p> 	<p>12 10:00 Art with Selwyn (\$2)</p> <p>1:00 Swim/Aquaioj at Taioira QEII (\$3)</p> <p>1:00 Gardening Group</p> <p>1:00 Music Group</p> <p>1:00 Mosaics (\$4 plus cost of board)</p>	<p>13 10:00 Gym Group - bring a towel (\$3)</p> <p>10:00 Okains Bay - day trip to see the Christmas trees at Okains Bay Museum</p> <p>12:30 Lunch - Filled roll and fruit (\$2.50)</p> <p>1:00 Ten Pin Bowling (\$5)</p> <p>1:30 Craft - create a graffiti t-shirt at New Brighton Library (\$2)</p> <p>1:30 Tennis with Puriri members</p> <p>5:00 Dinner at Arcadia Gaming (meals from \$15)</p> 	<p>14 10:00 Art with Karen (\$2)</p> <p>10:00 Walking Group</p> <p>10:30 Meals on Wheels - Round 1</p> <p>1:00 Stone Carving (\$3)</p> <p>1:00 Mosaics (\$4 plus cost of board)</p> <p>1:00 Swim/Relax at Taioira QEII (\$3)</p> <p>1:30 Tech Group - twelve days of Christmas using presentation software (Zoom & in person)</p>	<p>15 11:00 Face Painting at Richmond Club - book to secure your place</p> <p>11:30 Christmas Lunch at Richmond Club - Theme "Costume Play" - come as your "favourite character who wears a costume" Payment of (\$10) by Friday 8th.</p> 
<p>18 10:00 Coffee Morning</p> <p>10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided</p> <p>12:30 Women's Group - Christmas lunch at Under the Red Verandah (cabinet food from \$10)</p> <p>1:00 Walking Group</p>	<p>19 10:00 Art with Selwyn (\$2)</p>  <p>Step Ahead Closed from 12pm for Staff Function</p>	<p>20 10:00 Gym Group - bring a towel (\$3)</p> <p>10:30 Te Reo Māori - continued practice</p> <p>12:30 Lunch - Filled roll and fruit (\$2.50)</p> <p>1:00 Ten Pin Bowling \$5</p> <p>1:00 Craft - kimekome - make fabric baubles (\$2)</p> <p>1:00 Chess in the park - learn how to play chess</p> <p>1:15 Badminton at Badminton Canterbury (\$2)</p> <p>4:30 Dinner - Young Adult BBQ at Spencer Park (\$4.50)</p>	<p>21 10:00 Art with Karen (\$2)</p> <p>10:00 Walking Group</p> <p>10:30 Meals on Wheels - Round 1 & 2</p> <p>12:30 Midday Meal - BBQ, Salad and Dessert (\$4.50) - bookings by 10am</p> <p>1:15 Member/Staff Liaison Meeting</p> <p>2:00 Stone Carving (\$3)</p> <p>2:00 Mosaics (\$4 plus cost of board)</p> <p>2:00 Swim/Relax at Taioira QEII (\$3)</p> <p>2:00 Tech Group - tech trends for 2024 (Zoom & in person)</p>	<p>22 10:00 Christmas Morning Tea get together. Morning tea provided</p> <p>Step Ahead Closed from 12pm</p> 
<p>25</p> <p>Christmas Day Lunch at Stanmore, 11:30am - 2pm (\$5)</p> 	<p>26</p> <p>Step Ahead Closed for Boxing Day</p>	<p>27 10:00 Day Trip to Ashley Gorge with Puriri and Rangiora members - bring lunch, sunblock, insect repellent, hat & togs. Cricket, walking, swimming etc</p> 	<p>28 10:00 Walking Group</p> <p>10:30 Meals on Wheels - Round 1</p> <p>12:30 Sausage Sizzle (\$2.50)</p> <p>1:30 Corsair Bay - walk, swim and relax</p> 	<p>29 10:00 Day Trip to Lake Hood with Puriri and Ashburton members. Bring lunch, sunscreen, hat, water bottle, togs. Walking, swimming and relaxing</p>

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