





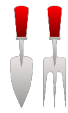





# Step Ahead Puriri Activities – 9 Puriri Street – Huitānguru/February 2025

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<b>Beach Walk and a Cuppa</b>  <b>Saturday 8<sup>th</sup> February at 10am</b>	<b>Bookings for February open on Monday 20<sup>th</sup> January</b>	<b>Wednesday Evening Menu</b> <b>5<sup>th</sup></b> Tacos & Pico de gallo V VG <b>12<sup>th</sup></b> Veggie Thai Red Curry VG GF <b>19<sup>th</sup></b> Rice Bowls V <b>26<sup>th</sup></b> 29 Sweets Indian Restaurant	<b>Dietary Requirements</b>  <b>V</b> Vegetarian <b>VG</b> Vegan <b>GF</b> Gluten Free <b>DF</b> Dairy Free	
<b>3</b> 9:30 Coffee Morning 10:00 Swim/Aquajog at Pioneer (\$3) 10:00 Tech Group - tech for fitness and mindfulness 12:00 Bring Lunch 1:00 Walking Group 1:00 Open Craft - bring along a project to work on and share ideas. Including Theo the therapy dog	<b>4</b> 8:30 Sailing on Fox 11 - Akaroa. Return by 4pm. Wear closed toe shoes and bring a warm jacket, lunch and water. Payment of (\$10) confirms your booking (9 spaces available) Return by 4pm 1:30 Newsletter Article - help to write the "Puriri Pigeon Post" monthly article for the Step Ahead newsletter 	<b>5</b> 9:30 Coffee Morning 10:00 Tai Chi with Mike (\$3) 10:00 Guided Art Tour at Christchurch Art Gallery 10:00 News & Views - discuss topics & issues 12:00 Bring Lunch 1:00 Badminton at Badminton Canterbury (\$2) 1:00 Creative Writing - be inspired in an outdoor setting 1:00 Young Adult Craft at Stanmore - applique clothing - bring a t-shirt or hoody (\$2) Book at Stanmore and make your own way there 4:00 Dinner and Outdoor Games at Beverley Park (\$4.50)	<b>6</b> 8:15 Waitangi Day Trip to Okains Bay with Stanmore. Bring lunch, water, sunhat etc. Free event to commemorate Waitangi Day. Return by 4:15pm. Book at Stanmore 	<b>7</b> 9:30 Coffee Morning 10:00 Learn Cooking Together - Fresh Couscous Salad (\$2.50) 10:00 What's Happening - discuss what is happening in the community this month 12:00 Bring Lunch 1:00 Beginner's Tramp - Awaroa/Godley Head Track. Bring water and wear walking shoes. Return by 4:30pm 1:00 Woodwork Projects - help design and build projects, learn tool handling skills
<b>10</b> 9:30 Coffee Morning 9:30 Sewing Group - sew a sunhat (\$2) 9:30 Day Out to Whitecliffs Domain - bring lunch, water, sun hat, sunscreen & wear walking shoes. Walk, frisbee, relax etc. Return by 4pm 12:00 Bring Lunch 1:00 Walking Group 	<b>11</b> 9:30 Coffee Morning 10:00 Ten Pin Bowling (\$5) 12:00 Bring Lunch 1:00 Mosaics (\$4.00 plus cost of board) 	<b>12</b> 9:30 Coffee Morning 10:00 Art (\$2) 10:00 Tai Chi with Mike (\$3) 10:30 Meals on Wheels - Round 52 12:00 Bring Lunch 1:00 Mosaics (\$4 plus cost of board) 1:45 Table Tennis with Stanmore members at Blenheim Road (\$1) 4:00 Dinner and Karaoke (\$4.50)	<b>13</b> 9:30 Coffee Morning 9:30 Rock Climbing on Port Hills (\$20). Return by 2pm (\$10) deposit by Wednesday 5 <sup>th</sup> confirms your booking (9 spaces available) Book at Stanmore 10:00 Day Out to Lyttelton - explore Timeball Station. Return by 3:30pm 10:00 Knit and Knatter 10:15 Walking Group with Stanmore members 10:30 Young Adults - Antarctic Centre (\$10). Return by 3pm 11:15 Christian Fellowship Group 12:00 Bring Lunch 12:30 Member/Staff Liaison Meeting 1:30 Enabling Good Lives Appointments - book in	<b>14</b> 9:30 Coffee Morning 10:00 Midday Meal Preparation 10:00 Functional Fitness (moderate to vigorous intensity) at Beverley Park with Stanmore members. Return Puriri by 1pm 12:00 Midday Meal - Vegetable Fritters with Salsa and Fruit V (\$4.50) 12:00 Bring Lunch 12:45 Woodwork Projects - help design and build projects, learn tool handling skills 12:45 Volunteer at Willowbank - wear old clothes and closed toe shoes 
<b>17</b> 9:30 Coffee Morning 10:00 Swim/Aquajog at Jellie Park (\$3) 10:00 Chair Yoga at St Ninian's Hall (\$2) 12:00 Bring Lunch 1:00 Walking Group 1:00 Music Ensemble - come together to sing and play music	<b>18</b> 9:30 Coffee Morning 10:00 Ten Pin Bowling (\$5) 12:00 Bring Lunch 1:00 Frisbee Golf at Bottle Lake with Stanmore members, play as many baskets as we can	<b>19</b> 9:30 Coffee Morning 10:00 Day at Waikuku - bring lunch, water, sunscreen and hat. Frisbee, walk and relax 10:00 Tai Chi with Mike (\$3) 10:00 Working Bee 12:00 Bring Lunch 1:00 Tennis with Stanmore members 1:00 Health Focus at Stanmore - Guest Speaker on Menopause & Healthy Ageing 4:00 Dinner and Outdoor Games at Beverley Park (\$4.50) 	<b>20</b> 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels - Round 44 12:00 Bring Lunch 1:00 Garden Group 1:00 Guest Speaker - Kingdom Resources Budgeting Advice 	<b>21</b> 9:30 Coffee Morning 10:00 Learn Cooking Together - Vegetarian Stuffed Capsicum (\$2.50) 10:00 Music Appreciation 12:00 Bring Lunch 1:00 Woodwork Projects - help design and build projects, learn tool handling skills 1:15 Photography Course at Botanic Gardens (book at Stanmore)
<b>24</b> 9:30 Coffee Morning 9:30 Sewing Group - sew a reusable lunch wrap (\$2) 10:00 Beginner's Yoga at St Ninian's Hall (\$2) 12:00 Bring Lunch 12:00 Walking Group 1:00 Outdoor Skills - orienteering at Spencer Park with Stanmore members 	<b>25</b> 9:30 Coffee Morning 10:00 Light Lunch Preparation 12:00 Light Lunch - Ratatouille - a vibrant veggie stew (\$2.50) 12:00 Bring Lunch 1:30 Ten Pin Bowling (\$5)	<b>26</b> 9:30 Coffee Morning 10:00 Art (\$2) 10:00 Tai Chi with Mike (\$3) 10:30 Meals on Wheels - Round 52 12:00 Bring Lunch 1:00 Badminton at Badminton Canterbury (\$2) 1:00 Mosaics (\$4 plus cost of board) 4:00 Dinner at 29 Sweets Indian Restaurant (mains from \$18)	<b>27</b> 9:30 Coffee Morning 10:00 Walking Group 10:00 Knit and Knatter 10:00 Walk & Draw - find a scenic location to sketch or paint 12:00 Bring Lunch 1:00 Women's Group - Te Whare Waiutuutu Kate Sheppard House (\$3.50) 1:00 Foraging in the Red Zone to pick fruit. Bring a bag 	<b>28</b> 9:30 Coffee Morning 10:00 Nutrition - a discussion on trendy diets 10:00 Fun Quiz 12:00 Bring Lunch 12:45 Volunteer at Willowbank - wear old clothes and closed toe shoes 1:00 Open Woodwork - bring along a project of your own to work on 

Please remember to book in! Phone 389 4001 or 0800 688 732 or txt 022 038 3721