

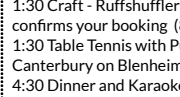




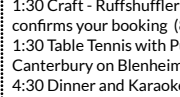
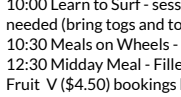
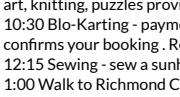
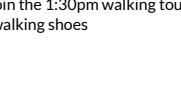
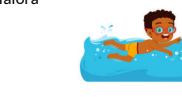
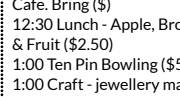
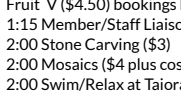

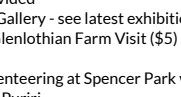
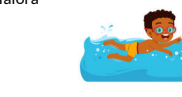
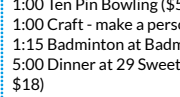
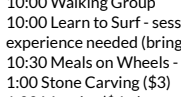
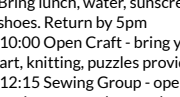


Step Ahead Activities - 167 Stanmore Road - Huitānguru/February 2025

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
Beach Walk and a Cuppa Saturday 8th February at 10am	Bookings for February open on Monday 20th January	Wednesday Evening Menu 5th Tacos & Pico de gallo V VG 12th Veggie Thai Red Curry VG GF 19th Rice Bowls V 26th 29 Sweets Indian Restaurant	Dietary Requirements V Vegetarian VG Vegan GF Gluten Free DF Dairy Free	
3 10:00 Swim or Relax at Waltham Outdoor Pool (\$3) 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - walk around Riverside Market and the Avon River 1:00 Walking Group 	4 10:00 Art with Selwyn (\$2) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Cooking for One - Pasta Primavera - bring 1 zucchini and (\$1), bookings by 10am 1:30 Swim/Aquajog at Taiora QEII (\$3) 	5 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - let's practise our Te Reo Māori 10:30 What's Happening - discuss what is happening in the community this month 12:30 Lunch - Mezze Bowl and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Young Adult Craft - applique clothing - bring a t-shirt or hoody (\$2) 1:00 Sign Language - continued practise. Book by 10am 1:15 Badminton at Badminton Canterbury (\$2) 4:30 Dinner and Outdoor Games at Beverley Park (\$4.50) 	6 8:00 Waitangi Day trip to Okains Bay with Puriri. Bring lunch, water, sunhat etc. Free event to commemorate Waitangi Day. Return by 4.15pm 	7 10:00 Music Ensemble - join together to sing and play music. Bring an instrument if you have one 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing - sew a reusable lunch wrap (\$2) 
10 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - play petanque at Halswell Quarry 1:00 Walking Group 	11 10:00 Art with Selwyn (\$2) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Aquajog at Taiora QEII (\$3) 	12 10:00 Gym Group - bring a towel (\$3) 10:00 Practical Maths and Science - kitchen science, acids and bases 12:30 Lunch - Couscous Salad and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:30 Craft - Ruffshuffler Pottery. Payment of (\$15) confirms your booking (8 spaces available) 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1) 4:30 Dinner and Karaoke (\$4.50) 	13 9:30 Rock Climbing on Port Hills (\$20). Return by 2pm (\$10) deposit by Wednesday 5 th confirms your booking (9 spaces available) 10:00 Art Group (\$2) 10:00 Walking Group with Puriri members 10:30 Meals on Wheels - Round 1 & 2 10:30 Young Adults - Antarctic Centre (\$10) bring lunch. Return by 3pm 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Relax at Taiora QEII (\$3) 	14 9:00 Tramp - Mt Herbert from Purau - challenging, 600m elevation gain, bring lunch and water (see Tom or Olivia for more details) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:15 Functional Fitness (moderate to vigorous intensity) at Beverley Park 12:15 Sewing - sew bags to donate to Aspire Canterbury 1:00 Volunteer at Willowbank - wear old clothes and closed toe shoes 
17 9:30 Men's Group - Geraldine Vintage Car Museum. Bring lunch. Return by 4:30pm 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Walk'n Draw at New Brighton Pier 1:00 Women's Group - join the 1:30pm walking tour at Botanic Gardens, wear walking shoes 1:00 Walking Group 	18 10:00 Art with Selwyn (\$2) 12:30 Outdoor Skills - emergency preparedness 1:00 Gardening Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Music Group 1:15 Frisbee Golf at Bottle Lake Forest with Puriri members, play as many baskets as we can Bottle Lake Forest 1:30 Cooking for One - Ratatouille - bring 1 aubergine and (\$1), bookings by 10am 1:30 Swim/Aquajog at Taiora QEII (\$3) 	19 10:00 Gym Group - bring a towel (\$3) 10:30 Te Reo Māori - practise Te Reo Māori at Kawakawa Cafe. Bring (\$) 12:30 Lunch - Apple, Broccoli & Lentil Salad & Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - jewellery making (\$2) 1:00 Sign Language - continued practise. Book by 10am 1:30 Tennis with Puriri members 1:30 Health Focus - Guest Speaker on Menopause & Healthy Ageing 4:30 Dinner and Outdoor Games at Beverley Park (\$4.50) 	20 10:00 Art Group (\$2) 10:00 Walking Group 10:00 Learn to Surf - session 1 of 6 (\$10) no experience needed (bring togs and towel) 10:30 Meals on Wheels - Round 1 12:30 Middy Meal - Filled Tomatoes, Baked Veggies and Fruit V (\$4.50) bookings by 10am 1:15 Member/Staff Liaison Meeting 2:00 Stone Carving (\$3) 2:00 Mosaics (\$4 plus cost of board) 2:00 Swim/Relax at Taiora QEII (\$3) 	21 10:00 Music Ensemble 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Blo-Karting - payment of (\$15) before 14 th confirms your booking. Return by 2pm 12:15 Sewing - sew a sunhat (\$2) 1:00 Walk to Richmond Community Garden - bring a small bag of newspaper, milk bottle lids, cans or cardboard to donate 1:30 Photography Course at Botanic Gardens with Puriri members 
24 10:00 Coffee Morning 10:30 Day Cycle at McLeans Island. Bring lunch and water. Bike hire (\$2) maximum 5 members 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Christchurch Art Gallery - see latest exhibition 1:00 Women's Group - Glenlothian Farm Visit (\$5) 1:00 Walking Group 1:15 Outdoor Skills - orienteering at Spencer Park with Puriri members. Book at Puriri 	25 10:00 Art with Selwyn (\$2) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Aquajog at Taiora QEII (\$3) 	26 10:00 Gym Group - bring a towel (\$3) 10:00 Practical Maths and Science - shop the sales, how to work out percentage discounts 12:30 Lunch - Curried Rice Salad and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - make a personalised leather key chain (\$2) 1:15 Badminton at Badminton Canterbury (\$2) 5:00 Dinner at 29 Sweets Indian Restaurant (mains from \$18) 	27 10:00 Art Group (\$2) 10:00 Walking Group 10:00 Learn to Surf - session 2 of 6 (\$10) no experience needed (bring togs and towel) 10:30 Meals on Wheels - Round 1 & 2 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Relax at Taiora QEII (\$3) 1:30 Tech Group - tech for fitness and mindfulness 	28 9:00 Nature Group - Peel Forest Nature Walks. Bring lunch, water, sunscreen and sunhat. Wear walking shoes. Return by 5pm 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing Group - open sewing, bring your own projects to work on and ask questions 1:00 Volunteer at Willowbank - wear old clothes and closed toe shoes 1:00 Visit CoCA (Centre of Contemporary Art) Toi Moroki 

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