

Step Ahead Puriri Activities – 9 Puriri Street – Kohitātea/January 2025

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
Volunteering at Hagley parkrun Saturday 25th Our turn to volunteer. Talk to Kevin about the options. Meet at 7:45 at green shed by the tennis courts in North Hagley Park	Brew with a View Saturday 25th at 10am Socialise and enjoy a cuppa with a view, minimal walking	1 Step Ahead Closed 	2 Step Ahead Closed	3 10:00 Day at Tinwald Domain walk, relax, outdoor games, tennis, swimming and volleyball. Return by 4:30pm 
6 9:30 Coffee Morning 10:00 Swim/Aquajog at Pioneer (\$3) 10:00 Tech Group 12:00 Bring Lunch 12:30 Frisbee Golf with Stanmore members. Return by 4:30pm 1:00 Walking Group 	7 9:30 Coffee Morning 10:00 Brew with a View - hot drink provided, minimal walking 12:00 Bring Lunch 1:00 Ten Pin Bowling (\$5) 1:00 Newsletter Article - help to write the "Puriri Pigeon Post" for the Step Ahead Newsletter	8 9:30 Coffee Morning 10:00 Day at Waikuku - bring lunch, water, sunscreen hat and togs and towel if you want to swim. Return by 4pm 10:00 Kite Making - design and make a kite 12:00 Bring Lunch 1:00 Kite flying - test flight at Burnside Park (you don't have to have been at the 10am group to join in) 	9 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 Walk'n Draw at Mona Vale Garden Park 1:30 Young Adults - Ninja Valley Course (\$12) Pick up from Puriri but book at Stanmore 1:45 Learn to Cycle with an Instructor - for learners or those wanting to build confidence 	10 9:30 Coffee Morning 9:30 Day at Tumbledown Bay - snorkel, swim or relax. Back by 4:30pm (bring lunch and water) 10:00 Slow Walkers Group 10:00 What's Happening - discuss what is on in the community this month 12:00 Bring Lunch 1:00 Woodwork Projects - help design and build projects, learn tool handling skills
13 9:30 Coffee Morning 10:00 Chair Yoga at St Ninian's Hall. All abilities (\$2) 10:00 Brew with a View - hot drinks provided (minimal walking) 12:00 Bring Lunch 1:00 Walking Group 1:45 Learn to Cycle with an Instructor - for learners or those wanting to build confidence	14 9:30 Coffee Morning 10:00 Ten Pin Bowling (\$5) 12:00 Bring Lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Men's Group - visit the Riccarton Men's Shed 	15 9:30 Coffee Morning 10:00 Art (\$2) 10:30 Meals on Wheels - Round 52 12:00 Bring Lunch 1:00 Tennis with Stanmore members 1:00 Mosaics (\$4 plus cost of board) 1:00 Guest Speaker at Stanmore - former member Stephen will chat about stepping ahead 4:00 Dinner - BBQ at Spencer Park (\$4.50) 	16 9:30 Coffee Morning 10:00 Walking Group 10:00 Trampoline Park - Move X Trampoline Park (\$7.50) 12:00 Bring Lunch 12:30 Member/Staff Liaison Meeting 1:30 Enabling Good Lives Appointments - check book for time slots 1:30 Tea Party - visit different tea shops, tea options include bubble tea (bring \$\$) 1:30 Explore Historic Buildings and Monuments in the City - wear walking shoes.	17 9:30 Coffee Morning 10:00 Slow Walkers Group 10:00 Music Appreciation 10:00 Nutrition - nutrition at different life stages 12:00 Bring Lunch 12:45 Volunteer at Willowbank - wear old clothes and closed toe shoes 1:00 Woodwork Projects - help design and build projects, learn tool handling skills
20 9:30 Coffee Morning 10:00 Swim/Aquajog at Pioneer (\$3) 10:30 Stand-up Paddle Boarding with Stanmore members - no experience required (bring lunch, togs, towel and change of clothes) Return by 4:30pm 12:00 Bring Lunch 1:00 Walking Group 1:45 Learn to Cycle with an Instructor - for learners or those wanting to build confidence	21 9:30 Coffee Morning 10:00 Ten Pin Bowling (\$5) 12:00 Bring lunch 12:30 Golf at Everglades. Book at Stanmore (\$7.50) Return by 4:30pm 	22 9:30 Coffee Morning 10:00 News & Views - discuss topics & issues 10:00 Tai Chi with Mike (\$3) 10:00 Open Craft - bring a project to work on & share ideas 12:00 Bring Lunch 1:00 Badminton with Stanmore members (\$2) 1:00 Pétanque at Halswell Quarry 1:00 Health Focus at Stanmore - speaker from the Cancer Society 4:00 Dinner - Summer Theatre play (Titanic) and picnic in Botanic gardens (\$4.50)	23 9:30 Coffee Morning 10:00 Walking Group 10:00 Knit and Knatter 10:30 Meals on Wheels - Round 44 12:00 Bring Lunch 1:00 Visit Upper Riccarton Community & School Library - find out what's on in the community 1:00 Garden Group 	24 9:30 Coffee Morning 10:00 Slow Walkers Group 10:00 Midday Meal Preparation 10:00 Day at Ashley Gorge - tubing, walking, frisbee, relaxing. Return by 4:30pm 12:00 Midday Meal - Summer BBQ Meatballs and Fruit (\$4.50) 12:00 Bring Lunch 1:00 Woodwork Projects - help design and build projects, learn tool handling skills 
27 9:30 Coffee Morning 9:30 Beginner Sewing - sew a bag with a zipper, no experience needed (\$2) 10:00 Beginner's Yoga at St Ninian's Hall (\$2) 12:00 Bring Lunch 1:00 World Buskers Festival - view street performances. Wear walking shoes, sun protection and bring water and gold coins to tip 1:00 Walking Group 	28 9:30 Coffee Morning 10:00 Light Lunch preparation 12:00 Light Lunch - Vegetarian Burgers (\$2.50) 12:00 Bring Lunch 1:30 Ten Pin Bowling (\$5) 	29 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) 1:00 Young Adults - cool fun at Aqualand (\$5) 1:45 Table Tennis with Stanmore members at Table Tennis Canterbury on Blenheim Road (\$1) 4:00 Dinner at Hillary House (mains from \$20)	30 9:30 Coffee Morning 10:00 Walking Group 10:00 Day at Spencer Park - swim, animals, tennis, frisbee etc. Bring lunch, hat, water. Return by 4pm 12:00 Bring Lunch 12:00 Visit Climate Action Campus -to look for woodwork resources at their trash to treasure yard 1:00 Women's Group -an afternoon at North New Brighton Beach. Swim and make sandcastles. Return by 4pm	31 9:30 Coffee Morning 10:00 Slow Walkers Group 10:00 Frisbee Golf at Jellie Park 10:00 Working Bee - help keep Puriri tidy and organised 12:00 Bring Lunch 1:00 Open Woodwork - bring along a project of your own to work on 12:45 Volunteer at Willowbank - wear old clothes and closed toe shoes

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