

Step Ahead Activities – 167 Stanmore Road – Kohitātea/January 2025

| Rāhina - Monday | Rātū - Tuesday | Rāapa - Wednesday | Rāpare - Thursday | Rāmere - Friday |
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| 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 | Step Ahead Closed  | Step Ahead Closed | 3 10:00 Day at Tinwald Domain - walk, relax, outdoor games, tennis, swimming and volleyball  |
| 6 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Nutrition - food psychology 1:00 Women's Group - Waikuku Lavender Farm (bring \$ to purchase from shop) 1:00 Walking Group 1:00 Frisbee Golf  | 7 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) | 8 10:00 Gym Group - bring a towel (\$3) 10:00 What's Happening - discuss what is on in the community this month 10:00 Day at Waikuku - bring lunch, water, sunblock, hat and togs and towel if you want to swim 12:30 Lunch - Seasonal Salad and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Sign Language - continued practise. Book by 10am | 9 10:00 Art Group (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 12:30 Midday Meal - Asian Style Noodle Salad and Fruit. (\$4.50) bookings by 10am 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:15 Young Adult Group - Ninja Valley Course, see newsletter for details (\$12) 1:30 Swim/Relax at Taiora QEII (\$3) | 10 9:30 Day at Tumbledown Bay - snorkel, swim or relax. Back by 4pm (bring lunch and water) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Petanque at Halswell Quarry  |
| 13 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Women's Group - Riccarton Bush stroll 1:00 Walking Group | 14 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) 2:00 Outdoor Skills Session - knot tying skills for all applications  | 15 10:00 Gym Group - bring a towel (\$3) 12:30 Lunch - Hawaiian Poke Bowl and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:30 Guest Speaker - former member Stephen to chat about stepping ahead 1:30 Tennis with Puriri members 5:00 Dinner - BBQ at Spencer Park (\$4.50)  | 16 10:00 Art Group (\$2) 10:00 Walking Group 10:00 Social Basketball at Spencer Park 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)  | 17 9:00 Cave Stream (maximum of 8 members) talk to Tom, Olivia or Di before booking - bring a change of shoes, clothing and a towel. 9:30 Visit Giant's House in Akaroa (\$10) - bring lunch, water & wear walking shoes. Return by 4pm. 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Volunteer at Willowbank - wear old clothes and closed toe shoes |
| 20 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 10:30 Stand-up paddle boarding at Cass Bay with Puriri members - no experience required (bring lunch, togs, towel and change of clothes) 1:00 Women's Group - visit Lyttleton/Curio Bay 1:00 Walking Group | 21 10:00 Art with Selwyn (\$2) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:00 Golf at Everglades with Puriri members (\$7.50) 1:30 Swim/Aquajog at Taiora QEII (\$3) | 22 10:00 Gym Group - bring a towel (\$3) 12:30 Lunch - Gazpacho and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - paper flowers (\$2) 1:00 Sign Language - continued practise. Book by 10am 1:15 Badminton with Puriri members (\$2) 1:30 Health Focus - guest speaker from the Cancer Society 5:00 Dinner - picnic and summer theatre play (Titanic) in Botanic Gardens (\$4.50)  | 23 10:00 Art Group (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 10:30 Mike Pero Classic Motorcycle Museum - bring lunch 12:30 Midday Meal - Stuffed Baked Potatoes, Salad and Fruit (\$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)  | 24 10:00 Day at Ashley Gorge - tubing, walking, frisbee, relaxing. Bring lunch etc 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 1:00 Visit Tūranga (Central Library) - use the interactive mural |
| 27 8:30 Fox II Sailing boat - bookings and payment (\$10) by Monday the 20 th . Wear closed toe shoes, and bring a warm jacket, lunch and water 10:00 Coffee Morning 10:30 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:30 Women's Group - Warwick Farm Visit (\$5) 12:45 World Buskers Festival - view street performances, wear walking shoes, sunscreen and bring water and gold coins to tip 1:00 Walking Group | 28 10:00 Art with Selwyn (\$2) 12:30 Outdoor Skills Session - map reading and navigation skills through Orienteering at Victoria Park 1:00 Gardening Group - Climate Action Campus working bee 1:00 Music Group 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Aquajog at Taiora QEII (\$3)  | 29 10:00 Gym Group - bring a towel (\$3) 10:00 Practical Maths and Science - make a hologram viewer 12:30 Lunch - Summer Salad and Fruit (\$2.50) 1:00 Ten Pin Bowling (\$5) 1:00 Craft - make a felted scarf (\$2) 1:15 Young Adults - cool fun at Aqualand (\$5) 1:30 Table Tennis with Puriri members at Table Tennis Canterbury on Blenheim Road (\$1) 5:00 Dinner at Hillary House (mains from \$20) | 30 10:00 Art Group (\$2) 10:00 Walking Group 10:30 Meals on Wheels - Round 1 & 2 1:00 Tech Group 1:00 Stone Carving (\$3) 1:00 Mosaics (\$4 plus cost of board) 1:30 Swim/Relax at Taiora QEII (\$3)  | 31 9:00 Tramp - Methven Loop Track - easy, but long walk (talk to Tom or Olivia for details) 10:00 Open Craft - bring your own handcraft. Mandala art, knitting, puzzles provided 12:15 Sewing Group - bring your own projects to work on 12:15 Visit Glenlothian Farm - bring hat, sunscreen, water & wear closed toe shoes. Return by 4pm (\$5) 1:00 Volunteer at Willowbank - wear old clothes and closed toe shoes |

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