




















# STEP AHEAD WEST ACTIVITIES - 9 Puriri St – APRIL 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p><b>3</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Music Appreciation and karaoke - bring some favourite music 12:00 BYO Lunch 12:30 Member/Staff Liaison Meeting 1:30 West Working bee 1:30 Walking Group</p> 	<p><b>4</b> 10:00 Coffee Morning 10:30 Mosaics (\$4.50 plus cost of board) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>5 Fletcher Place</b> { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Gym at Redwood (\$3.00) 12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Tennis with Stanmore 1:30 Mosaics (\$4.50 plus cost of board) 4:00 Depart for Dinner and Karaoke at Stanmore (\$4.50)</p> 	<p><b>6</b> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Sewing with Petra (\$2.50 for material etc) 1:00 Cricket in the park with Stanmore members</p> 	<p><b>7</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Beginners Tramp</p> 
<p><b>10</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Fun Quiz 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Cauliflower Macaroni Cheese, bring 1 cup cauliflower florets (\$1.00)</p> 	<p><b>11</b> 10:00 Coffee Morning 10:30 Board games, cards, jigsaws 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>12 Fletcher Place</b> { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p> 	<p><b>13</b> 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 10:30 Walking group 12:00 BYO Lunch 1:00 Op shopping 1:00 Healthy Baking -Semolina Biscuits (\$2.50) 4:00 Depart for Dinner at New Brighton Working Men's Club (Meals from \$10.50)</p> 	<p><b>14 Step Ahead Closed Good Friday</b></p> 
<p><b>17 Step Ahead Closed Easter Monday</b></p> 	<p><b>18</b> 10:00 Coffee Morning 10:30 Housie - bring a \$2.00 prize or play for the glory 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>19 Fletcher Place</b> { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Gym at Redwood (\$3.00) 12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.50 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for DVD and Dinner at Stanmore (\$4.50)</p> 	<p><b>20</b> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Sewing with Petra (\$2.50 for material etc) 1:00 Pool at the Papanui Club (\$1.00)</p> 	<p><b>21</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Leather craft (\$2.50) 10:30 Working Bee 12:00 BYO Lunch 1:00 Exercise in the Park 1:00 Visit the Creative Fibre National Festival (cost to be confirmed)</p> 
<p><b>24</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Curried Sauasages, bring 2 sausages (\$1.00)</p> 	<p><b>25 Step Ahead Closed ANZAC Day</b></p> 	<p><b>26 Fletcher Place</b> { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Indoor Bowls, Pool and Darts 12:30 BYO Lunch 1:30 Card Craft (\$2.50) 1:30 Tennis with Stanmore 4:00 Depart for Dinner at The Quartz Restaurant Rolleston (Meals from \$14.00)</p> 	<p><b>27</b> 10:00 Coffee Morning 10:30 Walking group 10:30 Games in the Hall - Volley balloon, Quoits, etc. 12:00 BYO Lunch 12:00 Women's Group - Lunch at Kaiapoi Golf Club (\$10.00) followed by walk or op shops 1:00 Healthy Baking - Oatmeal, Coconut and Raisin cookies(\$2.50)</p> 	<p><b>28</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery making (\$2.50) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Bacon and Egg Pie with Coleslaw and fruit (\$4.50) 1:00 Urban bike ride (\$2.50 bike hire) 1:00 Guided meditation group</p> 