


























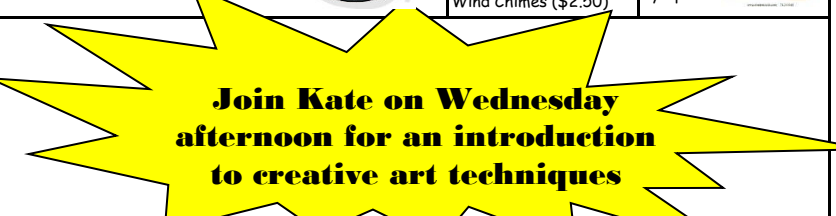


STEP AHEAD WEST ACTIVITIES - 9 Puriri St - AUGUST 2016

| Mane Monday | | Turei Tuesday | Wenerei Wednesday | Taite Thursday | Paraire Friday | | |
|---|---|---|---|--|--|--|--|
| <p>1 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring along cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 12:30 Depart for old Movie at New Brighton Museum (\$2.00) 1:00 Walking Group</p>  | | <p>2 10:00 Coffee Morning 10:30 Mosaics (\$3.50) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p>  | <p>3 Fletcher Place { 10:00 Coffee Morning 10:00 Visit Airforce Museum 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table Tennis with Stanmore 1:30 Paper Craft - Flower Making - Hyacinths (\$2.50)</p>  | <p>4 10:00 Coffee Morning 10:30 Music appreciation & Karaoke - bring some favourite music 10:30 Craft - Mandalas Dot art 12:00 BYO Lunch 1:00 Women's Group Visit the Toy Collector (\$2.50) 1:00 Healthy Baking - Fresh Lemon Loaf (\$2.50) 4:00 Depart for Dinner and Pool at Leithfield Hotel (Meals from \$14.00)</p>  | <p>5 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery making (\$2.50) 12:00 BYO Lunch 12:30 Member Staff Liaison Meeting 1:30 Guided Meditation Group 1:30 West Working Bee</p>  | | |
| <p>8 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Feed eels in the Avon River in city centre 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Pork Loaves - bring approx. 300g of raw Pork Mince (\$1.00)</p>  | | <p>9 10:00 Coffee Morning 10:30 Stamp Collection 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p>  | <p>10 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Wool Craft - using easy knitting looms (\$2.50) 12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for Mid-Winter Beach BBQ at Waikuku (\$4.50)</p>  | <p>11 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Pool and darts at Papanui Club (\$1.00) 1:00 Sewing with Petra</p>  | <p>12 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Mandalas Dot art 12:00 BYO Lunch 1:00 Woodwork Projects - Art Paper Rack and Art Display Frame 1:00 Craft - Modelling Clay Project (\$2.50)</p>  | | |
| <p>15 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Walking Group with Stanmore at the Groyne</p>  | <p>10:30 Visit Willowbank Wildlife Reserve (\$7.00) BYO Lunch Return by 4:30pm</p>  | <p>16 10:00 Coffee Morning 10:30 Visit Museum 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p>  | <p>17 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p>  | <p>10:00 Day Trip to the snow in Arthurs Pass, (build a snowman and tobogganing) BYO Lunch Return by 4:30pm</p>  | <p>18 10:00 Coffee Morning 10:00 Zumba at YMCA (\$2.50) 12:00 BYO Lunch 1:00 Healthy Baking - Carrot and Walnut Loaf (\$2.50) 4:00 Depart for Dinner and DVD night Stanmore Road (\$4.50)</p>   | <p>10:30 Depart for Sausage Sizzle and a walk at Waikuku Beach (\$3.00) Return by 4pm</p> | <p>19 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Curried Eggs on Rice and Fruit (\$4.50) 1:00 Music appreciation and karaoke - bring some favourite music to share 1:00 Community garden</p>  |
| <p>22 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 - Moroccan meat dish - bring approx. 300g of raw meat (\$1.00)</p>  | | <p>23 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>24 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 News & Views discussion group 12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for Dinner and Pool at Papanui Club (Meals from \$13.50)</p>  | <p>25 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 Lunch from Dumplings on Riccarton - (Pre order by 10:30am) (\$8 - \$15) 12:00 BYO Lunch 1:00 Sewing with Petra 1:00 Op Shopping</p>  | <p>26 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Craft - Terracotta Wind Chimes (\$2.50)</p>  | <p>10:30 Scavenger Hunt - Follow clues, answer questions, do silly stuff, have fun (BYO Lunch) Return by 4pm</p>  | |
| <p>29 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Visit Creative Clay Studio 12:00 BYO Lunch 1:00 Movie Club (\$1.00) 1:00 Walking Group</p>  | | <p>30 10:00 Coffee Morning 10:30 Board Games, Cards and Jigsaws 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p>  | <p>31 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Indoor Bowls, Pool & Darts 12:30 BYO Lunch 1:30 Table Tennis with Stanmore 1:30 Stamp Collection</p>  |  <p>Join Kate on Wednesday afternoon for an introduction to creative art techniques</p> | | | |