















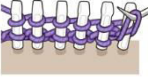









STEP AHEAD WEST ACTIVITIES - 5 Puriri St – August 2018

Mane Monday		Turei Tuesday		Wenerei Wednesday		Taite Thursday		Paraire Friday			
				<p>1 Fletcher Place { 9:30 Coffee Morning 10:30 Meals on Wheels</p> <p>12:30 Bring your own lunch 1:30 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 		<p>2 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Walking Group 12:00 Bring your own lunch 1:00 Documentary Group 1:00 Gardening</p>  <p>4:00 Depart for dinner at New Brighton Club (Meals from \$10.50)</p>		<p>3 9:30 Coffee Morning 10:00 Art with Karen (\$2.50) 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Craft- Weaving baskets - Part 1 (\$2.50) 1:00 Beginners Tramp - Harry Ell Walkway - easy climb</p> 			
<p>6 9:30 Coffee Morning 10:00 Library Visit 12:30 Bring your own lunch 1:00 Walking Group</p> 		<p>9:30 Visit Rangiora Step Ahead for news and views discussion, followed by BYO lunch and swimming (\$2.00) or walk in afternoon</p> <p>Return by 4:30pm</p> 		<p>7 10:00 Coffee Morning 10:30 Housie - (bring a \$2.00 prize or play for the glory) 12:00 Bring your own lunch 1:00 Ten Pin Bowling (\$5.00) and optional 2nd game (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 		<p>8 Fletcher Place { 9:30 Coffee Morning 10:00 Depart for beginners pottery at West Melton Studio (\$5.00) 10:00 Loom Knitting (\$2.50)</p> <p>12:30 Bring your own lunch 1:30 Badminton at Cowles Stadium (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 4:00 Depart for "Bangers and Mash" and Karaoke at Stanmore (\$4.50)</p> 		<p>9 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Healthy Baking - Pikelets (\$2.50) - Bookings by 9am 1:00 Sewing with Petra. (\$2.50 for materials etc)</p> 		<p>10 9:30 Coffee Morning 10:00 Craft - Jewellery Making (\$2.50) 10:00 Budget Lunch Preparation 10:30 Tai Chi (\$3.00) 12:00 Budget Lunch - Fish Pie, Coleslaw and Fruit (\$4.50). Bookings by 9am 12:00 Bring your own lunch 1:00 Craft - Weaving baskets - Part 2 (\$2.50) 1:00 Exercise at West</p> 	
<p>13 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Chilli Con Carne - bring 200gms mince and a container (\$1.00) Bookings by 9am.</p> 		<p>14 10:00 Coffee Morning 10:30 Lunch preparation 12:00 Bring your own lunch 12:00 Light Lunch - Pancakes and fruit (\$3.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 		<p>15 9:30 Coffee Morning 10:30 Meals on Wheels 10:00 News and Views Discussion Group with morning tea (\$1.00) 12:00 Depart for CBS concert (\$5.00) with lunch option (\$11:00) 12:00 Bring your own lunch 1:30 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 		<p>16 9:30 Coffee Morning 10:00 Walking Group 10:00 Gardening 12:00 Bring your own lunch 1:00 Indoor Mini golf at Caddyshack (\$6.00) 1:00 Women's Group - visit Cats Protection League, bring donations of food or old towels</p>  <p>4:00 Depart for dinner at Racecourse Hotel (Meals from \$15.00)</p>		<p>17 9:30 Coffee Morning 10:00 Art with Karen (\$2.50) 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 DVD afternoon 1:00 Beginners Tramp - Huntsbury Hill to Summit Road</p> 			
<p>20 9:30 Coffee Morning 10:00 Guest Speaker - Budget Advice 10:00 Board Games and Mandala Art 12:00 Bring your own lunch 1:00 Walking Group 1:00 Men's Group - Golf at Avondale (\$5.00)</p> 		<p>21 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.00) 1:30 Ten Pin Bowling (\$5.00)</p> 		<p>22 9:30 Coffee Morning 10:00 Loom Knitting (\$2.50) 10:00 Indoor Bowls or Darts 12:00 Bring your own lunch 1:00 Badminton at Cowles Stadium (\$2.50) 1:00 Mosaics (\$4.00 plus cost of board) 4:00 Depart for Quiche, Coleslaw and DVD at Stanmore (\$4.50)</p> 		<p>23 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Healthy Baking - Carrot Fruity Slice (\$2.50) Bookings by 9am 1:00 Sewing with Petra (\$2.50 for materials etc)</p> 		<p>24 9:30 Coffee Morning 10:30 Tai Chi (\$3.00) 10:00 Woodwork Group 12:00 Bring your own lunch 1:00 Exercise at West</p>  <p>10:00 Visit new library in the city. Lunch in the square at the Food Market or BYO. Afternoon inner city walk. Return by 4pm</p> 			
<p>27 9:30 Coffee Morning 10:00 Swimming at Jellie Park \$3.00 10:00 Fun Quiz 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Walking Group 1:30 Healthy Cooking for One - Egg, Potato and Cauliflower Curry - talk to Kevin about ingredients to bring and bring a container to take meal home in. (\$1.00) Bookings by 9am.</p> 		<p>28 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.00) 1:30 Ten Pin Bowling (\$5.00)</p> 		<p>29 9:30 Coffee Morning 10:00 Stamp Collection 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:30 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 		<p>30 9:30 Coffee Morning 10:00 Walking Group 10:00 Air Force Museum behind the scenes tour (Gold coin donation) 12:00 Bring your own lunch 1:00 Gardening 1:00 Visit to Ferrymead (\$5.00) Return by 4:30pm 4:00 Depart for dinner at Cranford Ale House (Meals from \$15.00)</p> 		<p>31 9:30 Coffee Morning 10:00 Art with Karen (\$2.50) 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Open Craft - bring along a project to work on and share ideas with others 1:00 Beginners Tramp - McLean's Island -flat</p> 