













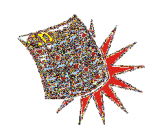










STEP AHEAD WEST ACTIVITIES - 9 Puriri St - DECEMBER 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Softball in the park with Stanmore members 1:00 Sewing with Petra 4:00 Depart for Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>2 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Homemade pizza with salad plus fruit (\$4.50) 1:00 Exercise in the Park</p> 
<p>5 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 Budget Christmas Shopping</p> 	<p>6 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>7 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Christmas Card Craft (\$3.50) 12:30 BYO Lunch 1:15 Table Tennis with Stanmore 1:30 Christmas card craft continued</p> 	<p>8 10:00 Coffee Morning 10:00 Zumba at YMCA (\$2.50) 12:00 BYO Lunch 1:00 Healthy Baking - Christmas Slice (\$2.50) 4:00 Depart for Dinner and DVD Stanmore (\$4.50)</p>  	<p>9 10:00 Coffee Morning 10:30 Craft - Christmas decorations (\$2.50) 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Visit Christmas Grotto at Spreydon Baptist Church (Gold Coin Donation) 1:00 Urban bike ride (\$2.50 bike hire)</p> 
<p>12 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 topped Macaroni Cheese - bring 1 cup of cauliflower (\$1.00)</p> 	<p>13 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>14 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Indoor Bowls, Pool and Darts 12:30 BYO Lunch 1:30 Mosaics (\$4.50 plus cost of board) 1:30 Art with Kate (\$2.50) 1:30 Tennis 4:00 Depart for BBQ at Waikuku Beach (\$4.50)</p> 	<p>15 10:00 Coffee Morning and Member Staff Liaison Meeting 11:00 Depart for Step Ahead Christmas Lunch at the Garden Hotel Restaurant 11.30 at Restaurant (110 Marshlands Road) Bookings essential (\$15.00)</p> 	<p>16 10:00 Coffee Morning 10:30 Craft - Christmas sweet treats (\$3.50) 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Exercise in the Park 1:00 Craft - Gift wrapping sweet treats</p> 
<p>19 10:00 Coffee Morning 10:30 Hall decoration for Christmas lunch 10:30 Lunch preparation 12:30 WEST Christmas Lunch - Roast chicken and potatoes with vegetable's followed by dessert (Bookings essential and payment preferred by Wednesday 14th - \$8.00) 1:30 Christmas carols and music appreciation</p> 	<p>20 10:00 Coffee Morning & Housie - bring a \$2.00 prize or play for the glory 11:30 Step Ahead Closed (Staff end of year function)</p> 	<p>21 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 4:00 Depart for Dinner at Papanui Club (Meals from \$14.00)</p>   <p>10:00 Depart for Mount Hutt Forest and Rhododendron walk. BYO lunch Return by 4:30</p>	<p>22 10:00 Coffee Morning 10:30 Music Appreciation & Karaoke - bring some favourite music to share 12:00 BYO Lunch 1:30 Baking - Shortbread (\$2.50)</p> 	<p>23 10:00 Coffee Morning 10:30 Tai Chi (\$1.50) 11:30 Step Ahead Closed</p> 
<p>26 Step Ahead Closed Christmas Day Holiday</p> 	<p>27 Step Ahead Closed Boxing Day Holiday</p> 	<p>28 Fletcher Place { 9.30 Day Trip to Ashley Gorge - bring lunch, sunblock, hat & togs. Cricket, biking, walking etc. Return by 4:30pm</p> 	<p>29 10:00 Coffee Morning 10:30 Walking Group 12:00 Depart for Sausage Sizzle at Stanmore (\$2.50) followed by Cricket in the park Return by 4:30pm</p> 	<p>30 10:00 Day out at Spencer Park - Bring lunch, sunblock, hat & togs. Cricket, biking, walking etc. Return by 4:30pm</p> 