























STEP AHEAD WEST ACTIVITIES - 5 Puriri St – DECEMBER 2017

| Mahe Monday | Turei Tuesday | Weneri Wednesday | Taite Thursday | Paraire Friday |
|---|---|--|--|--|
| <p>4 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:30 Music Appreciation and Karaoke - bring some favourite music to share 12:00 Bring your own lunch 1:00 Men's Group - Beach walk based at new Brighton plus coffee 1:00 Walking Group</p>  | <p>5 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Jellie Park (\$3.00)</p>  | <p>6 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 News and Views Discussion Group and morning tea (\$1.00) 12:30 Bring your own lunch 1:30 Table Tennis with Stanmore 1:30 Card Craft (\$2.50)</p>  | <p>7 10:00 Coffee Morning 10:30 Walking Group 12:00 Bring your own lunch 1:00 Healthy Baking - Oaty Slice (\$2.50) Bookings by 9am</p>  <p>10:30 Depart for sausage sizzle at Waikuku Beach (\$2.50) bring hat, sunblock. Walks, tennis, relaxing</p>  <p>Return by 4pm</p> <p>4:00 Depart for Dinner at 808 (Meals from \$16.00)</p> | <p>8 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 Budget Lunch - Tuna pasta bake, coleslaw and fruit (\$4.50) Bookings by 9am 12:00 Bring your own lunch 1:00 Beginners Tramp - Crater Rim Walkway (part 2)</p>  <p>9:45 Visit White-Flipped Penguins at Taylors Mistake</p>  <p>See Kevin for details. BYO lunch Return by 4pm</p> |
| <p>11 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:30 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Rice Risotto - bring 100g of beef, chicken or pork (\$1.00). Bookings by 9am</p>  | <p>12 10:00 Coffee Morning 10:30 Housie - bring a \$2.00 prize or play for the glory 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Jellie Park (\$3.00)</p>  | <p>13 Fletcher Place { 10:00 Coffee Morning 10:30 Guest Speaker from Toastmasters - Communicating confidently 12:30 Bring your own lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Tennis with Stanmore 4:00 Depart for BBQ at the Groyne (\$4.50)</p>  | <p>14 10:00 Coffee Morning and Board Games, Cards and Jigsaws 10:30 Meals on Wheels</p>  <p>11:00 Depart for Step Ahead Christmas Lunch at the Garden Hotel Restaurant 11:30 at Restaurant (110 Marshland Road) Bookings essential (\$18.00)</p> | <p>15 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Working Bee 10:00 Craft - Christmas treats (\$2.50) 12:00 Bring your own lunch 1:00 Exercise at West 1:00 Craft - Visit to Ballantynes' Christmas display</p>  |
| <p>18 10:00 Coffee Morning 10:30 Hall decoration for Christmas lunch 10:30 Lunch preparation 12:30 West Christmas Lunch - Roast chicken, potatoes and vegetable's followed by dessert (Bookings essential and payment by 13th (\$8.00) 1:30 Christmas carols and music appreciation</p>  | <p>19 10:00 Coffee Morning 10:30 Board Games, Cards and Jigsaws</p> <p>11:30 Step Ahead Closed (Staff end of year function)</p>  | <p>20 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Wool Craft (\$2.50) 12:30 Bring your own lunch 1:30 Paper Craft (\$2.50) 1:30 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for Dinner at New Brighton (Meals from \$10.50)</p>  | <p>21 10:00 Coffee Morning 10:30 Music Appreciation and Karaoke - bring some favourite music 10:30 Walking Group 12:00 Bring your own lunch 1:00 Healthy Baking - Christmas slice (\$2.50) Bookings by 9am 1:00 Women's Group - Visiting Christmas shops</p>  | <p>22 10:00 Christmas morning tea - please bring a small plate to share plus optional Tai Chi</p> <p>Closed at 11:30</p>  |
| <p>25</p> <p>Step Ahead Closed Christmas Day Holiday</p>  | <p>26</p> <p>Step Ahead Closed Boxing Day Holiday</p>  | <p>27 Fletcher Place { 9:30 Day Trip to Ashley Gorge - bring lunch, sunblock, hat & togs. Cricket, walking, biking etc.</p>  | <p>28 10:00 Coffee Morning 10:30 Meals on Wheels 12:15 Depart for Sausage Sizzle at Stanmore (\$2.50) followed by Cricket in the park</p> <p>Return to West by 4pm</p>  | <p>29 10:00 Coffee Morning 10:30 Day Out at Glentunnel - Bring lunch, sunblock, hat & togs. Cricket, biking, walking etc.</p>  |