
























STEP AHEAD WEST ACTIVITIES - 9 Puriri St – February 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday		
		<p>1 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Gym at Redwood(\$3.00) 12:00 Depart for cricket at Hagley Oval, BYO lunch. <p>12:30 BYO Lunch 1:30 Table Tennis with Stanmore 4:00 Depart for Anthony Harper Festival - Robin Hood at Riccarton House. BYO dinner</p> 	<p>2</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 10:30 Music appreciation - bring along your favourite tunes to share and listen to others. 12:00 BYO Lunch 1:00 Healthy Baking - Apricot Oat Slice (\$2.50) 1:00 Women's Group- Walk at Mona Vale plus cuppa 	<p>3</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft- Fridge magnets (\$2.50) 12:00 BYO Lunch 1:00 Guided Meditation Group 1:00 Urban bike ride (\$2.50 bike hire) 		
<p>6 Waitangi Day Step Ahead Closed</p> 	<p>7</p> <ul style="list-style-type: none"> 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>8 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Wool craft 12:30 BYO Lunch 1:30 Mosaics (\$4.50 plus cost of board) 1:30 Art with Kate (\$2.50) 4:00 Depart for BBQ at Waikuku Beach (\$4.50)  	<p>9</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Cricket in the park with Stanmore members 1:00 Sewing with Petra (\$2.50 for materials etc.) 	<p>10</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring cellphone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 West Working bee  <p>9:30 Day trip to Quail Island with Stanmore members - BYO lunch, sunhat, water bottle, togs etc. (\$15.00)</p> <p>Return by 4:30</p> 		
<p>13</p> <ul style="list-style-type: none"> 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 - Spaghetti Carbonara - bring three slices of bacon. Learning focus - salt in our diet (\$1.00) 	<p>14</p> <ul style="list-style-type: none"> 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>15 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Tennis with Stanmore 	<p>10:30 Day out at New Brighton - BYO lunch, walks, op shops, library and sand art.</p> 	<p>16</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 12:00 BYO Lunch 1:00 Healthy Baking - Blueberry (fresh) Muffins (\$2.50) 4:00 Depart for Dinner at 808 (Meals from \$14.00) 	<p>10:00 Depart for day at Orana Park.(\$8.50)</p> <p>BYO Lunch, sunhat etc</p> <p>Return by 4:30</p> 	<p>17</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery making (\$2.50) 12:00 BYO Lunch 1:00 Craft - Salt Dough Creations <p>10:30 Day out - Lake Roto Kohatu with Stanmore and Rural members. Optional canoe hire (\$2.50), walking, swimming, relaxing etc. BYO lunch</p> <p>Return by 4:30</p> 
<p>20</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring cellphone, camera or any tech gear plus questions 12:00 BYO Lunch 12:30 Member Staff liaison Meeting 1:30 West Working bee 1:30 Walking Group 	<p>21</p> <ul style="list-style-type: none"> 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>22 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:15 Visit Warwickz Animal Farm (\$5.00) 12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for Dinner at Tai Tapu Hotel. (Meals from \$14.00) 	<p>23</p> <ul style="list-style-type: none"> 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 materials etc.) 1:00 Frisbee Golf in the Park 	<p>24</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Fimo bowls Part 1 (\$2.50) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Tuna pasta, seasonal vegetables, & fruit (\$4.50) 1:00 Exercise in the Park 1:00 Craft - Fimo bowls Part 2 		
<p>27</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Music appreciation and karaoke - bring some favourite music to share 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy cooking for one - Date, Walnut and Banana Scones - bring a banana & 1/2 cup of walnuts. Learning focus - fruit in our diet (\$1.00) 	<p>28</p> <ul style="list-style-type: none"> 9:30 Depart for outing to Peel Forest. BYO Lunch. Forest walks Return by 4:30 	<ul style="list-style-type: none"> 1:15 Pick up for Swimming at Pioneer (\$3.00) 