


STEP AHEAD WEST ACTIVITIES – 9 Puriri St – FEBRUARY 2019

Mane Monday	Turei Tuesday	Weneri Wednesday	Taite Thursday	Paraire Friday	
<div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block; background-color: #4a86e8; color: white; font-weight: bold; font-size: 1.2em;"> Rangiora Members joining us from midday </div>					
4 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group 1:00 Men's Group - Cycling for fun (\$2.50 for bike hire or bring your own)	5 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Curried Eggs (\$2.50) 1:00 Ten Pin Bowling (\$6.00) and optional 2 nd game (\$6.00) 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 3:00 West tidy up/clean	6 Waitangi Day Step Ahead Closed 		7 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Sewing with Petra (\$1.00) 1:00 Gardening 4:00 Depart for Meal - Self-Crusting Quiche, salad, dessert and DVD night at Stanmore (\$4.50)	1 9:30 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Open Craft - bring along a project to work on share ideas 10:00 Day Out - Lake Roto Kohatu with Ashburton and Stanmore members - Canoeing, walking, and relaxing (canoe hire \$3.00)
11 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Healthy Cooking for One - Stir fried seasonal veggies with your choice of meat - bring 100g of meat and (\$1.00) Bookings by 9am 12:00 Bring your own lunch 1:00 Walking Group 1:00 Op Shopping	12 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00)	13 9:30 Coffee Morning 10:00 Indoor Bowls or Darts 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:00 Table Tennis with Stanmore at Blenheim Road (\$1.00) 4:00 Depart for Dinner at New Brighton Working Men's Club. (Meals from \$12)	14 9:30 Coffee Morning 10:00 Documentary Group 12:00 Bring your own lunch 1:00 Women's Group - Walk up Harry Ell track to Sign of Kiwi - easiest section looking over the city 10:00 Outing to Corsair Bay for walking, swimming and relaxing. Bring your own lunch, sunblock and sunhat. Return by 4:00	15 9:30 Coffee Morning 10:30 Board Games 10:30 Tai Chi (\$3.00) 10:00 Budget Lunch Preparation 12:00 Budget Lunch - Tuna salad with bread and fruit (\$4.50). Bookings by 9am 12:00 Bring your own lunch 1:00 Beginners Tramp - New red zone track (flat) 1:00 Craft - Jewellery Making (\$2.50)	
18 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 12:00 Bring your own lunch 1:00 Walking Group	9:30 Depart for day at Gore Bay - explore the foreshore! BYO lunch, sunblock etc. Return by 4:30	19 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00) 3:00 West tidy up/clean	20 9:30 Coffee Morning 10:00 News and Views Discussion Group 10:00 Art with Karen (\$2.50) 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Badminton at Cowles Stadium (\$2.50)	21 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Sewing with Petra (\$1.00) 1:00 Sport - in the park with Stanmore (Cricket, Softball, Soccer or Frisbee golf) 4:00 Depart for Barbeque at Waikuku Beach (\$4.50)	22 9:30 Coffee Morning 10:00 Woodwork Group 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Exercise at West 9:15 Day trip to Quail Island with Stanmore members - Bring your own lunch, sunhat, water bottle, togs etc. (\$15.00) Return by 4:30
25 9:30 Coffee Morning 10:00 Healthy Cooking for One - Easy Mini Corn Quiches - Bring 1 can of Creamed Corn and (\$1.00) 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Walking Group 1:30 Netball - friendly games	26 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 (\$6.00) 1:15 Swim/Aqua Jog at Pioneer (\$3.50)	27 9:30 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Tennis at Hagley Park 4:00 Depart for Anthony Harper Summer Theatre in Botanic Gardens. BYO dinner and gold coin donation	10:00 BBQ at Spencer Park Bring hat and sunblock (\$4.50) Return by 4:00	28 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Swim/Relax at Taioira QEII (\$3.50) 10:00 Day at Willowbank Wildlife Reserve Bring your own lunch, sunhat and sunblock (\$10.00) Return by 4:00	