



























# STEP AHEAD WEST ACTIVITIES - 5 Puriri St – JANUARY 2018

| Mane Monday  | Turei Tuesday   | Wenerei Wednesday   | Taita Thursday  | Paraire Friday  |
|--|---|---|---|---|
| <p><b>1</b></p> <p><b>New Year's day</b><br/><b>Step Ahead Closed</b></p>   | <p><b>2</b></p> <p><b>New Year's Holiday</b><br/><b>Step Ahead Closed</b></p>    | <p><b>3</b></p> <p><b>Fletcher Place</b></p> <p>9:45 Day Trip to Waikuku - bring lunch, togs, sunblock &amp; hat - Walk, Swim, Volleyball, Tennis etc.</p>   | <p><b>4</b></p> <p>10:00 Coffee Morning<br/>10:30 Day out at Spencer Park - Bring lunch, sunblock, hat &amp; togs. Cricket, biking, walking etc</p>    | <p><b>5</b></p> <p>10:00 Coffee Morning<br/>10:30 Tai Chi (\$3.00)<br/>10:30 Technology Group - bring tech gear plus questions<br/>12:00 Depart for Sausage Sizzle at Stanmore (\$2.50). Followed by fun games in the park. E.g: Egg &amp; spoon race!<br/><b>Return by 4pm</b></p>    |
| <p><b>8</b></p> <p>10:00 Coffee Morning<br/>10:00 Swimming at Jellie Park (\$3.00)<br/>10:30 Music Appreciation and Karaoke - bring some favourite music to share<br/>12:00 Bring your own lunch<br/>1:00 Cooking for one - Healthy Pizza - bring 2 cups of fresh vegies e.g. Broccoli, Capsicum &amp; Courgette (\$1.00) Bookings by 9am<br/>1:00 Walking Group</p>    | <p><b>9</b></p> <p>10:00 Coffee Morning<br/>10:30 Mosaics (\$4.00 plus cost of board)<br/>12:30 Bring your own lunch<br/>1:30 Ten Pin Bowling (\$5.00)<br/>1:15 Pick up for Swimming at Pioneer (\$3.00)</p>                     | <p><b>10</b></p> <p><b>Fletcher Place</b></p> <p>10:00 Coffee Morning<br/>10:30 News and Views Discussion Group and morning tea (\$1.50)</p> <p>12:30 Bring your own lunch<br/>1:30 Mosaics (\$4.00 plus cost of board)<br/>1:30 Table Tennis with Stanmore</p>    | <p><b>11</b></p> <p>10:00 Coffee Morning<br/>10:30 Meals on Wheels<br/>10:30 Walking Group<br/>12:00 Bring your own lunch<br/>1:00 Sewing with Petra (\$2.50 for materials etc)<br/>1:00 Healthy Baking - Apricot Oat Slice (\$2.50) Bookings by 9am</p>   | <p><b>12</b></p> <p>10:00 Coffee Morning<br/>10:30 Tai Chi (\$3.00)<br/>10:30 Budget Lunch Preparation<br/>12:00 Budget Lunch - Kransky sausage pasta in tomato sauce plus fruit (\$4.50) Bookings by 9am<br/>12:00 Bring your own lunch<br/>1:00 Exercise at West</p>   |
| <p><b>15</b></p> <p>10:00 Coffee Morning<br/>10:00 Swimming at Jellie Park (\$3.00)<br/>10:30 Fun Quiz<br/>12:00 Bring your own lunch<br/>1:00 Walking Group<br/>1:00 Pool at the Papanui Club</p>    | <p><b>16</b></p> <p>10:00 Coffee Morning<br/>10:30 Housie - bring a \$2.00 prize or play for the glory<br/>12:00 Bring your own lunch<br/>1:00 Ten Pin Bowling (\$5.00)<br/>1:15 Pick up for Swimming at Pioneer (\$3.00)</p>   | <p><b>17</b></p> <p><b>Fletcher Place</b></p> <p>10:00 Coffee Morning<br/>10:30 Meals on Wheels</p> <p>12:30 Bring your own lunch<br/>1:30 Tennis with Stanmore<br/>1:30 Card Craft (\$2.50)</p>   | <p><b>18</b></p> <p>10:00 Coffee Morning<br/>10:30 Music Appreciation and Karaoke - bring some favourite music<br/>12:00 Bring your own lunch<br/>1:00 Women's Group - Op shopping</p> <p>10:00 Warwickz Rare Breed Farm. Book by 11th to secure seat (\$5.00) BYO lunch<br/><b>Return by 4pm</b></p>  | <p><b>19</b></p> <p>10:00 Coffee Morning<br/>10:30 Tai Chi (\$3.00)<br/>10:30 Craft - Jewellery Making (\$2.50)<br/>12:00 Bring your own lunch<br/>1:00 Craft - Bottle Bird Feeder (bring plastic drink bottle &amp; \$1.00)<br/>1:00 Beginners Tramp with Stanmore - Mcleans Island (Flat)</p>    |
| <p><b>22</b></p> <p>10:00 Coffee Morning<br/>10:00 Swimming at Jellie Park (\$3.00)<br/>10:30 Technology Group - bring cell phone, camera or any tech gear plus questions<br/>12:00 Bring your own lunch<br/>1:00 Healthy Cooking for One - Quiche and Coleslaw (\$1.00). Bookings by 9am - talk to Kevin about ingredients to bring<br/>1:00 Walking Group</p>   | <p><b>23</b></p> <p>10:00 Coffee Morning<br/>10:30 Board Games, Cards and Jigsaws<br/>12:00 Bring your own lunch<br/>1:00 Ten Pin Bowling (\$5.00)<br/>1:15 Pick up for Swimming at Pioneer (\$3.00)<br/>1:00 Working Bee</p>  | <p><b>24</b></p> <p><b>Fletcher Place</b></p> <p>10:00 Coffee Morning + scones (\$1.50)<br/>10:30 Member Staff Liaison Meeting</p> <p>12:30 Bring your own lunch<br/>1:30 Badminton at Cowles Stadium (\$2.50)<br/>1:30 Mosaics (\$4.00 plus cost of board)<br/>4.00 Depart for Dinner at Tai Tapu Hotel (Meals from \$14.00)</p>  | <p><b>25</b></p> <p>10:00 Coffee Morning<br/>10:30 Meals on Wheels<br/>10:30 Walking Group<br/>12:00 Bring your own lunch<br/>1:00 Healthy Baking - Fresh Berry Muffins (\$2.50) Bookings by 9am<br/>1:00 Sewing with Petra (\$2.50 for materials etc)</p>   | <p><b>26</b></p> <p>10:00 Coffee Morning<br/>10:30 Tai Chi (\$3.00)<br/>10:30 Woodwork projects - Dog kennel for SPCA<br/>12:00 Bring your own lunch<br/>1:00 Working Bee</p> <p>10:00 Visit Ashburton members at Tinwald Domain - tennis, walks, games etc. BYO lunch<br/>Return by 4:00pm</p>   |
| <p><b>29</b></p> <p>10:00 Coffee Morning<br/>10:00 Swimming at Jellie Park (\$3.00)<br/>12:00 Men's Group - Depart for Sausage Sizzle at the Groynes (\$2.50)</p> <p>10:30 Depart for day at New Brighton - Op shopping, beach walks, Library and old time movie at Museum (\$2.00) BYO lunch<br/><b>Return by 4pm</b></p>   | <p><b>30</b></p> <p>10:00 Coffee Morning<br/>10:30 Lunch preparation<br/>12:00 Light Lunch - Scrambled eggs (\$2.50)<br/>1:00 Ten Pin Bowling (\$5.00)<br/>1:15 Pick up for Swimming at Pioneer (\$3.00)</p>                   | <p><b>31</b></p> <p><b>Fletcher Place</b></p> <p>10:00 Morning<br/>10:30 Meals on Wheels</p> <p>12:30 Bring your own lunch<br/>1:30 Wool Craft (\$2.50) with project planning</p>    | <p>10:30 Day Out - Lake Koro Kohatu with Stanmore and Rangiora members. Canoeing, walking, and relaxing (Canoe hire \$2.50) BYO lunch<br/><b>Return by 4 pm</b></p>    |   |