

























STEP AHEAD WEST ACTIVITIES – 9 Puriri St – JANUARY 2019

Mane Monday	Turei Tuesday	Weneri Wednesday	Taite Thursday	Paraire Friday	
	<p>1</p> <p>Step Ahead Closed</p> 	<p>2</p> <p>Step Ahead Closed</p> 	<p>3 10:15 Day out at Spencer Park - bring lunch, sunblock, hat & togs. Cricket, biking, walking etc</p> 	<p>4 9:30 Day trip to Geraldine with Stanmore and Ashburton members. - bring lunch, sunblock and hat</p> 	
<p>7 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 1:00 Walking Group 1:00 Cycling for fun (\$2.50 for bike hire or BYO)</p> 	<p>8 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Veggie fritters with salsa (\$2.50) 1:00 Ten Pin Bowling (\$6.00) and optional 2nd game (\$6.00) 1:15 Swimming at Pioneer (\$3.50) 3:00 West tidy up/clean</p> 	<p>9 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) 1:45 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 	<p>10 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</p> 	<p>11 9:30 Coffee Morning 10:00 Craft- Paper Floristry (\$2.50) 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Exercise at West 1:00 Open Craft - bring along a project to work on share ideas</p> 	
<p>14 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 1:00 Healthy Cooking for One - Summer Salads - bring 1 potato and a slice of bacon or ham and (\$1.00) Bookings by 9am 1:15 Walking Group</p> 	<p>15 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Swimming at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00)</p> 	<p>16 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) 1:15 Tennis at Hagley Park</p>  <p>4:00 Depart for Bread and Circus Buskers Festival. Bring your own dinner & gold coin donation.</p>	<p>17 9:30 Coffee Morning 10:00 Documentary Group 12:00 Bring your own lunch 1:00 Women's Group - Programme planning at a local Park. Bring a plate to share and your ideas.</p> 	<p>10:00 Outing to Waikuku BYO lunch, walks , quoits, tennis or swing ball</p>  <p>Return by 4pm</p>	<p>18 9:30 Coffee Morning 10:30 Board games or news and views 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:15 Beginners Tramp with Stanmore - talk to Chris or Di for details</p> 
<p>21 9:30 Coffee Morning 10:00 Men's Group - Walk around the developing inner city with quiz. What was here? Also visit the new library 10:00 Swimming at Jellie Park (\$3.50) 12:00 Bring your own lunch 1:00 Walking Group 1:00 Canoeing on the Avon (\$7.00)</p> 	<p>22 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Swimming at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00) 3:00 West tidy up/clean</p> 	<p>23 9:30 Coffee Morning 10:00 Guest Speaker - Alan from Comcare Jobconnect 10:00 Open Craft - bring along a project to work on and share ideas with others 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Badminton at Cowles Stadium (\$2.50)</p> 	<p>24 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 or Frisbee golf)</p>  <p>4:00 Depart for BBQ and Quiz at Stanmore (\$4.50)</p>	<p>25 9:30 Coffee Morning 10:00 Craft - Jewellery Making (\$2.50) 10:00 Budget Lunch Preparation 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 12:00 Budget Lunch - Cold Meat, Salad and Fruit (\$4.50) Bookings by 9am 1:00 Exercise at West 1:00 Craft - decorating picture frames, BYO frame or use ours (\$2.50)</p> 	
<p>28 9:30 Coffee Morning 10:00 Healthy Cooking for One - Apricot Chicken on Rice with Coleslaw - bring (\$1.00) and 2 chicken drums Bookings by 9am 10:00 Fun Quiz 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Op Shopping 1:30 Walking Group</p> 	<p>29 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 Swimming at Pioneer (\$3.50)</p> 	<p>30 9:30 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Fimo Modelling Clay - make small projects (\$2.50) e.g. beads, key rings</p>  <p>4:00 Depart for Dinner at Leithfield Hotel (Meals from \$14.00)</p>	<p>10:00 Depart for fishing trip in the Little River and Wainui area. BYO lunch</p>  <p>Return by 4:30</p>	<p>31 9:30 Coffee Morning 10:00 Walking Group 10:30 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Gardening</p> 