
























# STEP AHEAD WEST ACTIVITIES - 9 Puriri St - July 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday	
				<p>1 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Stamp Collection 12:00 BYO Lunch 1:00 Community garden</p> 	
<p>4 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Hall and lunch Preparation 12:00 Mid-Winter Lunch at West hall (please pay \$7.00 by 30<sup>th</sup> June) - beach party theme or BYO Lunch 1:30 Men's group - visit Men's Shed in St Albans 1:30 Walking Group</p> 	<p>5 10:00 Coffee Morning 10:30 Mosaics (\$3.50) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>6 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Indoor Bowls, Pool &amp; Darts</p> <p>12:30 BYO Lunch 1:30 Table Tennis with Stanmore 1:30 Craft - Card Craft (\$2.50)</p> 	<p>7 10:00 Coffee Morning 10:00 Zumba at YMCA (\$2.50) 10:30 Walk through Deans Bush to lunch out at Khmer Satay Noodle House (\$11.00 - \$15.00) 12:00 BYO Lunch 1:00 Guest Speaker - Community Energy Action - keeping warm over winter 1:00 Healthy Baking - Oaty Apple Loaf (\$2.50) 4:00 Depart for dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>8 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Sausage casserole with potato mash and crumble (\$4.50) 1:00 Music appreciation and karaoke - bring some favourite music to share 1:00 Craft - Mandalas &amp; Dot art</p> 	
<p>11 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring along cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy cooking for one - Pumpkin Scones - Bring approx. 1 cup of raw pumpkin (\$1.00)</p> 	<p>12 10:00 Coffee Morning 10:30 Christian Prayer Group 10:30 Board Games, Cards and Jigsaws 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>13 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Wool Craft - using easy knitting looms (\$2.50)</p> <p>12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for dinner and DVD night at Stanmore Road (\$4.50)</p> 	<p>14 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Pool and darts at Papanui Club (\$1.00) 1:00 Sewing with Petra</p> 	<p>15 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Felted scarves (\$3.50) - Part 1 12:00 BYO Lunch 1:00 Woodwork Projects - Art Paper Rack and Art Display Frame 1:00 Craft - Felted scarves - Part 2</p> 	
<p>18 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Walking Group with Stanmore at A &amp; P Showgrounds</p> 	<p>10:00 Outing around Lyttelton Harbour including Charteris Bay, Gebbies Pass, Summit Road and Lyttelton, BYO Lunch.</p> <p>Return by 4:30pm</p> 	<p>19 10:00 Coffee Morning 10:30 Visit Wigram Airforce Museum 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>20 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels</p> <p>9:30 Depart for Hanmer Springs, BYO Lunch (optional swim \$10.00) Return by 4:30pm</p>  	<p>21 10:00 Coffee Morning 10:30 Music appreciation &amp; Karaoke - bring some favourite music 10:30 Mid-winter swim and hot soup - return to west by 1pm 12:00 BYO Lunch 1:00 Healthy Baking - Cheesy Oat Loaf(\$2.50) 1:00 Women's Group - DVD, bring something small to share for afternoon tea 4:00 Depart for dinner at Racecourse Hotel (Meals from \$14.00)</p> 	<p>22 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Scavenger hunt preparation 12:00 BYO Lunch 12:30 Member staff liaison meeting 1:30 Guided meditation group 1:30 West Working bee</p> 
<p>25 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 - Curried Sausages - bring 4 sausages (\$1.00)</p> 	<p>26 10:00 Coffee Morning 10:30 Christian Prayer Group 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> 	<p>27 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Wool Craft - using easy knitting looms (\$2.50)</p> <p>12:30 BYO Lunch 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 1:30 Mosaics (\$3.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for Dinner and Disco Dance at Stanmore Road (\$4.50)</p> 	<p>28 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Sewing with Petra 1:00 Op Shopping</p> 	<p>29 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Craft - Sun catchers (\$2.50)</p>  <p>10:30 Depart for picnic on the Port Hills and walk the Harry Ell walkway</p> <p>Return by 4pm</p> 