





















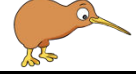



STEP AHEAD WEST ACTIVITIES - 5 Puriri St – JULY 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday	
<p>3 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Walking Group</p> 	<p>10:00 Depart for Arthurs Pass area to play in the snow, including snow man building or toboggan. BYO Lunch Return by 4pm</p> 	<p>4 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 BYO Lunch 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>5 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels</p> <p>12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p>  <p>9:30 Trip to Hammer Springs (Optional swim \$10.00) BYO Lunch Return by 4:00pm</p> 	<p>6 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 10:30 Walking Group 12:00 BYO Lunch 1:00 Music Appreciation and Karaoke - bring some favourite music 1:00 Healthy Baking - Oat and Apple Loaf (\$2.50) 4.00 Depart for Dinner and Quiz night at Stanmore. (\$4.50). Bring some quiz questions.</p> 	<p>7 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Exercise at West</p>  <p>10:30 Outing to Art Galleries and Chertsey Book Barn BYO lunch Return by 4pm</p> 
<p>10 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Fun Quiz 12:00 BYO Lunch 1:15 Walking Group 1:00 Healthy Cooking for One - Apricot Chicken, bring 1 Chicken Breast (\$1.00)</p> 	<p>11 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> 	<p>12 Fletcher Place { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Depart for lunch at New Brighton WMC Meals from (\$10.00) return by 1:30</p> <p>12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for Dinner and Pool at the Tai Tapu Hotel. (Meals from \$14.00)</p> 	<p>13 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 material etc) 1:00 Pool at the Papanui Club (\$1.00)</p> 	<p>14 10:00 Coffee Morning 10:30 Craft - Jewellery Making (\$2.50) 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 12:30 Depart for tour of The Press Printing Plant 1:00 Guided Meditation Group</p> 	
<p>17 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Music Appreciation and Karaoke - bring some favourite music 12:00 BYO Lunch 1:15 Walking Group 1:00 Clay Moulding (\$2.50)</p> 	<p>18 10:00 Coffee Morning 10:30 Museum / Art Gallery visit 12:30 BYO Lunch 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>19 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 News and Views Discussion Group with morning tea (\$1.00)</p> <p>12:30 BYO Lunch 1:30 Card Craft (\$2.50) 1:30 Table Tennis with Stanmore</p> 	<p>20 10:00 Coffee Morning 10:30 Line Dancing with Vickie (\$3.00) 10:30 Walking Group 12:00 BYO Lunch 1:00 Women's Group - Op shopping and coffee at Addington Coffee Co-op (Bring \$\$) 1:00 Healthy Baking - Homemade Muesli Bars (\$2.50)</p>  <p>4:00 Depart for Dinner and DVD at Stanmore (\$4.50)</p>	<p>21 10:00 Coffee Morning 10:00 Clip and Climb (\$6.50) 10:30 Tai Chi (\$3.00) 10:30 Craft - Painted Stones 12:00 BYO Lunch 1:00 Craft - Frame Decorating (\$2.50)</p> 	
<p>24 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Guest Speaker - Citizens Advice Bureau 12:00 BYO Lunch 1:00 Walking Group 1:00 Clay Moulding (\$2.50)</p> 	<p>25 10:00 Coffee Morning 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>26 Fletcher Place { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Indoor bowls, Pool or Darts</p> <p>12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50)</p> <p>4:00 Depart for Dinner at 808 Belfast (Meals from \$14.00)</p> 	<p>27 10:00 Coffee Morning 10:30 Meals on Wheels 12:00 BYO Lunch 1:00 Sewing with Petra (\$2.50 for material etc.)</p>  <p>10:00 Outing to Willowbank Wildlife Reserve (\$7.00) BYO lunch Return by 4pm</p> 	<p>28 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Working Bee 10:30 Budget Lunch Preparation 12:00 Budget Lunch - Meat Loaf, veggies and fruit (\$4.50) 12:00 BYO Lunch 1:00 Beginners Tramp 1:00 Op Shopping</p> 	
<p>31 10:00 Coffee Morning 10:30 Hall preparation for summer holiday theme day 10:30 Lunch preparation 11:30 Member Staff Liaison Meeting 12:30 Mid-Winter Lunch at West, summer holiday theme (\$10.00) followed by Karaoke music and games (Booking and payment by Thursday 27th)</p> 