























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

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p><b>2</b> 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:30 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Italian style meatloaf - bring 250gms of mince and a container to take meal home in. (\$1.00) Bookings by 9am.</p> 	<p><b>3</b> 10:00 Coffee Morning 10:30 Board Games, Cards and Jigsaws 12:00 Bring your own lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>4</b> Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 Bring your own lunch 1:30 Table Tennis with Stanmore</p> 	<p><b>5</b> 10:00 Coffee Morning 10:00 Depart for "have a go" at outdoor bowls at Riccarton Racecourse Bowling Club 10:30 Walking Group 12:00 Bring your own lunch 1:00 Women's Group - DVD and afternoon tea - bring something small to share 1:00 Visit Wigram Air Force Museum <b>4.00 Depart for Dinner at Tai Tapu Hotel (Meals from \$14.00)</b></p> 	<p><b>6</b> 10:00 Coffee Morning 10:30 Art with Karen (\$2.50) 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Craft- Decorated storage jars (bring clean Jar/s or select from ours)</p> 
<p><b>9</b> 10:00 Coffee Morning 10:30 Guest Speaker - Tenants Protection Association (Gold coin donation) 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p><b>10</b> 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 (\$5.00) and optional 2<sup>nd</sup> game (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>11</b> Fletcher Place { 10:00 Coffee Morning 10:00 Depart from Fletcher Place for beginners pottery at West Melton Studio, (\$5.00) 10:30 Loom Knitting (\$2.50) 12:30 Bring your own lunch 1:30 Badminton at Cowles Stadium (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) <b>4:00 Depart for Pea, Pie, Pud, Dessert and Magic Night at Stanmore (\$4.50)</b></p> 	<p><b>12</b> 10:00 Coffee Morning 10:30 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Healthy Baking - Moist Bran Muffins (\$2.50) - Bookings by 9am 1:00 Sewing with Petra (\$2.50 for materials etc.)</p> 	<p><b>13</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery Making (\$2.50) 10:30 Budget Lunch Preparation 12:00 Budget Lunch - Risotto with chicken, leek and mushroom (\$4.50). Bookings by 9am 12:00 Bring your own lunch 1:00 Meditative Mandala Art 1:00 Exercise at West</p> 
<p><b>16</b> 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Sausage casserole - bring 2 sausages and a container to take meal home in. (\$1.00) Bookings by 9am.</p> 	<p><b>17</b> 10:00 Coffee Morning 10:30 Lunch preparation 12:00 Bring your own lunch 12:00 Light Lunch - Scrambled eggs &amp; sausages (\$3.50) 12:30 Member Staff Liaison Meeting 1:15 Pick up for Swimming at Pioneer (\$3.00) 1:30 Ten Pin Bowling (\$5.00)</p> 	<p><b>18</b> Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 News and Views Discussion Group and morning tea (\$1.00) 12:00 Depart for CBS concert with light lunch option (\$5 or \$11) 12:30 Bring your own lunch 1:30 Table Tennis</p> 	<p><b>19</b> 10:00 Coffee Morning 10:30 Walking Group 12:00 Bring your own lunch 1:00 Music Appreciation and Karaoke - bring some favourite music <b>Return by 4:00pm</b></p> 	<p><b>20</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Working bee - see Kevin for details 10:30 Open Craft - bring along a project to work on and share ideas with others 12:00 Bring your own lunch 1:00 DVD afternoon 1:00 Beginners Tramp - Kennedy's Bush (hilly)</p> 
<p><b>23</b> 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 10:30 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 1:00 Walking Group 1:00 Men's Group - fun beginners bike ride</p> 	<p><b>24</b> 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.00) 1:30 Ten Pin Bowling (\$5.00)</p> 	<p><b>25</b> Fletcher Place { 10:00 Coffee Morning 10:30 Loom Knitting (\$2.50) 10:30 Indoor Bowls, Pool or Darts 12:30 Bring your own lunch 1:30 Badminton at Cowles Stadium (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) <b>4:00 Depart for Quiche, Baked Potato, Coleslaw, Dessert and DVD at Stanmore (\$4.50)</b></p> 	<p><b>26</b> 10:00 Coffee Morning 10:30 Meals on Wheels 10:00 Walking Group 12:00 Bring your own lunch 1:00 Healthy Baking - Sultana or Raisin Loaf (\$2.50) Bookings by 9am 1:00 Sewing with Petra (\$2.50 for materials etc.)</p> 	<p><b>27</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Woodwork group 12:00 Bring your own lunch 1:00 Exercise at West</p> 
<p><b>30</b> 10:00 Coffee Morning 10:00 Swimming at Jellie Park (\$3.00) 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p>10:00 Depart for snow trip in the Porters to Arthurs pass area. BYO lunch Return by 4:00pm</p> 	<p><b>31</b> 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.00) 1:30 Ten Pin Bowling (\$5.00)</p> 