
























STEP AHEAD WEST ACTIVITIES – 9 Puriri St – JUNE 2019

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday	
<p>3</p> <p>Step Ahead Closed Queens Birthday</p> 	<p>4 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 Mini Golf at Ferrymead (\$5.00) 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 3:00 West tidy up/clean</p> 	<p>5 9:30 Coffee Morning 10:00 Open Craft – bring along a project to work on and share ideas 10:30 Meals on Wheels 12:00 Bring your own lunch 12:00 Depart for CBS concert (\$5.00) with lunch option (extra \$6.00) 1:00 Badminton at Cowles Stadium (\$2.50)</p> 	<p>6 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Op Shopping</p>   <p>10:00 Depart for Manaia Nature Wildlife Habitat (\$3.00) Bring your own lunch Return by 4:00pm</p> <p>4:00 Depart for Quiz night - Quiche, veggies and dessert (\$4.50)</p>	<p>7 9:30 Coffee Morning 10:00 Woodwork Group – saw horses 12:00 Bring your own lunch 1:00 Urban biking with Stanmore (\$2.50 bike hire or bring your own) Return by 4:00</p>   <p>10:00 Trip to Rolleston area craft and op shops. Bring your own lunch</p>	
<p>10 9:30 Coffee Morning 10:00 Fun Quiz 10:00 Tai Chi with Sandy (\$3.00) 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p>9:45 Day at Rangiora Step Ahead. Swim (\$2.50) or Housie. Budget Lunch (\$4.50). Book in as usual or bring your own. 2pm walk or Nutrition Guest Speaker Return by 4:30</p> 	<p>11 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 1:30 Mini Golf at Ferrymead (\$5.00)</p> 	<p>12 9:30 Coffee Morning 10:00 News and Views Discussion Group 10:00 Art Group (\$2.50) 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p>  <p>4:00 Depart for Dinner at New Brighton Club (Meals from \$13.00)</p>	<p>13 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 Visit Pegasus Lake and beach for a walk and a cuppa</p> 	<p>14 9:30 Coffee Morning 10:00 Learn Self Massage Techniques 10:00 Budget Lunch Preparation 12:00 Budget Lunch – Roast pork and vegetables plus fruit (\$4.50) Bookings by 9am 12:00 Bring your own lunch 1:00 Exercise at West 1:00 Pamper Afternoon – Cucumber Facial Mask (\$2.50)</p> 
<p>17 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Tai Chi with Sandy (\$3.00) 10:00 Healthy Cooking for One – Cauliflower, potato and chickpea curry - bring cauliflower and potato for one person and \$1.00. Bookings by 9am 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Walking Group 1:30 Christian friendship group – Visit Transitional Cathedral</p> 	<p>18 10:00 Coffee Morning 10:30 Art Gallery visit 12:30 Bring your own lunch 1:15 Swim/Aqua Jog at Pioneer (\$3.50) 1:30 Mini Golf at Ferrymead (\$5.00) 3:00 West tidy up/clean</p> 	<p>19 9:30 Coffee Morning 10:30 Meals on Wheels 10:30 Card Craft (\$2.50) 12:00 Bring your own lunch 1:00 Badminton at Cowles Stadium (\$2.50) 1:00 Depart for beginners pottery at West Melton Studio (\$7.00)</p> 	<p>20 9:30 Coffee Morning 10:00 Walking Group 10:00 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 1:00 Yaldhurst transport museum (\$6.00) 1:00 Women's Group – Gondola ride (\$14.00)</p>  <p>4:00 Depart for DVD night - Chicken, veggies & dessert (\$4.50)</p>	<p>21 9:30 Coffee Morning 10:00 Board Games 10:00 Wool Craft – Making pet balls (\$2.50) 11:30 Mid-Winter Lunch at Richmond Club. Bookings by Tuesday 18th June and payment in advance appreciated (\$20). Followed by entertainment. 12:00 Bring your own lunch 1:00 Open Craft – bring along a project to work on and share ideas</p> 	
<p>24 9:30 Coffee Morning 10:00 Tai Chi with Sandy (\$3.00) 10:00 Technology Group – bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p>10:00 Day at New Brighton - walk and visit op shops 1:30 Golden Oldie Movie at Museum (\$2.00) Return by 4:00</p> 	<p>25 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch – Leek and potato soup with fresh bread (\$2.50) 1:00 Golf Driving Range at Ferrymead (\$5.00) 1:15 Swim/Aqua Jog at Pioneer (\$3.50)</p> 	<p>26 9:30 Coffee Morning 10:00 Indoor Bowls or Darts 10:00 Art Group (\$2.50) 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p>  <p>4:00 Depart for Dinner at Kaiapoi Club (Meals from \$14.00)</p>	<p>27 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 with afternoon tea provided</p> 	<p>28 9:30 Coffee Morning 10:00 Jewellery Making (\$2.50) 10:00 Working Bee 12:00 Street Food Market in Cathedral Square. Bring your own lunch or \$\$ to buy followed by exploring inner city library 12:00 Bring your own lunch 1:00 Beginners Tramp - Whites Crossing track (flat)</p> 