























STEP AHEAD WEST ACTIVITIES - 9 Puriri St – March 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
		<p>1 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels <p>12:30 BYO Lunch</p> <p>1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>2</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 10:30 Music Appreciation - bring along your favourite tunes to share. 12:00 BYO Lunch 1:00 Healthy Baking - Cornflake, sultana and cranberry biscuit (\$2.50) 1:00 Frisbee Golf at Jellie Park <p>4.00 Depart for Dinner and DVD at Stanmore Road (\$4.50)</p> 	<p>3</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Lavender bags - part 1 (\$2.50) 12:00 BYO Lunch 1:00 Lavender bags - part 2 1:00 Exercise in the Park 
<p>6</p> <p>10:00 Depart to set up 100 km challenge!!</p> <p>11:30am event start.</p> <p>BYO Lunch</p> <p>Return by 4pm</p> 	<p>7</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Mosaics (\$4.50 plus cost of boards) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00) 	<p>8 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Indoor Bowls, Pool and Darts <p>12:30 BYO Lunch</p> <ul style="list-style-type: none"> 1:30 Art with Kate (\$2.50) 1:30 Tennis with Stanmore 1:30 Mosaics (\$4.50 plus cost of boards) 	<p>9</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Cricket in the park with Stanmore members 1:00 Sewing with Petra (\$2.50 for material etc.) 	<p>10</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 West Working bee <p>10:30 Visit Arion Farm (\$2.50)</p> <p>BYO lunch</p> <p>Return by 4pm</p> 
<p>13</p> <ul style="list-style-type: none"> 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 - Broccoli and carrot pasta - bring 1/2 cup of broccoli florets (\$1.00) 	<p>14</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Board games, cards, jigsaws 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>15 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Gym at Redwood (\$3.00) <p>12:30 BYO Lunch</p> <ul style="list-style-type: none"> 1:00 10 Pin Bowling West vs Stanmore (\$5.00) 1:30 Table Tennis with Stanmore (\$2.50) 	<p>16</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Line Dancing (\$3.00) 12:00 BYO Lunch 1:00 Healthy Baking - Raisin spice cookies (\$2.50) <p>9:30 Depart for Hanmer Springs, walks, shops or swim (\$10.00). BYO lunch</p> <p>Return by 4pm</p> 	<p>17</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 Depart for craft research at Rangiora plus more. BYO lunch <p>10:00 Day at New Brighton for walks, op shops and Surf life Saving National Champs. BYO lunch</p> <p>Return by 4pm</p> 
<p>20</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 12:30 Member/Staff Liaison Meeting 1:30 West Working bee 1:30 Walking Group 	<p>21</p> <ul style="list-style-type: none"> 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>22 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) <p>12:30 BYO Lunch</p> <ul style="list-style-type: none"> 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.50 plus cost of boards) <p>10:00 Jet Boating - Waimakariri River (\$15.00). BYO Lunch</p> <p>Return by 4:00pm</p> 	<p>23</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Line Dancing (\$3.00) 12:00 BYO Lunch 1:00 Sewing with Petra (\$2.50 for material etc.) 1:00 Walking group 	<p>24</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Nachos and fruit (\$4.50) 1:00 Urban bike ride 1:00 Guided meditation group 
<p>27</p> <ul style="list-style-type: none"> 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 1:00 Walking Group 1:00 Healthy Cooking for One - Savoury bread cases - bring 3 slices of bacon (\$1.00) 	<p>28</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Sausage sizzle at Spencer Park with walks, biking, frisbee or tennis etc <p>1:15 Pick up for Swimming at Pioneer (\$3.00)</p> <p>Return by 4pm</p> 	<p>29 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Gym at Redwood (\$3.00) <p>12:30 BYO Lunch</p> <ul style="list-style-type: none"> 1:30 Card Craft (\$2.50) 1:30 Badminton at Cowles Stadium (\$2.50) <p>4.00 Depart for dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>30</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Walking group 12:00 BYO Lunch 1:00 Healthy Baking - Sultana Shortbread (\$2.50) <p>10:30 Women's Group - day out - Little River and Birdlings Flat. BYO lunch</p> <p>Return by 4pm</p> 	<p>31</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery making (\$2.50) 12:00 BYO Lunch 1:00 Craft - Fun with fabric (\$2.50) 1:00 Exercise in the park 