

























STEP AHEAD WEST ACTIVITIES – 9 Puriri St – MARCH 2019

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taitē Thursday	Paraire Friday
				<p>1 9:30 Coffee Morning 10:00 Open Craft - bring along a project to work on and share ideas 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Depart for Farewell Function for Helen. Come along to say your good byes and wish her well.</p> 
<p>4 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group 1:00 Men's Group - Working bee</p> 	<p>5 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Hot Dog and Corn on the Cob (\$2.50) 1:00 Ten Pin Bowling (\$6.00) and optional 2nd game (\$6.00) 1:15 Swim/Aqua jog at Pioneer (\$3.50) 3:00 West tidy up/clean</p> 	<p>6 9:30 Coffee Morning 10:00 Introduction and planning for Christian/Spiritual activity group 10:00 Art with Karen (\$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>7 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</p>  <p>4:00 Depart for Karaoke, Pasta Bake, salad and dessert (\$4.50) at Stanmore</p>	<p>8 9:30 Coffee Morning 10:00 Craft - Ornate Plaster of Paris (\$2.50) (Part 1) 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Craft - Plaster of Paris painting (Part 2)</p>  <p>10:30 Depart for New Zealand Track and field Champs at Nga Puna Wai - bring your own lunch Return by 4pm</p>
<p>11 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Healthy Cooking for One - Chorizo pasta - bring a tin of diced tomatoes and (\$1.00) Bookings by 9am 12:00 Bring your own lunch 1:00 Walking Group 1:00 Op Shopping</p> 	<p>12 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 Ten Pin Bowling (\$6.00)</p> 	<p>13 9:30 Coffee Morning 10:00 Indoor Bowls or Darts 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:00 Badminton at Cowles Stadium (\$2.50)</p>  <p>4:00 Depart for BBQ at the Groyne (\$4.50)</p>	<p>14 9:30 Coffee Morning 10:00 Documentary Group 12:00 Bring your own lunch 1:00 Women's Group - DVD afternoon, bring a small plate</p>  <p>10:00 Day trip to Manaia Native Habitat, Little River (\$3.00) - bring your own lunch Return by 4:00</p>	<p>15 9:30 Coffee Morning 10:00 Budget Lunch Preparation 10:00 Craft - Jewellery Making (\$2.50) 10:30 Tai Chi (\$3.00) 12:00 Budget Lunch - Homemade pizza with coleslaw and fruit (\$4.50). Bookings by 9am 12:00 Bring your own lunch 1:00 Beginners Tramp - Chair lift track (hilly) 1:00 Board Games</p> 
<p>18 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 12:00 Bring your own lunch 1:00 Walking Group</p>  <p>10:00 Depart for day at Ferrymead Heritage Park (\$7.00) - bring your own lunch Return by 4:00</p> 	<p>19 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Swim/Aqua jog at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00) 3:00 West tidy up/clean</p> 	<p>20 9:30 Coffee Morning 10:00 News and Views Discussion Group 10:00 Art (\$2.50) 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Tennis at Hagley Park</p> 	<p>21 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 Op shopping</p>  <p>4:00 Depart for Dinner - Quiche, salad and dessert and Quiz night at Stanmore (\$4.50)</p>	<p>22 9:30 Coffee Morning 10:00 Woodwork Group 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Exercise at West</p>  <p>9:15 Day trip to Lake Hood in Ashburton - bring your own lunch Return by 4:30</p> 
<p>25 9:30 Coffee Morning 10:00 Healthy Cooking for One - Easy Meatballs - bring 150g mincemeat and (\$1.00) Bookings by 9am 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Walking Group 1:30 Cricket in the park - friendly games</p> 	<p>26 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 (\$6.00) 1:15 Swim/Aqua jog at Pioneer (\$3.50)</p> 	<p>27 9:30 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:30 Table Tennis at Blenheim Road (\$1.00)</p>  <p>4:00 Depart for dinner at Kaiapoi Club (Meals from \$14.00)</p>	<p>28 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Music Appreciation and Karaoke - bring some favourite music</p>  <p>10:00 Depart for Giants House Mosaic Garden - Akaroa (\$10.00) - bring your own lunch Return by 4:30</p> 	<p>29 9:30 Coffee Morning 10:30 Tai Chi (\$3.00) 10:00 Preparation for Open House 12:00 Bring your own lunch 2:00 West Open House - friends and family welcome. Please book as usual.</p>  <p>9:30 Day trip to Hanmer Springs for walks and optional swim (\$10.00) Bring your own lunch Return by 4:00</p> 