



























# STEP AHEAD WEST ACTIVITIES - 5 Puriri St – May 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
<p><b>1</b> 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 West Working bee 1:00 Walking Group</p> 	<p><b>2</b> 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><b>3</b> <b>Fletcher Place</b> { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Gym Group (\$3.00) 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><b>4</b> 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>9:30 Day Trip to Rangitata River Salmon Hatchery Return by 4:30</p> 	<p><b>5</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - outing collecting willow branches 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Mini Golf at Caddyshack (\$8.00) 1:00 Craft - Making Wreaths (\$2.50)</p> 
<p><b>8</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Fun Quiz 12:00 BYO Lunch 12:30 Member/Staff Liaison Meeting 1:30 Walking Group 1:30 Healthy Cooking for One - Meat Loaf - Bring 250g of pork or beef mince (\$1.00)</p> 	<p><b>9</b> 10:00 Coffee Morning 10:30 Board games, cards, jigsaws 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>10</b> <b>Fletcher Place</b> { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table tennis with Stanmore</p>  <p><b>10:30 Depart for Fishing Trip - BYO Lunch</b></p>  <p>Return by 4:00</p> <p><b>4:00 Depart for dinner at Woodlands Restaurant Woodend (Meals from \$16.00)</b></p>	<p><b>11</b> 10:00 Coffee Morning 10:00 Zumba at YMCA (\$3.00) 10:30 Walking Group 12:00 BYO Lunch 1:00 Op Shopping 1:00 Healthy Baking - Queensland Fruit &amp; Nut Biscuits (\$2.50)</p> 	<p><b>12</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Beginners Tramp</p>  <p>10:00 Day Trip to Ashburton Step Ahead for morning board games and afternoon swim (\$3.00) or walk. BYO Lunch</p> 
<p><b>15</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Guest Speaker - Pharmacy support &amp; information 12:00 BYO Lunch 1:00 Walking Group 1:00 Clay Moulding - finish off old and create new projects (\$2.50)</p> 	<p><b>16</b> 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><b>17</b> <b>Fletcher Place</b> { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Gym Group (\$3.00) 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><b>18</b> 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) <b>4:00 Depart for Dinner and Quiz night at Stanmore (\$4.50)</b></p> 	<p><b>19</b> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Paper Flower Making 10:30 Visit Earthquake Memorial and feed eels 12:00 BYO Lunch 1:00 Exercise in the Park 1:00 Craft - Dream Catchers (\$2.50)</p> 
<p><b>22</b> 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 1:00 Walking Group 1:00 Healthy Cooking for One - Sweet &amp; Sour Chicken - bring 1 chicken breast (\$1.00)</p> 	<p><b>23</b> 10:00 Coffee Morning 10:30 Museum Visit 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p><b>24</b> <b>Fletcher Place</b> { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Indoor Bowls, Pool and Darts 12:30 BYO Lunch 1:30 Card Craft (\$2.50) 1:30 Table tennis with Stanmore <b>4:00 Depart for Dinner at Vietnamese Restaurant. Meals from (\$14.00)</b></p> 	<p><b>25</b> 10:00 Coffee Morning 10:30 Walking Group 10:30 Games in the Hall - Volleyball, Quits etc. 12:00 BYO Lunch 1:00 Women's Group DVD afternoon - bring a plate for afternoon tea 1:00 Healthy Baking - Black Boy Peach Crumble (\$2.50)</p> 	<p><b>26</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 BYO Lunch 12:00 Budget Lunch - Pumpkin soup, fresh breads and fruit (\$4.50) 1:00 Guided Meditation Group 1:00 Urban Bike Ride (\$2.50 bike hire)</p> 
<p><b>29</b> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Walking Group</p> 	<p>10:30 Day at New Brighton - Op shopping, library etc. and Movie at the Museum (\$2.00) at 1pm - BYO Lunch</p> 	<p><b>30</b> 10:00 Depart for Day Trip to Akaroa - BYO Lunch Return by 4:00pm</p> 	<p><b>31</b> <b>Fletcher Place</b> { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Gym Group \$3.00 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> 