


















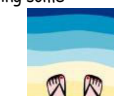








STEP AHEAD WEST ACTIVITIES - 5 Puriri St – NOVEMBER 2017

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 Wool Craft (\$2.50) <p>12:30 Bring your own lunch</p> <ul style="list-style-type: none"> 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board)  	<p>2</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 Bring your own lunch 1:00 Sewing with Petra (\$2.50 for materials etc) 1:00 Pool at the Papanui Club (\$1.00) <p>4:00 Depart for Dinner and Quiz at Stanmore (\$4.50)</p> 	<p>3</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring tech gear plus questions 10:30 Craft - Making natural skin care products (\$4.00) 12:00 Bring your own lunch 12:30 Bring your own lunch at South New Brighton - stone carving display and beach walk 1:00 Beginners Tramp - Crater Rim Walkway 	
<p>6</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 to share 12:00 Bring your own lunch 1:00 Men's Group - Visit local Men's Shed and programme planning 1:00 Walking Group 	<p>7</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:30 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 Meals on Wheels 10:30 News and Views Discussion Group and morning tea (\$1.00) <p>12:30 Bring your own lunch</p> <ul style="list-style-type: none"> 1:30 Table Tennis with Stanmore 1:30 Card Craft (\$2.50) <p>4:00 Depart for Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>9</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:00 Lawn Bowls at Riccarton Racecourse Bowling Club (\$3.00) 10:30 Walking Group 12:00 Bring your own lunch 1:00 Healthy Baking - Carrot Fruity Slice (\$2.50) Bookings by 9am 1:00 Depart for Guest Speaker - Introduction to Sign Language 	<p>10</p> <ul style="list-style-type: none"> 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 - Cold meat, salad, cheese and bread with fruit (\$4.50) Bookings by 9am 12:00 Bring your own lunch 1:00 Exercise at West 1:00 Craft - Letter Box Decoration 	
<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 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Sausage Meat Pie (\$2.50). Bookings by 9am 	<p>14</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 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 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 Indoor Bowls, Pool or Darts <p>12:30 Bring your own lunch</p> <ul style="list-style-type: none"> 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Tennis with Stanmore <p>4:00 Depart for Dinner and Karaoke at Stanmore (\$4.50)</p> 	<p>16</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Sewing with Petra (\$2.50 for materials etc.) <p>10:00 A & P show (Pre-booked tickets)</p> <p>Return by 4:00pm</p>  	<p>17</p> <p>Step Ahead Closed Show Day</p> 	
<p>20</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 Bring your own lunch 1:00 Walking Group 	<p>10:00 Depart for BBQ at Spencer park (\$3.50) - walks, bikes, tennis, frisbee etc.</p> 	<p>21</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Lunch preparation 12:00 Light Lunch - Chicken Salad and bread (\$2.50) Bookings by 9am 12:00 Bring your own 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 Meals on Wheels 10:30 Wool Craft (\$2.50) <p>12:30 Bring your own lunch</p> <ul style="list-style-type: none"> 1:00 Depart for Paper Craft at Ellbe Crafts, Woodend (\$3.00). Bring \$\$. Return by 4:00pm 1:30 Badminton at Cowles Stadium (\$2.50) 	<p>23</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Music Appreciation and Karaoke - bring some favourite music 10:30 Walking Group 12:00 Bring your own lunch 1:00 Healthy Baking - Ginger Bread Loaf (\$2.50) Bookings by 9am 1:00 Women's Group - Corsair Bay <p>4:00 Depart for Dinner at Papanui Club (Meals from \$12.50)</p> 	<p>24</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Woodwork projects - repairs to fence 10:00 Craft - Christmas book decorations (\$2.50) 12:00 Bring your own lunch 1:00 Beginners Tramp - Otukaikino Walkway (Flat) 1:00 Craft - Christmas Fabric Wreath - part 1 (\$2.50) 
<p>27</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 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Vegetable fritters - talk to Kevin about what to bring (\$1.00) 	<p>28</p> <ul style="list-style-type: none"> 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>29 Fletcher Place</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Xmas paper craft (\$2.50) <p>12:30 Bring your own lunch</p> <ul style="list-style-type: none"> 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 	<p>10:00 Depart for horse riding at Waimakariri (\$35 for 1 hr or \$25 for ½ hour) Bring your own lunch</p> <p>Return by 4pm</p> 	<p>30</p> <ul style="list-style-type: none"> 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 Bring your own lunch 1:00 Sewing with Petra (\$2.50 for materials etc.) 1:00 Softball in the park with Stanmore <p>4:00 Depart for BBQ at Spencer Park (\$4.50)</p> 	

Bookings by 9am					
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