























STEP AHEAD WEST ACTIVITIES - 9 Puriri St – NOVEMBER 2018

Mahe Monday	Turei Tuesday	Wenerai Wednesday	Taite Thursday	Paraire Friday	
			<p>1 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Gardening 1:00 Sewing with Petra (\$1.00)</p> <p>4:00 Depart for Dinner at Rangiora RSA (Meals from \$15.00)</p> 	<p>2 9:30 Coffee Morning 10:00 Woodwork Group 10:00 Cards and Board Games 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 12:00 Craft - Wind Chimes (\$2.50) 1:00 Exercise at West</p> 	
<p>5 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 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 - Homemade Sausage Rolls - bring 1 packet sausage meat and (\$1.00) Bookings by 9am</p> 	<p>6 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Filled rolls (\$2.50) 1:00 Ten Pin Bowling (\$6.00) and optional 2nd game (\$6.00) 1:15 Pick up for Swimming at Pioneer (\$3.50)</p> 	<p>7 9:30 Coffee Morning 10:00 News and Views Discussion Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:15 Tennis at Hagley park</p> <p>4:00 Depart for Dinner and Karaoke at Stanmore (\$4.50)</p> 	<p>8 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Women's Group - pamper afternoon including nail art, foot spas and gossip mags 3:00 West tidy up/clean</p> 	<p>9 9:30 Coffee Morning 10:00 Art with Karen (\$2.50) 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Open Craft - bring along a project to work on and share ideas with others</p> 	
<p>12 9:30 Coffee Morning 10:00 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p>10:00 Depart for day at Ashley Gorge and surroundings - bring your own lunch Return by 4:00pm</p> 	<p>13 10:00 Coffee Morning 10:30 Mosaics (\$4.00 plus cost of board) 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00)</p> 	<p>14 9:30 Coffee Morning 10:00 Loom Knitting (\$1.00) 10:00 Indoor Bowls or Darts 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board) 1:45 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> <p>4:00 Depart for Dinner at Kaiapoi Working Men's Club (Meals from \$14.00)</p> 	<p>15 9:30 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Sewing with Petra (\$1.00)</p> 	<p>16</p> <p>Step Ahead Closed Show Day</p> 
<p>19 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Healthy Cooking for One - Tuna and Cashew salad, bring 200-300g tin of Tuna and (\$1.00) 12:00 Bring your own lunch 1:00 Men's group - Pool and Darts at Papanui Club 1:00 Walking Group</p> 	<p>20 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 Bring your own lunch 1:15 Pick up for Swimming at Pioneer (\$3.50) 1:30 Ten Pin Bowling (\$6.00)</p> 	<p>21 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 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 with Stanmore (\$2.50)</p> 	<p>22 9:30 Coffee Morning 10:00 Walking Group 10:00 Gardening 12:00 Bring your own lunch 1:00 Documentary Group 1:00 Sport in the park with Stanmore (Cricket, Softball or Frisbee golf) 3:00 West tidy up/clean 4:00 Depart for Dinner and DVD at Stanmore (\$4.50)</p> 	<p>23 9:30 Coffee Morning 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Beginners Tramp - Harry Ell (Hilly)</p> <p>10:00 Day of activities at the Groynes BBQ lunch (\$4.50) or bring your own lunch Return by 4pm</p> 	
<p>26 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Petanque at Halswell Quarry 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Op shopping 1:30 Walking Group</p> 	<p>27 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 Pick up for Swimming at Pioneer (\$3.50)</p> 	<p>28 9:30 Coffee Morning 10:00 Loom Knitting (\$1.00) 12:00 Bring your own lunch 1:00 Mosaics (\$4.00 plus cost of board)</p> <p>10:00 Trip to Akaroa - walks and fishing. Bring your own lunch Return by 4:30pm</p> <p>4:00 Depart for BBQ at Spencer Park (\$4.50)</p> 	<p>29 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Swim/Relax at Taioira QEII (\$3.50) 1:00 Sewing with Petra (\$1.00)</p> 	<p>30 9:30 Coffee Morning 10:00 Craft - Jewellery Making (\$2.50) 10:00 Budget Lunch preparation 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 12:00 Budget Lunch - Cold Meat, Salad and Fruit (\$4.50) Bookings by 9am 1:00 Craft - Sun Catchers and Christmas decorations (\$2.50) 1:00 Exercise at West</p> 