










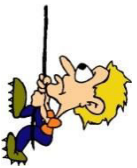

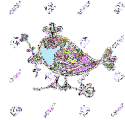












STEP AHEAD WEST ACTIVITIES - 9 Puriri St - OCTOBER 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Pairei Friday	
<p>3 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Technology Group - bring along cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy cooking for one - Hearty Beef Goulash, bring 300grams of gravy beef or stewing steak (\$1.00)</p> 	<p>4 10:00 Coffee Morning 10:30 Board Games, Cards and Jigsaws 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>5 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Housie - bring a \$2.00 prize or play for the glory 12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 1:30 Art with Kate (\$2.50)</p> 	<p>6 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Softball in the park. with Stanmore members 1:00 Sewing with Petra</p>  <p>4:00 Depart for Dinner and pool at Leithfield Hotel. (Meals from \$14.00)</p>	<p>7 10:00 Coffee Morning 10:15 National Alpaca Show at A & P Show Grounds (\$2.00) 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Exercise in the Park 1:00 Craft - Decoupage - Part 1 (\$2.50)</p> 	
<p>10 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Walking Group</p>  <p>3:00 SA Art Exhibition opening at Eastside Gallery</p>	<p>10:00 Day at New Brighton Morning beach walk. BYO lunch followed by old movie at New Brighton museum (\$2.00)</p>  <p>Return, after visit to SA Art Exhibition opening, by 4:30pm</p>	<p>11 10:00 Coffee Morning 10:30 Mosaics (\$3.50) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>12 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p>  <p>9:30 Depart for Timaru Art Gallery and domain BYO lunch</p>  <p>Return by 4:30pm</p>	<p>13 10:00 Coffee Morning 10:00 Zumba at YMCA (\$2.50) 10:30 Walking group 12:00 BYO Lunch 12:30 Member Staff Liaison Meeting 1:30 Healthy Baking - Banana Biscuits (\$2.50) 1:30 Pool and Darts at Papanui Club (\$1.00)</p> 	<p>14 10:00 Coffee Morning 10:00 Op Shopping 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Clip n Climb (\$5.00) 1:00 Craft - Decoupage - Part 2 (\$2.50)</p> 
<p>17 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 - Meatballs and Spaghetti, bring 300gms of raw mince (\$1.00)</p> 	<p>18 10:00 Coffee Morning 10:30 Craft - Mandalas & Dot art 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>19 Fletcher Place { 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Indoor Bowls, Pool and Darts 12:30 BYO Lunch 1:30 Mosaics (\$3.50) 1:30 Art with Kate (\$2.50) 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50)</p> 	<p>20 10:00 Coffee Morning 10:30 Meals on Wheels 12:00 BYO Lunch 1:00 Sewing with Petra</p>  <p>10:15 Depart for Warwickz Rare Breed Farm BYO lunch (\$5.00)</p>  <p>Return by 4pm</p>	<p>21 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 - Bacon and Egg pie plus Yoghurt and Fruit (\$4.50) 1:00 Craft - Decorate Masquerade Mask (\$2.50) 1:00 Exercise in the Park</p> 	
<p>24</p> <p>Labour Day Step Ahead Closed</p> 	<p>25 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>26 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 News and Views Discussion 12:30 BYO Lunch 1:30 Table Tennis with Stanmore 1:30 Visit Art Gallery and Museum</p>  <p>4:00 Depart for Dinner and Quiz Night at Stanmore. (\$4.50)</p>	<p>27 10:00 Coffee Morning 10:30 Music Appreciation & Karaoke - bring some favourite music 12:00 BYO Lunch 1:00 Healthy Baking - ANZAC Biscuits (\$2.50)</p>  <p>10:00 Women's Group - Outing to Scarborough - walk followed by Sausage Sizzle (\$2.50). Afternoon op shopping</p>  <p>Return by 4pm</p>	<p>28 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Sushi making (\$4.00) 12:00 BYO Lunch 1:00 West Working bee - followed by afternoon tea 1:00 Guided meditation group</p> 	
<p>31 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 BYO Lunch 1:00 Walking Group 1:00 Pottery at Creative Clay Studio (\$5.00)</p> 