

























STEP AHEAD WEST ACTIVITIES - 5 Puriri St – OCTOBER 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paireira Friday	
<p>2 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 12:00 BYO Lunch 1:00 Healthy Cooking for One - Cheesy beef and macaroni - bring 200g mince (\$1.00) Bookings by 9am</p> 	<p>10:00 Depart for Peel Forest BYO lunch and enjoy forest walks Return by 4:30pm</p> 	<p>3 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>4 Fletcher Place 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 News and Views Discussion Group and morning tea (\$1.00) 12:30 BYO Lunch 1:30 Art (\$2.50) (Kate away) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>5 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) 4:00 Depart for Dinner at 808 (Meals from \$16.00)</p> 	<p>6 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Woodwork projects - saw horse 10:30 Craft - Cell phone cases (\$2.50) 12:00 BYO Lunch 1:00 Beginners Tramp - Boulder Bay 1:00 Craft - Op shopping for craft supplies</p> 
<p>9 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 Canoeing on Avon (\$7.00) 1:00 Walking Group - Botanic Gardens</p> 	<p>10 10:00 Coffee Morning 10:30 Housie - bring a \$2.00 prize or play for the glory 12:00 BYO Lunch 12:30 Member Staff Liaison Meeting 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00) 4:00 Depart for Dinner and DVD at Stanmore (\$4.50)</p> 	<p>11 Fletcher Place 10:00 Coffee Morning 10:30 Meals on Wheels 12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p> 	<p>10:00 Depart for BBQ at Waikuku with Rangiora (\$3.50) including walks, bikes, tennis, frisbee etc.</p> 	<p>12 10:00 Coffee Morning 10:30 Line Dancing (\$3.00) 10:30 Walking Group 12:00 BYO Lunch 1:00 Healthy Baking - Oat and Raisin Cookies (\$2.50) 1:00 Cricket in the park with Stanmore</p> 	<p>13 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Working Bee 10:30 Craft - Jewellery Making (\$2.50) 12:00 BYO Lunch 12:00 Depart for lunch at Cathedral Square Food Market. Bring \$\$\$ or BYO 1:00 Exercise at West</p> 
<p>16 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 - Vegetable and Cheese parcels - bring approx. 2 cups of cooked vegetables (\$1.00) Bookings by 9am</p> 	<p>17 10:00 Coffee Morning 10:30 Lunch preparation 12:00 Light Lunch - Vegetable Fritters (\$2.50) 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>18 Fletcher Place 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Indoor Bowls, Pool or Darts 12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Tennis with Stanmore</p> 	<p>19 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 Tour of SPCA (donations of blankets, towels, food appreciated) 4:00 Depart for Dinner and Pool at Leithfield Hotel (Meals from \$14.00)</p> 	<p>20 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Visit Eco store and Bryce gallery 10:30 Budget Lunch Preparation 12:00 Budget Lunch - Rice Risotto and Fruit (\$4.50) 12:00 BYO Lunch 1:00 DVD Afternoon - Little Miss Sunshine 1:00 Beginners Tramp - Bottle Lake Forest</p> 	
<p>23</p> <p style="text-align: center;">Labour Day Step Ahead Closed</p> 	<p>24 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>25 Fletcher Place 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Creative Gift tags 12:30 BYO Lunch 1:30 Badminton at Cowles Stadium (\$2.50) 1:30 Card Craft (\$2.50) 4:00 Depart for BBQ at Waikuku Beach (\$4.50)</p> 	<p>26 10:00 Coffee Morning 10:30 Music Appreciation and Karaoke - bring some favourite music 10:30 Walking Group 12:00 BYO Lunch 1:00 Healthy Baking - Date Chew (\$2.50) 1:00 Women's group - outing to Sumner for afternoon tea and walk (bring \$\$ for take-out coffee or enjoy our basic brew)</p> 	<p>27 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring tech gear plus questions 12:00 BYO Lunch 1:00 Exercise at West</p> 	<p>10:00 Depart for Ashburton Show with Ashburton members (\$5.00) - payment by 13th BYO lunch Return by 4:00pm</p> 
<p>30 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 12:00 Depart for Sumner - BYO lunch then walk or visit new library 1:00 Healthy Cooking for One - Mince Stew - bring 200g mince (\$1.00) Bookings by 9am</p> 	<p>31 10:00 Coffee Morning 10:30 Museum or Art Gallery visit 12:30 BYO Lunch 1:30 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 