




























STEP AHEAD WEST ACTIVITIES - 9 Puriri St – OCTOBER 2018

Mahe Monday	Turei Tuesday	Wenerai Wednesday	Taite Thursday	Paraire Friday			
<p>1 9:30 Coffee Morning 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 10:30 Guest Speaker - Awareness Canterbury 12:00 Bring your own lunch 1:00 Walking Group followed by visit to Step Ahead Art Exhibition opening. Return by 4:30pm 1:00 Clay Craft (\$1.00) 3:00 Depart for visit to Step Ahead Art Exhibition opening. Return by 4:30pm</p> 	<p>2 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) and optional 2nd game (\$6.00) 1:15 Pick up for Swimming at Pioneer (\$3.50)</p> 	<p>3 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Loom Knitting (\$1.00) 12:00 Bring your own lunch 1:30 Mosaics (\$4.00 plus cost of board) 1:45 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 	<p>4 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) 4:00 Depart for Dinner - Bangers, Mash and veggies and DVD at Stanmore (\$4.50)</p> 	<p>5 9:30 Coffee Morning 10:00 Budget Lunch Preparation 10:30 Tai Chi (\$3.00) 12:00 Budget Lunch - Roast pork and vegetables plus fruit (\$4.50). Bookings by 9am 12:00 Bring your own lunch 1:00 Exercise at West</p> 			
<p>8 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$4.00) 10:00 Kite Making 12:00 Bring your own lunch 1:00 Walking Group - Avonhead Park (including kite flying) 1:00 Healthy Cooking for One - Chinese Fried Rice - bring 1 chicken breast and \$1.00. Bookings by 9am.</p> 	<p>9 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Self crusting quiche and coleslaw (\$3.50) 1:00 Ten Pin Bowling (\$6.00) 1:15 Pick up for Swimming at Pioneer (\$3.50)</p> 	<p>10 9:30 Coffee Morning 10:00 News and Views Discussion Group 10:30 Meals on Wheels 12:00 Depart for CBS concert (\$5.00) with lunch option (extra \$6.00) 12:00 Bring your own lunch 1:00 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for Dinner at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>11 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Women's Group - Op Shopping 1:00 West tidy up/clean 4:00 Depart for Rare Breeds Animal Farm with Stanmore (\$7.00)* Bring your own lunch Return by 4:00pm * Need a minimum 7 bookings for trip to go ahead</p>  	<p>12 9:30 Coffee Morning 10:00 Working Bee 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Beginners Tramp - Rapaki Track (Hilly) 10:00 Depart for day at McLean's Island Swap Meet. Bring your own lunch and search for unique bargains Return by 4:00pm</p>  			
<p>15 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 Castle Hill Rock - bring your own lunch Return by 4:30pm</p> 	<p>16 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>17 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) 1:00 Tennis at Hagley Park</p> 	<p>18 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) 4:00 Depart for Dinner at Racecourse Hotel (Meals from \$15.00)</p> 	<p>19 9:30 Coffee Morning 10:00 Craft - Jewellery Making (\$2.50) 10:00 Woodwork Group 10:30 Tai Chi (\$3.00) 12:00 Bring your own lunch 1:00 Tour of Fo Guang Yuan Art Gallery and Temple 1:00 Exercise at West</p> 		
<p>22</p> <p style="text-align: center;">Labour Day Step Ahead Closed</p> 		<p>23 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>24 9:30 Coffee Morning 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:45 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 	<p>9:30 Depart for tour of Kate Valley Landfill site in Waipara Bring your own lunch Return by 4:00pm</p> 	<p>25 9:30 Coffee Morning 10:00 Walking Group 12:00 Bring your own lunch 1:00 Documentary Group 1:00 West tidy up/clean</p> 	<p>10:00 BBQ at Spencer Park (\$4.50), including walks, animal park & optional mini golf (\$4.00) Return by 4:00pm</p> 	<p>26 9:30 Coffee Morning 10:00 Art with Karen (\$2.50) 10:00 Working Bee 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 1:00 Beginners Tramp - Mcleans Island (Flat)</p> 
<p>29 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 10:00 Recycling/Rubbish/Organics information session 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Swimming at the new Taioara QEII (\$3.50) 1:30 Walking Group</p> 		<p>30 10:00 Coffee Morning 10:30 Library 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>31 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) 1:00 Badminton at Cowles Stadium (\$2.50)</p> 