


















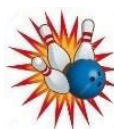






# STEP AHEAD WEST ACTIVITIES - 9 Puriri St - SEPTEMBER 2016

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Pairei Friday
			<p>1 10:00 Coffee Morning 10:30 Craft - Mandalas &amp; Dot art 11:15 Depart for lunch at La Porchetta (Meals from \$12.80 - \$20) 12:00 BYO Lunch 1:00 Healthy Baking - Date Scones (\$2.50) 1:30 Archery at West Hall (\$5.00) 4:00 Depart for Dinner and DVD at Stanmore Road (\$4.50)</p> 	<p>2 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery making (\$2.50) 12:00 BYO Lunch 12:30 Member staff liaison meeting 1:30 Guided meditation group 1:30 West Working bee, afternoon tea provided</p> 
<p>5 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 (\$3.00) 12:00 BYO Lunch 1:00 Walking Group 1:00 Healthy Cooking for one - Potato Soufflé - bring 200g of ham (\$1.00)</p> 	<p>6 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>7 Fletcher Place 10:00 Coffee Morning 10:30 Gym at Redwood (\$3.00) 10:30 Wool Craft - using easy knitting looms (\$2.50) 12:30 BYO Lunch 1:30 Visit Mosaics supplier in North Beach 1:30 Badminton at Cowles Stadium with Stanmore (\$2.50) 1:30 Art with Kate (\$2.50) 4:00 Depart for Dinner and Pool at Hornby Working Men's Club (Meals from \$13.50)</p> 	<p>8 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group 12:00 BYO Lunch 1:00 Pool and darts at Papanui Club (\$1.00) 1:00 Sewing with Petra</p> 	<p>9 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Open craft and project catch up (\$2.50) 12:00 BYO Lunch 12:30 Tour of CCC Eco Drop and Organic Processing Plants 1:00 Craft - Crochet - Part 1 (\$2.50)</p> 
<p>12 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Welcome Rangiora members and lunch preparation 12:00 Budget Lunch with Rangiora - Meatloaf, vegetables, gravy &amp; fruit (\$4.50) 12:00 BYO Lunch 1:00 Walking Group with Rangiora members at Travis Wetlands</p> 	<p>13 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>14 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 Day Trip to Geraldine BYO lunch Return by 4:30pm</p> 	<p>15 10:00 Coffee Morning 10:00 Zumba at YMCA (\$2.50) 10:30 Walking group 12:00 BYO Lunch 1:00 Women's group - Tour of Fudge Cottage (\$10.00) 1:00 Healthy Baking - Sultana or Raisin loaf (\$2.50) 4:00 Depart for Dinner and Quiz at Stanmore Road (\$4.50)</p> 	<p>16 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Budget Lunch Preparation 12:00 BYO Lunch 12:00 Budget Lunch - Ham &amp; vegetable Fritters, salad &amp; fruit (\$4.50) 1:00 Music appreciation and karaoke - bring some favourite music to share 1:00 Craft - Crochet - Part 2</p> 
<p>19 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 - Chicken Noodle Frittata - bring 1 packet of chicken 2 minute noodles (\$1.00)</p> 	<p>20 10:00 Coffee Morning 10:30 Stamp Collection 12:00 BYO Lunch 1:00 Ten Pin Bowling (\$5.00) 1:15 Pick up for Swimming at Pioneer (\$3.00)</p> 	<p>21 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) 4:00 Depart for Dinner and Pool at Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>22 10:00 Coffee Morning 10:30 Walking group 10:30 Meals on Wheels 12:00 BYO Lunch 1:00 Sewing with Petra 1:00 Op Shopping</p> 	<p>23 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Community garden</p> 
<p>26 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Guest Speaker - Tecorian Speakers - learn confident speaking techniques 12:00 BYO Lunch 1:00 Movie Club (\$1.00) 1:00 Walking Group</p> 	<p>27 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>28 Fletcher Place 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Housie (bring a \$2.00 prize or play for the glory) 12:30 BYO Lunch 1:30 Table Tennis with Stanmore 1:30 Op Shopping</p> 	<p>29 10:00 Coffee Morning 10:30 Music Appreciation &amp; Karaoke - bring some favourite music 12:00 BYO Lunch 1:00 Healthy Baking - Banana Loaf (\$2.50)</p>  <p>10:30 Visit Ferrymead Heritage Park (\$7.50) BYO Lunch Return by 4:00pm</p>  <p>4:00 Depart for Dinner and Karaoke night at Stanmore Road. (\$4.50)</p>	<p>30 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 12:00 BYO Lunch 1:00 Woodwork Projects - Art Paper Rack and Art Display Frame</p>  <p>9:30 Visit Ashburton Step Ahead - Sausage Sizzle (\$2.50) followed by a walk at the Domain Return by 4:30pm</p> 