






















# STEP AHEAD WEST ACTIVITIES - 5 Puriri St – SEPTEMBER 2017

Mane Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
				<p>1 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Technology Group - bring cell phone, camera or any tech gear plus questions 12:00 BYO Lunch 1:00 Exercise at West</p>  <p>10:30 Depart for sausage sizzle at The Groynes (\$2.50) - walking, or games</p>  <p>Return by 4:00pm</p>
<p>4 10:00 Coffee Morning 10:30 Swimming at Jellie Park (\$3.00) 10:30 Guest Speaker from Electoral Office - tips to make voting easier 12:00 BYO Lunch 1:00 Walking Group 1:30 Join Stanmore Women's Group outing to Hadstock Daffodil Farm (\$2.00 for a bunch of daffodils)</p> 	<p>5 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>6 Fletcher Place { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 News and Views Discussion Group and morning tea (\$1.00)</p> <p>12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>7 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Walking Group - Daffodil Lawn 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 Tai Tapu Hotel (Meals from \$14.00)</p> 	<p>8 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Woodwork projects 12:00 BYO Lunch 1:00 Beginners Tramp</p> 
<p>11 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 Clay Moulding (\$2.50)</p> 	<p>12 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)</p> 	<p>13 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels 10:30 Serviette Canvases (\$2.50)</p> <p>12:30 BYO Lunch 1:30 Card Craft (\$2.50) 1:30 Table Tennis with Stanmore</p> <p>4:00 Depart for dinner and DVD Night at Stanmore (\$4.50)</p> 	<p>14 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 - Coconut Loaf (\$2.50) 1:00 Women's group - visit local pet shops</p> 	<p>15 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Working Bee 10:30 Craft - Making natural skin care products (\$4.00) 12:00 BYO Lunch 1:00 Guided Meditation Group 1:00 Exercise at West</p> 
<p>18 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 - Shepherd's Pie, bring 250g of mince, (\$1.00) Bookings by 9am</p> 	<p>19 10:00 Coffee Morning 10:30 Lunch preparation 12:00 Light Lunch - Cheese Toasties (\$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>20 Fletcher Place { 10:00 Coffee Morning 10:30 Wool Craft (\$2.50) 10:30 Indoor Bowls, Pool or Darts</p> <p>12:30 BYO Lunch 1:30 Art with Kate (\$2.50) 1:30 Mosaics (\$4.00 plus cost of board) 1:30 Badminton at Cowles Stadium (\$2.50)</p> 	<p>21 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 Softball in the park with Stanmore 4:00 Depart for dinner at Racecourse Hotel (Meals from \$14.00)</p> 	<p>22 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Craft - Jewellery Making (\$2.50) 10:30 Budget Lunch Preparation 12:00 Budget Lunch - Mince Chow Mein (\$4.50) 12:00 BYO Lunch 1:00 DVD Afternoon - Waking Ned Divine 1:00 Beginners Tramp</p> 
<p>25 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 1:00 Walking Group 1:00 Urban bike ride (\$2.50 for bike hire)</p> 	<p>26 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>27 Fletcher Place { 10:00 Coffee Morning 10:30 Meals on Wheels</p> <p>12:30 BYO Lunch 1:30 Table Tennis with Stanmore</p> <p>4:00 Depart for dinner and Karaoke at Stanmore (\$4.50)</p> 	<p>28 10:00 Coffee Morning 10:30 Walking Group 12:00 BYO Lunch 1:00 Healthy Baking - Apricot Oat Slice (\$2.50)</p>  <p>10:00 Outing to Willowbank Wildlife Reserve (\$7.00) BYO Lunch</p> <p>Return by 4pm</p>	<p>29 10:00 Coffee Morning 10:30 Tai Chi (\$3.00) 10:30 Open Craft - complete decoupage or your own project 10:00 Op Shopping 12:00 BYO Lunch 1:00 Craft-Fabric Brooches (\$2.50) 1:00 Exercise at West</p> 