


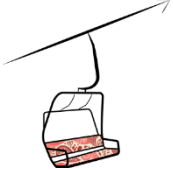


















STEP AHEAD WEST ACTIVITIES - 9 Puriri St – SEPTEMBER 2018

Mahe Monday	Turei Tuesday	Weneri Wednesday	Taite Thursday	Paraire Friday
<p>3 9:30 Coffee Morning 10:00 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 1:00 Walking Group</p> 	<p>10:00 Day at New Brighton, BYO lunch, Op shops, Library, Beach walk or Golden Oldie Movie at Museum (\$2.00) Return by 4:00pm</p> 	<p>4 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>5 9:30 Coffee Morning 10:00 Ann Frank Exhibition at Air Force Museum 10:00 Loom Knitting (\$1.00) 12:30 Bring your own lunch 1:00 Adventure Park Chairlift ride (\$6.50) 1:30 Mosaics (\$4.00 plus cost of board)</p> 	<p>6 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Healthy Baking - Date Scones (\$2.50) Bookings by 9am 1:00 Sewing with Petra (\$1.00) 4:00 Depart for Pea, Pie, Pud & Quiz night at Stanmore (\$4.50)</p> 
<p>10 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Fun Quiz 12:00 Bring your own lunch 1:00 Walking Group 1:00 Healthy Cooking for One - Fish Pie - bring 300grams tin of fish fillets (\$1.00) Bookings by 9am.</p> 	<p>11 10:00 Coffee Morning 10:30 Lunch Preparation 12:00 Bring your own lunch 12:00 Light Lunch - Tomato soup with pasta (\$3.50) 1:00 Ten Pin Bowling (\$6.00) 1:15 Pick up for Swimming at Pioneer (\$3.50)</p> 	<p>12 9:30 Coffee Morning 10:00 News and Views Discussion Group with morning tea (\$1.00) 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 1:30 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for Dinner at Kaiapoi Working Men's Club (Meals from \$14.00)</p> 	<p>13 9:30 Coffee Morning 10:00 Walking Group 10:00 Gardening and making bird feeder (\$1.00) 12:00 Bring your own lunch 1:00 Fun sports at local park 1:00 Women's Group - Spring flowers in the gardens 3:00 West tidy up/clean</p> 	<p>14 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 Craft - Paper Mache bowls - Part 2 (\$2.50) 1:00 Beginners Tramp - Kennedys bush track (Hilly)</p> 
<p>17 9:30 Coffee Morning 10:00 Technology Group - bring cell phone, camera or any tech gear plus questions 10:00 Board Games and Mandala Art 12:00 Bring your own lunch 1:00 Men's Group - Pool at Papanui Club 1:00 Walking Group</p> 	<p>18 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>19 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) 1:30 Table Tennis with Stanmore at Blenheim Road (\$1.00)</p> 	<p>20 9:30 Coffee Morning 10:00 Walking Group 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Healthy Baking - Apricot Oat Slice (\$2.50). Bookings by 9am 1:00 Sewing with Petra (\$1.00) 4:00 Depart for Self-Crusting Quiche, veggies and Karaoke at Stanmore (\$4.50)</p> 	<p>21 9:30 Coffee Morning 10:30 Tai Chi (\$3.00) 10:00 Woodwork Group 12:00 Bring your own lunch 1:00 Exercise at West 10:00 Day out to Little River and Birdlings Flat. Bring your own lunch Return by 4:00pm</p>  
<p>24 9:30 Coffee Morning 10:00 Swimming at Jellie Park (\$3.50) 10:00 Guest Presenter - Magic Show with Tony 12:00 Bring your own lunch 12:30 Member Staff Liaison Meeting 1:30 Walking Group 1:30 Healthy Cooking for One - Peanut Satay Chicken - bring 1 chicken breast and a container to take meal home in. (\$1.00) Bookings by 9am.</p> 	<p>25 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>26 9:30 Coffee Morning 10:00 Stamp Collection 10:30 Meals on Wheels 12:00 Bring your own lunch 1:00 Card Craft (\$2.50) 1:00 Badminton at Cowles Stadium (\$2.50) 4:00 Depart for Dinner at Leithfield Hotel (Meals from \$14.00)</p> 	<p>27 9:30 Coffee Morning 10:00 Walking Group 10:00 Music Appreciation and Karaoke - bring some favourite music 12:00 Bring your own lunch 12:00 Depart for afternoon at Ouruhia Reserve (Bring your own lunch) 1:00 Documentary Group 3:00 West tidy up/clean</p> 	<p>28 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 - Bottle Lake forest (Flat)</p> 