

Activity Centre Weekly Schedule Jan - Mar 2017

	Mon		Tue		Wed		Thu		Fri	
	Onsite	Offsite	Onsite	Offsite	Onsite	Offsite	Onsite	Offsite	Onsite	Offsite
9.00am										
10.00am	Baking Group	Card making Group	Foodshare	Walking Group	Foodshare Packing	Foodshare Collection	Sit & Be Fit	Dog walking SPCA		
11.00am										
12.00pm						Foodshare Deliveries				Friday Group Outing
1.00pm	Cooking Group		Computer Group		Woodwork Group		Radio Show Planning *Alt	Radio Show Live *Alt		
2.00pm										
3.00pm										
				Night shelter deliveries						

*Alt – Alternate weeks

Baking Group	Learn to bake at the Activities Centre while contributing to the community (The Night Shelter benefits from our baking.)	Woodwork Group	Learn wood working skills, while making interesting projects at the Activity Centre.
Cooking Group	Learn to cook at the Activities Centre and enjoy a delicious meal you have cooked for yourself.	Radio Show	Plan and air a live Radio Show on Otago Access Radio, planning alternates weeks with live shows.
Foodshare	Pick up, pack up and deliver food share parcels for those in need in the local community.	Sit and Be Fit	Join the local Sit and Be Fit classes, keep yourself moving while socialising with new people.
Card Making	Learn to make beautiful cards at the Activity Centre.	Friday Group Outing	After a coffee, a consensus is reached as to where to go for Fridays outing .
Computer Group	Learn how to use computers, their hardware and software in a non-threatening environment. All skill levels catered to.	Dog Walking (SPCA)	Come out and help walk the dogs at the SPCA
Walking Group	Join the community based walking group, keep fit and meet new people.		

If there is any activity that you are interested in taking part in, please give Mike a call on 455 9766. Most activities are free, be sure to check before you sign up for one.