



## Delta Friendship Link

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[www.deltatrust.org.nz](http://www.deltatrust.org.nz)

***Please note: All our members need to Register and to also sign our Code of Conduct form. This ensures that you are aware of our wanting to acknowledge the strengths and abilities of our members and also enables us to be fully aware of your support person's details in an emergency. This is a request for New and Existing Members.***

- Delta opens at **9.30 a.m.** and closes at **2.30 p.m.** for Friendship Link members.
- **Enabling Good Lives** funded members will be charged at a different rate. Please contact Jo if this applies to you or someone you support.
- **Discos and Movie/Fish 'n' Chip Night** will be held at Delta. Cost for the Disco is **\$10 for Friendship Link Members** and **\$5 for Support Staff if they wish to have Supper.** Cost for the Movie/Fish 'n' Chip Night is **\$10 for Friendship Link Members** and **\$10 for Support Staff if they wish to have fish and chips.**
- Please remember to **bring a cut lunch if you intend to stay all day.** From 1<sup>st</sup> February 2021 the Delta Café is open every Wednesday for toasted sandwiches and salads from \$2.00.
- **"Our Day Out" must be booked in advance** as numbers are limited for van outings. Our Day Out is \$14 per member **PLUS cost of activity.** Members who attend with support and their own transport will only need to pay for cost of activity.
- **Cooking classes** are strictly limited, to the first **12 people** to register. Please phone asap if you are wanting to attend. If you have not registered, you will be unable to attend.
- **DFL Committee meetings** are held on the third Thursday of the month between 12.30pm & 1.00pm. Please consider joining our Committee as it is open to Members, Support workers, Family and Staff.
- **This year we are running a monthly course called 'Walk Talk'.** This will empower our Members to become confident and learn new personal safety skills.
- **Please check Programme** for the day's activities and dress appropriately. You also need your lunch unless you are attending a cooking programme or you wish to purchase on a Wednesday from the Delta Café.
- **If you are unwell** please stay home for that week to get yourself well again.

Best Wishes

Jo, Maree, Ruita and Vicky

## Friendship Link Programme - March 2021

**Prices: (inclusive of g.s.t)**

**Cooking \$7.00**

**Art & Craft & Mosaic \$7.00**

**Live Music & Afternoon Tea \$7.00**

**Line Dancing \$7.00**

**Dance / Exercise To Mamma Mia & Zumba \$7.00**

**All Day Out / All Day In \$14.00 (+ cost of Activity)**

**Pamper \$7.00**

**Movies \$10.00 (Support Staff \$10.00)**

**Disco \$10.00 (Support Staff \$5.00)**

**Gardening & Walking Group \$7.00**

**Karaoke \$7.00**

**Indoor Bowls \$7.00**

**Walk Tall \$7.00**

### March 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>1</b>	<b>2</b> Pamper 10.30 - 12.00  Walk Tall 1.00 - 2.30	<b>3</b> All Day Gardening & Outdoor Games 10.30 - 2.30	<b>4</b> International Cooking 10.30 - 12.30 Dominic Republic  Karaoke 1.00 - 2.30	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Mosaic 10.30 - 12.00  Live Music & Afternoon Tea 1.00 - 2.30	<b>10</b> Art & Crafts 10.30 - 12.00  Karaoke 1.00 - 2.30	<b>11</b> <b>MOVIE</b> <b>FISH 'n' CHIP</b> <b>5.30 - 8.00</b> <b>Strange</b> <b>Magic</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Pamper 10.30 - 12.00  Karaoke 1.00 - 2.30	<b>17</b> Gardening & Walking Group 10.30 - 12.00  Mosaic 1.00 - 2.30	<b>18</b> International Cooking - Egypt 10.30 - 12.30  Members Meeting 12.30 - 1.00  Walking Group 1.00 - 2.30	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Art & Craft 10.30 - 12.00  Indoor Bowls 1.00 - 2.30	<b>24</b> Line Dancing 10.30 - 12.00  Karaoke 1.00 - 2.30	<b>25</b> <b>DISCO</b> <b>SUPER</b> <b>HERO</b> <b>6.30 - 8.30</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> <b>DAY OUT</b> <b>9.30 - 2.30</b> <b>City Putt &amp;</b> <b>Margaret Mahy</b> <b>Area</b> <b>Extra: \$10.00</b> <b>Bring your lunch</b>	<b>31</b> PJ Day Easter Art & Movie 10.30 - 2.30	<b>1 April</b> <b>OFFICE</b> <b>CLOSED</b> <b>FOR</b> <b>TRAINING</b>	<b>EASTER</b> <b>STARTS</b> <b>HERE</b>		

## Friendship Link Programme - April 2021

**Prices: (inclusive of g.s.t)**

Cooking - due to Covid 19 - Kitchen closed

Art & Craft & Mosaic \$7.00

Live Music & Afternoon Tea \$7.00

Line Dancing \$7.00

Dance / Exercise to Mamma Mia & Zumba \$7.00

All Day Out / All Day In \$14.00 (+ cost of Activity)

Pamper \$7.00

Movies \$10.00 (Support Staff \$10.00)

Disco \$10.00 (Support Staff \$5.00)

Gardening & Walking Group \$7.00

Karaoke \$7.00

Indoor Bowls \$7.00

Walk Tall \$7.00

### April 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 <b>OFFICE CLOSED FOR TRAINING</b>	2 <b>EASTER</b>	3 <b>EASTER</b>	4 <b>EASTER</b>
5 <b>EASTER</b>	6 Pamper 10.30 - 12.00  Walk Tall 1.00 - 2.30	7 Gardening & Walking Group 10.30 - 12.00  Indoor Bowls 1.00 - 2.30	8 Art & Crafts 10.30 - 12.30  Karaoke 1.00 - 2.30	9	10	11
12	13 Art with Pam 10.30 - 12.00  Live Music & Afternoon Tea 1.00 - 2.30	14 Mama Mia Dancing 10.30 - 12.00  Karaoke 1.00 - 2.30	15 <b>MOVIE FISH 'n' CHIP 5.30 - 8.00 Zootopia</b>	16	17	18
19	20 Pamper 10.30 - 12.00  Art with Pam 1.00 - 2.30	21 Gardening & Walking Group 10.30 - 12.00  Indoor Bowls 1.00 - 2.30	22 Zumba Dance 10.30 - 12.30  Members Meeting 12.30 - 1.00  Karaoke 1.00 - 2.30	23	24	25
26	27 <b>DAY OUT 9.30 - 2.30 Orana Park Extra Cost \$18.30 Bring your lunch</b>	28 Line Dancing 10.30 - 12.00  Karaoke 1.00 - 2.30	29 <b>DISCO BACK TO THE 80's 6.30 - 8.30</b>	30	NB If the weather turns wet or too hot again - of too the New Brighton Club for lunch, jukebox, darts and pool.	