



## Delta Friendship Link

(03) 389 0273

021 0797531

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

**Please note: We offer a “billing option” for attendance at any of our Friendship Link groups. Prior arrangement is necessary to make use of this service. Please contact Sue at the Friendship Link Office (03) 389-0273.**

- Delta House opens at **9.30 a.m.** and closes at **2.30 p.m.** for Friendship Link members.
- **All Groups** will be held Delta House, 105 North Avon Rd, Richmond.
- Discos and Movie/Fish & Chip Nights will be held **Delta House**, 105 North Avon Rd, Richmond. There are **NO** daytime groups on these dates. Cost for the Disco is **\$7 for Friendship Link Members** and **\$3 for Support Staff**. Cost for the Movie/Fish and Chip Nights is **\$7 for Friendship Link Members** and **\$5 for Support Staff**.
- We continue to offer an “all day” option of staying at Delta between 9.30 a.m. and 2.30 p.m. each Tuesday, Wednesday, Thursday except for Movie and Disco nights. Please remember to bring a cut lunch if you intend to stay all day. Delta Café is open every Wednesday; toasted sandwiches are available from \$2.
- Please remember to book in advance if you are joining us on “Our Day Out”, as numbers are limited for van outings. Our Day Out is \$10 per member **PLUS** cost of activity. Members who attend with support and their own transport will only need to pay for cost of activity, unless the activity is held at Delta House. The cost of Our Day Out activity is different each month, depending on what we do and where we go.
- **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.
- Horse Riding is an extra \$6 and Aqua Jogging \$4.50 with Kiwiable or Community Services Card.
- On the first Thursday of the month we will hold a DFL Committee meeting between 12.30pm & 1.30pm. Please consider joining our Committee it is open to Members, Support workers, Family and Staff.
- Disappearing Delta is a weight loss group open to anyone and everyone. The aim is to promote healthy eating habits, increase exercise whilst having fun and building self-confidence. We will have guest speakers, food and exercise tips.
- Wednesday morning’s Movement & Relaxation class will be held at Avebury House, meet for a drink before 10am at Delta or join us at Avebury House by 10.30am.

Sue, Natalie and Maree



**03 389-0273**

# Friendship Link Programme January 2019 –April 2019

Exercise to music \$5

Cooking \$5

Craft \$5

Friendship Group \$5

Karaoke \$5

Relaxation & Movement \$5

Disappearing Delta Gold Coin

Pamper \$5

Movies \$7 (Support Staff \$5)

Disco \$7 (Support Staff \$3)

Scrap Booking \$5

Gardening \$5

Jewellery Making \$5

Horse Riding \$5

Attending all day with lunchtime supervision \$10

Our Day Out is \$10 plus cost of activity as per program (Members with own transport and who are supported by staff pay only the cost of the activity for activities outside Delta House.)

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No Groups	2 No Groups	3 No Groups	4	5
6	7	8 No Groups	9 No Groups	10 No Groups	11	12
13	14	15 Friendship Group Disco Music and afternoon tea 12.30pm – 2.30pm	16 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	17 Movie Night at Delta House 5.30pm -8pm The Greatest Showman	18	19
20	21	22 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	23 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	24 Cooking Class 10am – 12.30pm Walking Group 1pm-2.30pm	25	26
27	28	29 Day Out Buskers Festival 9.30am -2.30pm	30 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	31 Disco at Delta House 6.30pm – 8.30pm	Notes If the weather is too wet or cold on a Gardening, Walking Group or Day Out we will choose an alternate indoor activity	

# Friendship Link Programme January 2019 –April 2019

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

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Cooking \$5

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Jewellery Making \$5

Horse Riding \$5

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February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	6 No Groups	7 Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Walking Group 1.30pm-2.30pm	8	9
10	11	12 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	13 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	14 Movie Night at Delta House 5.30pm -8pm Born Free	15	16
17	18	19 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	20 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	21 Cooking Class 10am – 12.30pm Walking Group 1pm-2.30pm	22	23
24	25	26 Day Out To Diamond Harbour 9.30am -2.30pm Extra \$6.50	27 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	28 Disco at Delta House 6.30pm – 8.30pm Dress UP Fluro colours	Notes If the weather is too wet or cold on a Gardening, Horse Riding, Walking Group or Day Out we will choose an alternate indoor activity	

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Gardening \$5

Jewellery Making \$5

Horse Riding \$5

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March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	6 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	7 Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Walking Group 1.30pm-2.30pm	8	9
10	11	12 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	13 Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	14 Movie Night at Delta House 5.30pm -8pm Muppet Movie 11	15	16
17	18	19 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	20 Outdoor Games 10am -12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	21 Cooking Class 10am – 12.30pm Walking Group 1pm-2.30pm	22	23
24	25	26 Day Out Beach or QE11 Swimming 9.30am -2.30pm	27 Outdoor Games 10am -12pm Aqua Jogging or Horse Riding 1pm-2.30pm	28 Disco at Delta House 6.30pm – 8.30pm	29	30
31	Notes If the weather is too wet or cold on a Gardening, Horse Riding, Walking Group or Day Out we will choose an alternate indoor activity					

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April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	<b>3</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	<b>4</b> Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Walking Group 1.30pm-2.30pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	<b>10</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	<b>11</b> Movie Night at Delta House 5.30pm -8pm Peter Rabbit	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm Easter theme	<b>17</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm Disappearing Delta 3pm-4pm	<b>18</b> Cooking Class 10am – 12.30pm Walking Group 1pm-2.30pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Day Out Moana Vale/Deans Bush picnic 9.30am - 2.30pm	<b>24</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding 1pm-2.30pm	<b>25</b> No Groups	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Day Out Cat café for Lunch.	<b>Notes</b> If the weather is too wet or cold on a Gardening, Horse Riding, Walking Group or Day Out we will choose an alternate indoor activity			