



## 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 Gym \$5.00 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 May 2019 –August 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

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.)

May 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding, Games 1-Disappearing Delta 3pm-4pm	<b>2</b> Indoor Bowls 10am – 12.30pm 1 pm – 2.30pm Jewelry making group	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	<b>8</b> Gardening or Movement and Relaxation 10am - 12pm Aqua Jogging or Horse Riding, Games 1pm-2.30pm	<b>9</b> Cooking Class 10am – 12.30pm 1 pm – 2.30pm Jewelry making group	<b>10</b>	<b>11</b>	<b>12</b> Mother's Day
<b>13</b>	<b>14</b> Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	<b>15</b> Knitting/Crochet Group 10am -12pm Aqua Jogging or Gym, Indoor Bowls 1pm-2.30pm. Disappearing Delta 3pm-4pm	<b>16</b> Movie Night at Delta House 5.30pm -8pm Mary Poppins Returns	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	<b>22</b> Scrapbooking 10am -12pm Aqua Jogging or Gym, Indoor Bowls 1pm-2.30pm	<b>23</b> Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Jewelry making Group 1.30pm-2.30pm	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Day Out To Hanmer Springs 9.00am -5.00pm Extra \$14.00	<b>29</b> Knitting/Crochet Group 10am -12pm Aqua Jogging or Gym, Indoor Bowls 1pm-2.30pm. Disappearing Delta 3pm-4pm	<b>30</b> Disco at Delta House 6.30pm – 8.30pm	<b>31</b>	Notes:	

# Friendship Link Programme May 2019 –August 2019

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

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

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June 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Queen's Birthday	4 Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	5 Scrapbooking 10am - 12pm Aqua Jogging or Gym 1pm-2.30pm	6 Cooking Class 10am – 12.30pm 1 pm – 2.30pm Jewelry making class	7	8	9
10	11 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	12 Knitting Group 10am - 12pm Aqua Jogging or Gym 1pm-2.30 Disappearing Delta 3pm-4pm	13 Movie Night at Delta House 5.30pm -8pm Patrick	14	15	16
17	18 Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	19 Scrapbooking 10am - 12pm Aqua Jogging or Gym 1pm-2.30pm	20 Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Jewelry making Group 1.30pm-2.30pm	21	22	23
24	25 Day Out Mid-Winter Lunch 9.30am -2.30pm Extra \$10.00	26 Knitting 10am -12pm Aqua Jogging or Gym 1pm-2.30pm Disappearing Delta 3pm-4pm	27 Disco at Delta House 6.30pm – 8.30pm Stars in Your Eyes Karaoke Disco	28	29	30

# Friendship Link Programme May 2019 –August 2019

Aqua Jogging \$5 + \$4.50

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 + \$6

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.)

July 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	3 Scrapbooking 10am -12pm Karaoke 1pm – 2.30pm	4 Cooking Class 10am – 12.30pm 1 pm – 2.30pm Jewelry making Group 1.30pm-2.30pm	5	6	7
8	9 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	10 Knitting 10am-12pm Karaoke 1pm – 2.30pm Disappearing Delta 3pm-4pm	11 Movie Night at Delta House 5.30pm -8pm Racing Stripes	12	13	14
15	16 Pamper Group 10am-12pm  Art / Craft Group 1pm-2.30pm	17 Scrapbooking 10am -12pm Karaoke 1pm – 2.30pm	18 Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Jewelry making Group 1.30pm-2.30pm	19	20	21
22	23 Day Out Movie and PJ Day at Delta 9.30am - 2.30pm	24 Knitting 10am-12pm Karaoke 1pm – 2.30pm Disappearing Delta 3pm-4pm	25 Disco at Delta House 6.30pm – 8.30pm	26	27	28
29	30 Day Out Movie Lion King 9.30am-2.30pm Extra \$10	31 Day Out Caddy Shack 9.30am - 2.30pm Extra \$11	Notes:			

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Movies \$7 (Support Staff \$5)

Disco \$7 (Support Staff \$3)

Scrap Booking \$5

Gardening \$5

Jewellery Making \$5

Horse Riding \$5

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August 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Movie and Games PJ Day 9.30-2.30pm	2	3	4
5	6 Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	7 Scrapbooking 10am -12pm Karaoke 1pm – 2.30pm Disappearing Delta 3pm-4pm	8 Cooking Class 10am – 12.30pm 1 pm – 2.30pm Jewelry Making Group 1.30pm-2.30pm	9	10	11
12	13 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	14 Knitting 10am-12pm Karaoke 1pm – 2.30pm	15 Movie Night at Delta House 5.30pm -8pm The Return of Nanny Mc Phee	16	17	18
19	20 Pamper Group 10am-12pm Art / Craft Group 1pm-2.30pm	21 Scrapbooking 10am -12pm Karaoke 1pm – 2.30pm Disappearing Delta 3pm-4pm.	22 Cooking Class 10am – 12.30pm Members Meeting 12.30pm – 1.30pm Jewelry Making Group 1.30pm-2.30pm	23	24	25
26	27 Day Out 9.30am -2.30pm Museum & Art Gallery	28 Knitting 10am-12pm Karaoke 1pm – 2.30pm	29 Disco at Delta House 6.30pm – 8.30pm	30	31	Notes: