



Delta Friendship Link

(03) 389 0273

021 0797531

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. Every second Thursday when there is no Movie or Disco nights we are now only offering a half day programme. We will be working with individuals during the afternoon. 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.
- 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.

Sue, Natalie and Maree



03 389-0273

Friendship Link Programme September 2018-December 2018

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

In2hula \$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.)

September 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Pamper Group 10am-12pm Craft Group 1pm-2.30pm Friendship gift	5 Gardening or Garden Art Group 10am - 12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	6 Cooking Class 10am – 12.30pm Movement & Relaxation 1pm – 2.30pm	7	8
9	10	11 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	12 Gardening or Garden Art Group 10am - 12pm Aqua Jogging or Walking Group 1pm-2.30pm	13 Movie Night at Delta House 5.30pm -8pm Fame	14	15
16	17	18 Pamper Group 10am-12pm Craft Group 1pm-2.30pm Decoration	19 Gardening or Garden Art Group 10am - 12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	20 Cooking Class 10am – 1pm In2hula Classes 1pm-2.30pm	21	22
23	24	25 Day Out Garden Tour 9.30am -2.30pm	26 Gardening or Garden Art Group 10am - 12pm Aqua Jogging or Walking Group 1pm-2.30pm	27 Disco at Delta House 6.30pm – 8.30pm	28	29
30						

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

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~ October 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Pamper Group 10am-12pm Craft Group 1pm-2.30pm Japanese Garden	3 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	4 Cooking Class 10am – 12.30pm Movement & Relaxation 1pm – 2.30pm	5	6
7	8	9 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	10 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm	11 Movie Night at Delta House 5.30pm -8pm Mamma Mia Here we go again.	12	13
14	15	16 Pamper Group 10am-12pm Craft Group 1pm-2.30pm	17 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	18 Cooking Class 10am – 12.30pm In2hula Classes 1pm – 2.30pm	19	20
21	22 Labour Day	23 Day Out QE11 swimming. 9.30am -2.30pm Extra Cost \$4.50	24 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm	25 Halloween Disco at Delta (Dress Up) House 6.30pm – 8.30pm	26	27
28	29	30 Day Out Inner City Adventure 9.30am-2.30pm	31 Day Out Horse Riding 9.30am -2.30pm	Notes:		

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~ November 2018 ~						
◀ Oct 2018						Dec 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9	1 Day Out Lyttleton picnic & visit Glamour Cakes 9.30am -2.30pm extra \$10	2	3
4	5	6 Pamper Group 10am-12pm Craft Group 1pm- 2.30pm	7 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	8 Cooking Class 10am – 12.30pm Movement & Relaxation 1pm – 2.30pm	9	10
11	12	13 Friendship Group Live Music and afternoon tea 12.30pm – 2.30pm	14 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm	15 Movie Night at Delta House 5.30pm -8pm Xmas Movie	16 Show Day	17
18	19	20 Pamper Group 10am-12pm Craft Group 1pm- 2.30pm	21 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm Disappearing Delta 3pm-4pm	22 Cooking Class 10am – 12.30pm In2hula Classes 1pm – 2.30pm	23	24
25	26	27 Day Out Christmas Shopping 9.30am -2.30pm Money to Spend.	28 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm	29 Disco at Delta House 6.30pm – 8.30pm	30	Notes:

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December 2018						
◀ Nov 2018						Jan 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Pamper Group 10am-12pm Craft Group 1pm- 2.30pm Christmas Craft	5 Gardening or Garden Art Group 10am -12pm Aqua Jogging or Walking Group 1pm-2.30pm	6 Cooking Class 10am – 12.30pm Movement & Relaxation 1pm – 2.30pm	7	8
9	10	11 No Groups	12 Christmas Party 5.30pm-8.30pm Grace Vineyard Church Ferry Rd	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					