
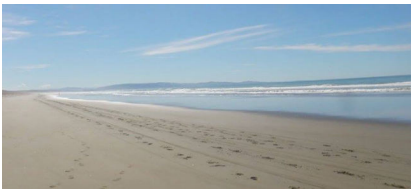










# Step Ahead Rangiora Rāhina - Monday April 2024





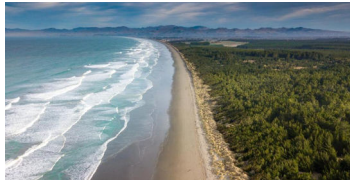
Pick up (by arrangement) from Kaiapoi and Amberley

Rāhina - Monday 1 <sup>st</sup>	Rāhina - Monday 8 <sup>th</sup>	Rāhina - Monday 15 <sup>th</sup>	Rāhina - Monday 22 <sup>nd</sup>	Rāhina - Monday 29 <sup>th</sup>
<p><b>Step Ahead Closed for Easter Monday</b></p> 	<p>10:00 Coffee Morning</p>	<p>10:00 Coffee Morning</p>	<p>10:00 Coffee Morning</p>	<p>10:00 Coffee Morning</p>
	<p>10:30 Craft - Mindful Painting - Maps (\$2) or 10:30 Walk at Woodend Beach</p> 	<p>10:30 Word Games or 10:30 Craft - Walk and Draw, short walk then sketch the scenery (\$2)</p> <p>11:15 Meals on Wheels - Round 2</p> 	<p>10:30 Walk at Pegasus Lake or 10:30 Lunch prep</p> 	<p><b>Dress Up Day wear a fun floral themed outfit</b></p> <p>10:30 Dancing For Fitness - have a good boogie and exercise to music or 10:30 Petanque at Northbrook Wetlands</p>
	<p>12:00 Bring lunch</p> 	<p>12:00 Bring lunch</p> 	<p>12:00 Midday Meal - Lentil Curry &amp; Dessert (\$4.50)</p> 	<p>12:00 Bring lunch</p> 
	<p>1:00 Lawn Bowls at Woodend Bowling Club (\$2) or 1:00 Swim at Dudley Pool (\$2.50)</p> 	<p>12:30 Op shopping at Sumner</p> 	<p>1:00 Next Step Forum Come and have your say!</p> <p>2:00 Puzzle Group - work together on jigsaw puzzles or 2:00 Craft - Kiwiana Painting (\$2)</p>	<p>1:00 Open Craft - bring along your own craft and work on it alongside each other or 1:00 Word puzzles and board games</p>

**North Canterbury Musical Society - 189 Northbrook Road, Rangiora**  
**BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673**

# Step Ahead Rangiora Rāapa - Wednesday April 2024

Pick up (by arrangement) from Kaiapoi and Amberley

Rāapa - Wednesday 3 <sup>rd</sup>	Rāapa - Wednesday 10 <sup>th</sup>	Rāapa - Wednesday 17 <sup>th</sup>	Rāapa - Wednesday 24 <sup>th</sup>
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Open Craft or painting by numbers <b>or</b> 10:30 Hope Church Shop followed by Meals on Wheels - Round 4	10:30 Health Speaker Series - Nourishing Your Body for Wellbeing and Gut Health 	10:30 Newsletter Mailout 	10:30 Health Speaker Series - Food Psychology and Positive Body Image 
12:30 Bring lunch 	12:00 Bring lunch 	12:00 Bring lunch 	12:00 Bring lunch 
1:00 Sewing - machine sew a simple drawstring bag, no experience needed (\$2) <b>or</b> 1:00 Walk at the Groynes and feed the ducks 	1:00 Afternoon at Pam's Place - tend to the veggie garden and finish the scarecrow 	1:00 Cuppa out for Volunteers 	1:00 Beach walk at Spencer Park 

**North Canterbury Musical Society - 189 Northbrook Road, Rangiora**  
**BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673**