













STEP AHEAD - RANGIORA MONDAY - AUGUST 2017

Kaiapoi pick up (by arrangement) at 9.30am from the Community Centre, Sewell St

Monday 7 th		Monday 14 th		Monday 21 st		Monday 28 th
10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		9:30 Day Trip to Kaikoura - bring your own lunch  
10:30 Board Games Rummikub/ Cards	10:30 Walk at Mike Kean Walkway Ashley River	10:30 Member Staff Liaison Meeting 		10:30 Music Appreciation (bring along some music to share)	10:30 Lunch Food Shopping and Prep 	
		11:00 Visit the Sallies & Recycling Shops 	11:00 Discussion Group - Bring along a favourite book/poem/or music CD to share	11:15 Meals on Wheels 		
		12:30 Bring your own lunch 		12:30 Budget Lunch - Self Crusting Quiche, veges and dessert (\$4.50) 		
12:30 Bring your own lunch						
1:30 Swim at Dudley Pool (\$2.00)	1:30 Knitting and Sewing (\$2.50)	1:30 Swim at Dudley Pool (\$2.00)	1:30 Walk at Mears Track (Oxford)	1:30 Afternoon at Amberley Domain - Tennis and Walking		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673