




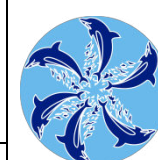
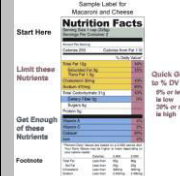




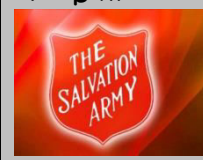





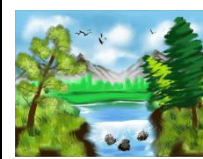




# STEP AHEAD - RANGIORA MONDAY - AUGUST 2018

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

Monday 6 <sup>th</sup>		Monday 13 <sup>th</sup>		Monday 20 <sup>th</sup>		Monday 27 <sup>th</sup>	
10:00-1:00 Active Life - Fun Dance Why be active? Exercise Structure 	10:00 Coffee Morning  10:30 News and Views, Current Events Discussion Group  12:30 Bring your own lunch 	10:00-1:00 Active Life - Outdoor Circuit Healthy Snacks /Meals 	10:00 Day Trip to Akaroa - Visit museum and other historic landmarks Bring your own lunch 	10:00-1:00 Active Life Outdoor Circuit Food labels Healthy Drinks 	10:00 Coffee Morning  10:30 Music Appreciation 11:15 Meals on Wheels or Word Find or Mandala Art 12:30 Bring your own lunch 	10:00-1:00 Active Life Gym Supermarket Tour 	10:00 Day Trip to Lake Coleridge Power Station Bring your own lunch 
1:30 Op Shopping at the Sallies 	1:30 Swim at Dudley Pool (\$2.00) 	1:30 Walk at the Passchendaele Memorial Walkway 		1:30 Member Staff Liaison Meeting 	1:30 Visit Woodend Garden Nursery 		
				2:00 Technology 	2:00 Board Games 		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673