

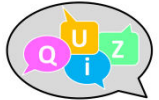


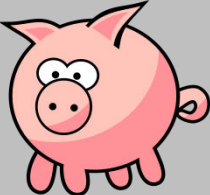





STEP AHEAD - RANGIORA WEDNESDAY - AUGUST 2018

Pick up (by arrangement) from Kaiapoi and Amberley

Wednesday 1 st	Wednesday 8 th	Wednesday 15 th	Wednesday 22 nd	Wednesday 29 th
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Game of Scrabble or Monopoly 	10:30 Day out to Spencer Park (walking, visit farm animals, games) Bring your own lunch	10:30 Collating Newsletter & Programmes for mailing 	10:30 Day out to visit Te Hapua - Halswell Centre Bring your own lunch 	10:30 Fun Quiz 
11:15 Meals on Wheels 	Cricket 	12:30 Bring your own lunch 	11:15 Meals on Wheels 	11:15 Meals on Wheels 
12:30 Bring your own lunch 		12:30 Bring your own lunch 		12:30 Bring your own lunch 
1:30 Walk at Kaiapoi Island 		1:30 Tea or Coffee out for Newsletter volunteers followed by walk 		1:30 Swim/Aqua Jog at Dudley Pool (\$2.00) 

War Memorial Hall, Cnr Albert St & High St

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673