


























STEP AHEAD – RANGIORA MONDAY – AUGUST 2019

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

Monday 5 th		Monday 12 th		Monday 19 th		Monday 26 th		
10:00 Coffee Morning 		10:00 Coffee Morning 		10:00 Coffee Morning 		10:00 Coffee Morning 		
10:30 Swim at Dudley Pool (\$2.50) 	10:30 Walk at Ohoka Stream Walkway 	10:00 Day out to Warwickz Rare Breed Animal Farm (\$7.00) Bring your own lunch and wear suitable footwear 	10:30 Day out to Spencer Park for a Sausage Sizzle (\$2.50) Visit farm animals and walk on the beach 	10:30 Member Staff Liaison Meeting 	11:15 Meals on Wheels 	11:15 Walking - Passchendaele Memorial Path 	10:30 Lunch Prep 	10:30 Game of Charades (mime out a movie, book or t.v programme) 
12:30 Bring your own lunch 		12:30 Bring your own lunch 		12:30 Bring your own lunch 		12:00 Budget Lunch – Chicken, Veggies and Dessert (\$4.50) 		
1:30 Nutrition with Keira 	1:30 Op Shopping in Rangiora 			1:30 How to be safe using the internet (eg Facebook) 	1:30 Visit to Mini Ha Ha Horse Haven in Fernside (gold coin donation) 	1:00 Visit to Air NZ Hangars (closed flat shoes please, no exceptions) 	1:00 Walking at Waikuku Beach 	

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673