

Step Ahead Rangiora - Ākuhata / August 2026

Rāhina - Monday	Rāapa - Wednesday	Rāmere - Friday
3 10:00 Coffee Morning - socialise and have a cuppa 10:30 Walking Group - at Silverstream 10:30 Paint and Decorate Fairy Houses \$2.00 10:30 Art Therapy with Sarah \$2.00 1:00 Men's Group - visit the library and a cuppa in Kaiapoi 1:00 Steady As You Go - exercise programme 	5 10:00 Coffee Morning - socialise and have a cuppa 10:30 Craft - paper baskets \$2.00 10:30 Deliver Meals on Wheels - round 4, begin with local walk 1:00 Maths and Science - Sudoku and logic puzzles 1:00 Swim/Aqua Jog at Dudley Aquatic Centre	7 10:00 Intentional Peer Support Overview (IPS) 10:30 Mindfulness and Meditation 1:00 Guest Speaker - tips for managing grief from a Grief Coach, End of Life Doula 
10 10:00 Coffee Morning - socialise and have a cuppa 10:30 Indoor Bowls (onsite) 10:30 Open Craft - bring your own project 1:00 Member/Staff Liaison Meeting 1:30 Lived Experience Voices Group 1:30 Swim/Aqua Jog at Dudley Aquatic Centre	12 10:00 Coffee Morning - socialise and have a cuppa 10:30 Learn New Zealand Sign Language 10:30 Walking Group - flat walk along the river near Taranaki Reserve (Waikuku) 1:00 Craft - soap making \$2.00 1:00 Open Craft - bring along a project to work on 	14 10:00 Coffee Morning - socialise and have a cuppa 10:30 Exercise for Fitness - balance and mobility exercises 10:30 Craft - lino cutting stamp making \$2.00 1:00 Nutrition - learn about food labels and misleading marketing 1:00 Craft - print on a t-shirt or cotton item \$2.00
17 10:00 Coffee Morning - socialise and have a cuppa 10:30 Art Therapy with Sarah \$2.00 10:30 Cooking - make Vegetarian or Tuna Sushi and Rice Balls - bring one cup of uncooked rice \$2.00 10:30 Deliver Meals on Wheels - round 2, begin with local walk 1:00 Lawn Bowls - at Rangiora Bowling Club \$2.50 1:00 Steady As You Go - exercise programme 	19 10:00 Coffee Morning - socialise and have a cuppa 10:30 Music - join together to play music 10:30 Swim/Aqua Jog at Dudley Aquatic Centre 1:00 Board Games - play Scrabble or your choice of board games 1:00 Sewing - ear warmers \$2.00	21 10:00 Coffee Morning - socialise and have a cuppa 10:30 Visit the Ohoka Farmers Market 10:30 Craft - cardboard flower mobile \$2.00 1:00 Driving Range at Sir Bob Charles Golf Centre \$10.00 1:00 Open Craft - bring along a project to work on 
24 9:45 Badminton at Woodend Community Centre \$2.00 10:00 Coffee Morning - socialise and have a cuppa 10:30 Photography Group - explore low light settings 1:00 Raranga/Flax Weaving - make a small basket or purse 1:00 Swim/Aqua Jog at Dudley Aquatic Centre	26 10:00 Coffee Morning - socialise and have a cuppa 10:30 Chair Yoga - wear comfortable clothing 10:30 Fun Quiz - test your knowledge with some online and multi choice questions 1:00 Walking Group - Tūtaepatu Trail (flat walk) 1:00 Craft - make decorative dahlia flowers from old jeans \$2.00 	28 9:30 Bus Trip to Te Puna o Waiwhetū Christchurch Art Gallery - view the Bird Land: Te Kāhui Manu exhibition 10:00 Coffee Morning - socialise and have a cuppa 10:30 Documentary Group - choose a topic and discuss 1:00 Tennis Practise - at Ohoka Domain
31 10:00 Coffee Morning - socialise and have a cuppa 10:30 Mandala Stone Art \$2.00 10:30 Volunteer at Kaiapoi Community Garden 1:00 Karaoke Singalong - 70's hits 1:00 Walking Group - local walk around the neighbourhood 		Bookings for August open on Monday 20th July at 9am Bookings for September open on Monday 24th August at 9am

North Canterbury Musical Society - 189 Northbrook Road, Rangiora - Please remember to book on the app or phone 0800 688 732 or txt 021 852 247

Book on the app for Kaiapoi pick up and drop offs