





















STEP AHEAD - RANGIORA MONDAY - FEBRUARY 2019

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

Monday 4 th	Monday 11 th	Monday 18 th	Monday 25 th
<p>10:00 Day out to Christchurch for Ten Pin Bowling (\$6.00)</p>  <p>Bring your own lunch to have at the West House - followed by a walk with West Members</p> 	<p>10:00 Day out to Orana Park (\$10.00) Bring your own lunch, hat, sunblock & water bottle</p>  	<p>10:00 Coffee Morning</p> <p>10:30 Walk along Passchendaele Walkway</p>  <p>12:00 Bring your own lunch</p> <p>1:00 Swim at Dudley Pool (\$2.50)</p> 	<p>10:00 Coffee Morning</p>  <p>10:30 Member Staff Liaison Meeting</p>  <p>11:15 Meals on Wheels</p>  <p>11:15 Visit to the Hope Church Op Shop</p>  <p>11:30 BBQ Budget Lunch at Matawai Park (\$4.50) - followed by a walk and games</p> 
		<p>11:15 Meals on Wheels</p>  <p>11:15 Visit to the Hope Church Op Shop</p>  <p>12:30 Bring your own lunch</p>  <p>1:30 Nutrition with Kiera</p>  <p>1:30 Walk at Northbrook Wetlands</p> 	<p>10:00 Coffee Morning</p>  <p>10:30 Lunch Prep</p>  <p>10:30 Pool at the RSA</p>  <p>11:30 BBQ Budget Lunch at Matawai Park (\$4.50) - followed by a walk and games</p> 

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673