






















STEP AHEAD – RANGIORA MONDAY – FEBRUARY 2020

Kaipoi pick up (by arrangement) at 9:30am from the Community Centre, Sewell St

Monday 3 rd		Monday 10 th		Monday 17 th		Monday 24 th
10:00 Coffee Morning 		10:00 Coffee Morning 		10:00 Coffee Morning 		10:00 Coffee Morning 
10:30 Walk at Waikuku Beach 	10:30 Swim at Dudley Pool (\$2.50) 	10:30 Walk at Brooklands Lagoon (Te Riu-o-Te Aika-Kawa) 	10:30 Lunch Prep 	10:30 Discussion Group –News & Views	10:30 Guest Speaker from Pegasus Health 	10:30 Day out to visit Willowbank Wildlife Reserve (\$7.50) Bring your own lunch, hat, sunscreen and water bottle. Please wear walking shoes  
12:00 Bring your own lunch 	12:00 Afternoon out to Christchurch to visit the Cotter Medical History Museum (Gold Coin Donation) 	12:00 Budget Lunch – Chicken Kebabs Salad and Dessert (\$4.50) 	12:30 Member Staff Liaison Meeting 	11:15 Meals on Wheels 	12:30 Bring your own lunch 	
1:00 Enhancing Communication with Karen T 	1:00 Enhancing Communication with Karen T	1:30 Pool at the RSA 	1:30 Volunteer group at Mini Ha Ha Horse Haven (please wear old clothes and gumboots) 	1:30 Op Shopping in Kaiapoi 		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673