








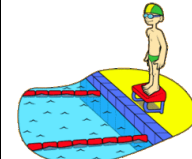

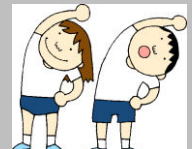






# STEP AHEAD - RANGIORA MONDAY - July 2016

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

Monday 4 <sup>th</sup>		Monday 11 <sup>th</sup>		Monday 18 <sup>th</sup>		Monday 25 <sup>th</sup>	
10:00 Morning Tea 		10:00 Morning Tea 		10:00 Morning Tea 		10:00 Day Trip to Geraldine	
10:30 Music Appreciation  Music	10:30 Food Shopping and lunch preparation 	10:30 Swim at Dudley Pool (\$2.00) 	10:30 Mosaics and Craft – (cost to be advised) 	10:30 Food shopping and lunch prep	10:30 Technology 		10:30 Swim at Dudley Pool (\$2.00) 
12:30 Light Lunch - Pumpkin Soup, bread rolls and fruit (\$2.50)		12:30 Bring your own lunch 		12:30 Budget Lunch - Devilled Sausages and dessert (\$4.50)		Bring your own lunch	
1:15 Local exercise with Melissa (\$2.50) 	1:30 Beach Walk 	1:30 Guest Speaker – Lynne Taylor from ChCh Diabetes Centre 		1:30 Member Staff Liaison Meeting			1:00 Walk at Amberley Domain 
				2:00 Recycling Shop visit - \$\$\$ optional	2:00 Walk at Kaiapoi along riverbank	Back by 4:30pm	

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or Txt 022 1731673