









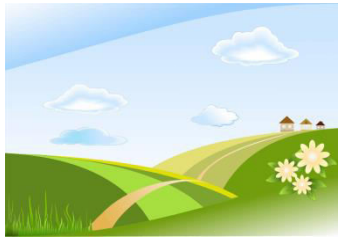




# STEP AHEAD - RANGIORA MONDAY - JULY 2017

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

Monday 3 <sup>rd</sup>	Monday 10 <sup>th</sup>	Monday 17 <sup>th</sup>	Monday 24 <sup>th</sup>	Monday 31 <sup>st</sup>		
<p>10:00 Day Trip to Arthurs Pass (visit the info centre, walks and sightseeing) - bring your own lunch</p> 	<p>10:00 Coffee Morning</p>	<p>10:00 Coffee Morning</p>	<p>10:00 Day out at Methven and Mt Somers - bring your own lunch</p> 	<p>10:00 Coffee Morning</p>		
	<p>10:30 Walk at Waimakariri River (Kaiapoi Island)</p> 	<p>10:30 Swimming at Dudley Pool (\$2.00)</p> 	<p>10:30 Food shopping and lunch prep</p> 	<p>10:30 Card Games or Rummikub</p> 	<p>10:30 Swimming at Dudley Pool (\$2.00)</p> 	<p>10:30 News Item Discussion Group (bring along a news article you would like to discuss)</p>
	<p>12:30 Bring your own lunch</p> 	<p>12:30 Budget Lunch - Meatballs, spaghetti, vegies and dessert (\$4.50)</p>	<p>11:15 Meals on Wheels</p> 	<p>12:30 Bring your own lunch</p> 		
	<p>1:30 Member Staff Liaison Meeting</p> 	<p>1:30 Guest Speaker - Tessa from Waimakariri District Council</p> 		<p>1:30 Walk at Bottle Lake Forest</p> 	<p>1:30 Music Appreciation (Bring along some music to share, includes a music quiz.)</p>	
	<p>2:00 Housie bring along \$2 wrapped prize</p>	<p>2:00 Pool at the RSA (50c)</p> 				

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673