





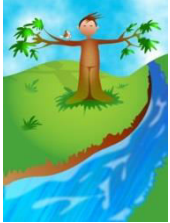







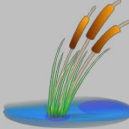





# STEP AHEAD - RANGIORA MONDAY - JULY 2018

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

Monday 2 <sup>nd</sup>	Monday 9 <sup>th</sup>	Monday 16 <sup>th</sup>	Monday 23 <sup>rd</sup>	Monday 30 <sup>th</sup>				
10:00 Coffee Morning 	10:00 – 1:00 Active Life - Intro Nutrition Fitness etc	10:00 Day out to Christchurch to tour the CBD, visit the Arts Centre and Botanic Gardens - bring your own lunch	10:00 -1:00 Active Life - Gym Nutrition Guidelines  	10:00 Coffee morning 	10:00 – 1:00 Active Life - Gym Goal Planning - Eating	10:00 Coffee morning 	10:00 – 1:00 Active Life  Dudley Pool  Sugar and Fats	9:30 Day out to Hanmer Springs  Bring your own lunch
10:30 Housie (bring a \$2 wrapped prize)  			10:30 Fun Quiz	11:15 Mandala Art Card Games or Meals on Wheels		10:30 News and Views 		Optional swim in Hot Pools (\$10:00)
11:30 Mid Winter Lunch at The Famous Grouse Lincoln (\$15.00)  	1:30 Visit Querky Style and Roses at Cust  		1:30 Op Shopping in Kaiapoi  	1:00 Walk at Te Kohanga Wetlands  	1:30 Member Staff Liaison Meeting 	1:30 Board Games (e.g Scrabble and Rummikub)		
			12:30 Bring own lunch	12:00 Bring your own lunch	12:00 Bring your own lunch	12:30 Bring your own lunch		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673