




















STEP AHEAD – RANGIORA MONDAY – JULY 2019

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

Monday 1 st		Monday 8 th		Monday 15 th		Monday 22 nd		Monday 29 th	
10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning	
10:30 Swim at Dudley Pool (\$2.50) 	10:30 Lunch Prep 	10:30 Day out to Ashburton to visit the Aviation Museum (\$3.00) Bring your own lunch 	10:30 Music Appreciation 	10:30 Lunch Prep or Board Games 	10:30 Walk at Styx Mill Reserve 	10:30 Board Games 	10:30 News and Views Discussion Group	10:30 Day out to the Christchurch Arts Centre to visit Rutherford's Den (\$4.00) and other local attractions Bring your own lunch 	
12:00 Light Lunch – Filled Rolls and Fruit (\$2.50) 			12:00 Bring your own lunch 	12:30 Budget Lunch – Lasagne Veggies & dessert (\$4.50) 		12:30 Bring your own lunch			11:15 Meals on Wheels
1:00 Walking at Ashley Gorge River 	1:00 Op Shopping in Kaipoi 	1:00 Afternoon in Oxford to visit the Museum and Craft shops 	1:30 Nutrition with Keira 	1:30 Pool at the RSA 	2:00 Walk at Silverstream Walkway 	2:00 Technology Support 			

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673