













Step Ahead Rangiora Rāhina - Monday July 2024



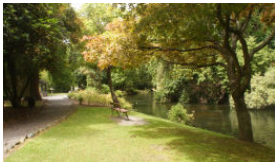








Pick up (by arrangement) from Kaiapoi and Amberley

Rāhina - Monday 1 st	Rāhina - Monday 8 th	Rāhina - Monday 15 th	Rāhina - Monday 22 nd	Rāhina - Monday 29 th
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	<p>10:00 Methven Day Trip with Stanmore members</p> <p>Kaiapoi pick up 9:30am</p> <p>Explore township</p> <p>Bring lunch or money to buy</p> <p>Visit Ōpuke Hot Pools (\$15) bring togs and towel (payment by 22nd July)</p> <p>or</p> <p>Visit the museum (\$5)</p> <p>or</p> <p>Op shopping</p> <p>Return by 4:30pm</p>
10:30 Open Craft - bring your own project or 10:30 Walk and Draw at Waikuku Beach 	10:30 Op Shopping in Rangiora or 10:30 Prepare Midday Meal 	10:30 Brew with a View or 10:30 Board Games/Cards 11:15 Meals on Wheels - Round 2 	10:30 Member/Staff Liaison Meeting 	
12:30 Bring Lunch 	12:00 Midday Meal - Chipotle Chicken Tacos, Rice & Dessert (\$4.50) 	12:30 Bring Lunch 	<p>11:00 Day at Pam's Place</p> <p>Craft and gardening</p> <p>Bring lunch</p>	
1:00 Bird Watching - take part in the New Zealand Garden Bird Survey and count our local birds  or 1:00 Swim at Dudley Pool (\$2.50)	1:00 Walk along Kaiapoi Riverbank or 1:00 Craft - painted bookmarks (\$2) 	1:30 Walk and explore at Waikuku Beach or 1:30 Gentle exercise 	<p> </p> <p>Return by 3:30pm</p>	

North Canterbury Musical Society - 189 Northbrook Road, Rangiora
BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 021 852 247

Step Ahead Rangiora Rāapa - Wednesday July 2024

Pick up (by arrangement) from Kaiapoi and Amberley

Rāapa - Wednesday 3 rd	Rāapa - Wednesday 10 th	Rāapa - Wednesday 17 th	Rāapa - Wednesday 24 th	Rāapa - Wednesday 31 st
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	9:00 Day trip to Akaroa	10:00 Coffee Morning
10:30 Craft - make a 3D paper bird sculpture (\$2) or 10:30 Fun Quiz	10:30 Day Out in Christchurch Walk in Botanic Gardens Bring lunch to have in Hagley Park	10:30 Newsletter Mailout 	Kaiapoi pick up 9:15am Explore Akaroa township and visit local library Bring lunch or \$\$ to buy Visit museum & art gallery Return by 4:30pm	10:30 Rebus Puzzles  or 10:30 Pictionary
11:15 Meals on Wheels - Round 4			10:45 Saturday 27th July	11:15 Meals on Wheels - Round 4
12:30 Bring Lunch 	Ten Pin Bowling (\$5) - wear covered shoes	12:00 Bring Lunch	Meet Stanmore members at Victoria Park for a walk and hot drink	
1:00 Play music and sing together or 1:00 Walk at Woodend Beach 	 Return by 3:30pm	1:00 Cuppa out for newsletter volunteers 		1:00 Craft - learn to crochet or 1:00 Walk to Victoria Park - hot drink provided 

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