

Step Ahead Rangiora - Hūrae / July 2026

Rāhina - Monday

Rāapa - Wednesday

Rāmere - Friday

Mid Winter Dinner

Wednesday 15th July
Pay to book by 8th July (\$10)



1

10:00 Coffee Morning - socialise and have a cuppa
10:30 Deliver Meals on Wheels - round 4, begin with local walk
10:30 Open Craft - bring your own project to work on
12:30 Bring Lunch - socialise while eating your lunch
12:45 Ten Pin Bowling at Zone Bowling in Christchurch \$5.00
1:00 Science Group - learn about sound and make a record player



3

10:00 Coffee Morning - socialise and have a cuppa
10:30 Bus to Christchurch and walk to the new stadium and Tūranga Library - bus card provided
10:30 Exercise for Fitness - strength and balance exercises
12:30 Bring Lunch - socialise while eating your lunch
1:00 Visit the Rangiora Library - see what is new and visit the Chamberlain Gallery

6

10:00 Make a Wooden Bird Feeder \$2.00
1:00 Walking Group
1:00 Swim/Aqua Jog - bring togs and a towel

DAY AT PURIRI BASE
Please book in as usual
Bring lunch

8

10:00 Swim/Aqua Jog - bring togs and a towel
12:45 Badminton - for all abilities \$2.00
1:00 Fly a kite at New Brighton Beach

DAY AT PURIRI BASE
Please book in as usual
Bring lunch

10



Step Ahead Closed
for
Matariki

13

10:00 Scavenger Hunt - enjoy a morning walk at the Groyne while following the clues
1:00 Walking Group - from Margaret Mahy towards CBD
1:00 Darts - enjoy a friendly competition (onsite)

DAY AT PURIRI BASE
Please book in as usual
Bring lunch

15

12:30 Ten Pin Bowling at Zone Bowling in Christchurch - staff versus member challenge \$5.00
1:30 Guest Speaker from the Cancer Society
4:30 Mid Winter Dinner at Richmond Club - pay to book by 8th. Book with Stanmore \$10.00

AFTERNOON AT STANMORE BASE
Please book in as usual

17

10:00 Coffee Morning - socialise and have a cuppa
10:30 Swim/Aqua Jog at Dudley Pool
10:30 Walking Group - flat walk along Waimakariri River at Railway Reserve
12:30 Bring Lunch - socialise while eating your lunch
1:00 Photography - learn the basic skills
1:00 Safer Walking - keeping ourselves safe while out walking



20

10:00 Coffee Morning - socialise and have a cuppa
10:30 Member/Staff Liaison Meeting
11:00 Deliver Meals on Wheels - round 2
11:00 Games - have fun playing interactive games
12:30 Bring Lunch - socialise while eating your lunch
1:00 Intentional Peer Support Overview (IPS)
1:00 Lawn Bowls at Rangiora Bowling Club \$2.50
1:00 Steady As You Go Exercise Programme



22

10:00 Coffee Morning
10:00 Gardening at Kaiapoi Community Garden - morning tea provided
10:30 Swim/Aqua Jog at Dudley Aquatic Centre
12:30 Bring Lunch - socialise while eating your lunch
1:00 Learn New Zealand Sign Language
1:00 Indoor Bowls - enjoy a friendly game (onsite)

24

10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit the Ohoka Farmers Market
10:30 Watercolour Painting - learn techniques for painting flowers \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Documentary Group - recent suggestions for topics include the World Seed Bank and Woollen Mills
1:00 Gratitude Group - write thank you cards

27

10:00 Coffee Morning - socialise and have a cuppa
10:30 Men's Group - walk and cuppa at local cafe. Bring \$\$
10:30 Fire Safety Escape Plan - bring or draw a layout of your house
12:30 Bring Lunch - socialise while eating your lunch
1:00 Swim/Aqua Jog at Dudley Aquatic Centre
1:00 Make Frog Pots - with air dried clay \$2.00

29

10:00 Coffee Morning - socialise and have a cuppa
10:30 Deliver Meals on Wheels - round 4, begin with local walk
10:30 Music Ensemble - play musical instruments - no experience needed
12:30 Bring Lunch - socialise while eating your lunch
1:00 Walking Group at Silverstream
1:00 Make a Mechanical Butterfly \$2.00



31

10:00 Coffee Morning - socialise and have a cuppa
10:30 Exercise for Fitness - strength and balance exercises
10:30 Dance For Fitness - wear comfy clothes
12:30 Bring Lunch - socialise while eating your lunch
1:00 Singalong - show your singing skills
1:00 Open Craft - bring your own project to work on



North Canterbury Musical Society - 189 Northbrook Road, Rangiora - Please remember to book on the app or phone 0800 688 732 or txt 021 852 247

Book on the app for Kaiapoi pick up and drop offs