

Step Ahead Rangiora - Hune / June 2026

Rāhina - Monday

Rāapa - Wednesday

Rāmere - Friday

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**Step Ahead Closed
for
Kings Birthday**



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Deliver Meals on Wheels - round 4, begin with local walk
10:30 Make dreamcatchers \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Swim/Aqua Jog at Dudley Park Aquatic Centre
1:00 Escape Room at Step Ahead - team puzzle solving game

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10:00 Movie at Town Hall Cinemas \$10.00
1:00 Open Craft - bring your own handcraft. Mandala art, puzzles provided



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Distributing Step Ahead Brochures
10:30 Card Making \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Member/Staff Liaison Meeting
1:30 Swim/Aqua Jog at Dudley Park Aquatic Centre
1:30 Steady as you go exercise programme

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10:00 Coffee Morning - socialise and have a cuppa
10:30 Ice Breaker Games - have fun getting to know each other
10:30 Make an Orange Pomander with whole cloves \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Indoor Bowls - play a friendly game
1:00 Walking Group at Silverstream



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit the Rangiora Library - see what events are on in the community
10:30 Board Games - play Bananagrams, Pictionary etc
12:30 Bring Lunch - socialise while eating your lunch
1:00 Exercise for Fitness - bodyweight and stretching for balance
1:00 Embroidered Cards \$2.00

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10:00 Coffee Morning - socialise and have a cuppa
10:30 Deliver Meals on Wheels - round 2, begin with local walk
10:30 Bingo and Indoor Games
12:30 Bring Lunch - socialise while eating your lunch
1:00 Lawn Bowls - play a friendly game at Rangiora Bowling Club \$2.50
1:00 Walking Group - social walk with other members



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Swim/Aqua Jog at Dudley Park Aquatic Centre
10:30 Sewing - make a bowl cosy \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Board Games - Pictionary & Scrabble etc
1:00 Ten Pin Bowling at Zone Bowling in Christchurch \$5.00

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10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit the Ohoka Farmers Market
12:30 Bring Lunch - socialise while eating your lunch
1:00 Golf Putting at Sir Bob Charles Golf Centre \$5.00



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit the Kaiapoi Community Garden
10:30 Pebble Art \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Swim/Aqua Jog at Dudley Park Aquatic Centre
1:00 Steady as you go exercise programme

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10:00 Coffee Morning - socialise and have a cuppa
10:30 Make Shrinky Dink buttons - bring a shirt \$2.00
12:30 Bring Lunch - socialise while eating your lunch
1:00 Attach your Shrinky Dink buttons to your shirt \$2.00



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Topic Discussion Group with Annie - use Intentional Peer Support to guide us
12:30 Bring Lunch - socialise while eating your lunch
1:00 Nutrition - calories and weight management
1:00 Chair Yoga

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9:45 Badminton - at Woodend Community Centre \$2.00
10:00 Coffee Morning - socialise and have a cuppa
10:30 Swim/Aqua Jog at Dudley Park Aquatic Centre
12:30 Bring Lunch - socialise while eating your lunch
1:00 Guest Speaker - how to avoid online scams and suspicious emails



**Bookings for June
open on
Monday 25th May at 9am**