


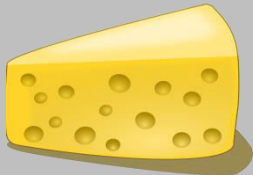





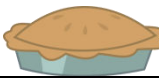

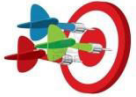
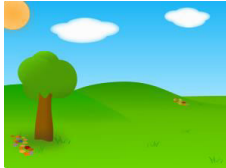


STEP AHEAD - RANGIORA MONDAY - MARCH 2017

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

Monday 6 th	Monday 13 th	Monday 20 th	Monday 27 th		
10:00 Day Out at Halswell Quarry for 100km Challenge - bring lunch, hat, sunscreen, suitable footwear etc 	10:00 Morning Tea 	10:00 Morning Tea 	10:00 Day Out to Akaroa and visit Barry's Bay Cheese Factory   Return by 4pm		
	10:30 Swimming at Dudley Pool (\$2.00) 	10:30 Housie - bring \$2.00 wrapped prize		10:30 Food Shopping and Prep	10:30 Fun Quiz 
	12:00 Bring your own lunch 	11:15 Meals on Wheels			
	1:00 Member Staff Liaison Meeting 	12:30 Budget Lunch - Cottage Pie, Veges and Dessert (\$4.50) 			
	1:30 Walk at Pines Beach 	1:30 Op Shopping at the Sallies and Recycling Depot		1:30 Pool and Darts at RSA (50cents) 	1:30 Walk at Matawai Park 

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673