
















STEP AHEAD - RANGIORA MONDAY - MARCH 2019

Kaiapoi pick up (by arrangement) at 9:30am from the Community Centre, Sewell St

Monday 4 th	Monday 11 th	Monday 18 th	Monday 25 th	
<p>9:30 Day out to Ashburton - bring your own lunch to have at Lake Hood</p> <p>Visit the Museum and Art Gallery</p> <p>Swim at EA Network (\$3.00)</p>  	<p>10:00 Coffee Morning</p> 	<p>10:00 Coffee Morning</p> 	<p>10:00 Day out to Willowbank Wildlife Reserve (\$8.00) - bring your own lunch</p> 	
	<p>10:30 Guest Speaker Allan from the Arthritis Foundation</p> 	<p>10:30 Walk at Silverstream Reserve</p> 	<p>10:30 Lunch Prep</p>	<p>10:30 Fun Quiz / Board Games</p>
	<p>12:30 Bring your own lunch</p> 	<p>11:15 Meals on Wheels</p> 	<p>12:30 Budget Lunch (\$4.50) Cold Meat, Salad & Dessert</p>	<p>12:30 Bring your own lunch</p>
	<p>1:30 Member Staff Liaison Meeting</p> 	<p>1:30 Swim at Dudley Pool (\$2.50)</p> 	<p>1:30 Walk at Grange View Reserve in Woodend</p> 	<p>1:30 Op Shopping in Kaiapoi</p> 
	<p>2:00 Technology Support</p>	<p>2:00 Nutrition with Kiera</p> 		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673