















# STEP AHEAD – RANGIORA MONDAY - MARCH 2020

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

Monday 2 <sup>nd</sup>	Monday 9 <sup>th</sup>	Monday 16 <sup>th</sup>	Monday 23 <sup>rd</sup>	Monday 30 <sup>th</sup>	
10:00 Coffee Morning	9:30 Sailing Day - Lyttelton Harbour (\$15.00)	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	
10:30 Lunch Prep 	Wear warm clothes, covered in shoes and bring a change of clothes  Bring your own lunch	10:30 Day out to Halswell Quarry for the Step Ahead 100k Challenge  (Please wear suitable clothing and footwear)  Bring your lunch, hat, sunscreen and water bottle	10:30 Group Game	10:30 Lunch Prep 	
12:00 Light Lunch - Filled Roll & Fruit (\$2.50)		11:15 Meals on Wheels	12:30 Budget Lunch - Quiche, Salad & Fruit (\$4.00) 	10:00 Day out to Christchurch for a guided tour of Riccarton house (\$3.00) at 11am  Followed by a bring your own lunch to have in Riccarton Bush and a walk  	10:30 Swim at Kaiapoi Aquatic Centre (\$2.50) 
1:00 Afternoon in Amberley 			1:30 Visit to Cotters Medical Museum (gold coin donation)	1:30 Art Group (\$2.50)  Sketch Pads, canvas & paints	9:30 Day out to visit the Chertsey Book Barn  followed by a bring your own picnic lunch & a walk in Ashburton Domain  
				12:00 Bring your own lunch at the Groynes followed by feeding the ducks and a walk  	
				10:30 Fun Quiz 	
				12:30 Bring your own lunch 	
				1:30 Walk at Silverstream Walkway 	
					

Enhancing the well being of people who experience mental illness

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673