







Step Ahead Rangiora Rāhina - Monday March 2024











Pick up (by arrangement) from Kaiapoi and Amberley

Rāhina - Monday 4 th	Rāhina - Monday 11 th	Rāhina - Monday 18 th	Rāhina - Monday 25 th
10:00 Coffee Morning	9:30 Day Trip to Akaroa (Kaiapoi pick up at 9:45am)	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Day Trip to Richmond Red Zone in Christchurch Volunteering in the Community Garden	 Exploring the shops and shoreline Bring lunch, water and a sunhat	10:30 Beginner Fitness - wear comfy clothes, learn simple everyday exercises or 10:30 Tech with Bryan 11:15 Meals on Wheels - Round 2	10:30 Member/Staff Liaison Meeting 
 After lunch we will go foraging in the Red Zone for fruit Bring lunch, water and a sunhat	 After lunch we will visit The Giants House (\$10) Return by 4:30pm	12:00 Bring lunch  1:00 Craft - Easter Craft String Eggs (\$2) or 1:00 Walk at Kairaki Beach near Kaiapoi	11:00 250km Challenge at Kainga Road Reserve Bring lunch, water bottle, hat and wear walking shoes 

North Canterbury Musical Society - 189 Northbrook Road, Rangiora
BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673

Step Ahead Rangiora Rāapa - Wednesday March 2024

Pick up (by arrangement) from Kaiapoi and Amberley

Rāapa - Wednesday 6 th	Rāapa - Wednesday 13 th	Rāapa - Wednesday 20 th	Rāapa - Wednesday 27 th
10:00 Coffee Morning		10:00 Coffee Morning	10:00 Coffee Morning
10:30 Art - decorate picture frames for displaying art work (\$2) or 10:30 Fun Quiz	10:00 Day Trip to Oxford Explore local attractions Bring lunch to have at West Oxford Reserve Return by 4:30pm	10:30 Newsletter Mailout 	10:30 Craft - create felt and pom pom bowls (\$2) or 10:30 Op Shopping in Rangiora or 10:30 Sign Language with Cam 
11:15 Meals on Wheels - Round 4			
12:30 Bring lunch 		12:00 Bring lunch 	12:00 Bring lunch 
1:00 Walk at the Groyne or 1:00 Frame and arrange artwork 		1:00 Cuppa out for volunteers 	1:00 Visit Kaiapoi Library or 1:00 Visit Spotlight Northwood for craft ideas 
		Rāmere - Friday 22nd 1:00 Julie's Farewell at Stanmore Speeches, games and afternoon tea. Dress for an afternoon tea party (Kaiapoi pick up 1:30pm)	

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