






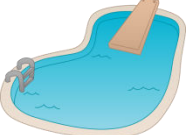











STEP AHEAD - RANGIORA MONDAY - MAY 2018

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

Monday 7 th		Monday 14 th	Monday 21 st		Monday 28 th	
10:00 Coffee Morning 		10:00 Day out to Peel Forest and Geraldine Township 	10:00 Coffee Morning	10:00 Coffee Morning 	9:30 Day with WestMembers	
10:30 Craft, Decoupage, Canvas Painting or Mandala Art (cost to be advised) 	10:30 Visit Sparks Museum (\$5.00) 		10:30 Swim at Dudley Pool (\$2.00) 	10:30 Lunch prep 	10:30 News and Views Discussion Group	10:30 Swim at Dudley Pool (\$2.00) 
12:00 Bring your own lunch 			12:30 Bring your own lunch	11:15 Meals on Wheels 		Swimming at Jellie Park (\$3.00) or Music Appreciation 
1:00 Walk at Spencer Park Beach 	1:00 Nutrition - Discussion Group	1:00 Walk at Waikuku Beach 	1:30 Member Staff Liaison Meeting 	Afternoon at Spencer Park - walking, biking, farmyard animals		
	2:15 Introduction to Mindfulness		2:00 Pool at RSA 	2:00 Book/Poetry Discussion Group	1:30 Technology Support 	

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673