











Step Ahead Rangiora Rāhina - Monday May 2024















Pick up (by arrangement) from Kaiapoi and Amberley

Rāhina - Monday 6 th	Rāhina - Monday 13 th	Rāhina - Monday 20 th	Rāhina - Monday 27 th
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
<p>NZ Sign Language Week</p> <p>10:30 Sign Language with Cam or 10:30 Craft - painted postcards (\$2)</p> 	<p>10:30 Sign Language with Cam or 10:30 Meal Prep or 10:30 Word Puzzles</p> 	<p>10:30 Member/Staff Liaison Meeting 11:15 Meals on wheels - Round 2 or 11:15 Sign Language with Cam</p> 	<p>10:30 Sign Language with Cam or 10:30 Open Craft - bring your own project</p> 
<p>11:30 Day out to Christchurch</p> <p>Bring lunch to have at Barnett Park</p> <p>Explore Redcliffs and Coastal Pathway</p> 	<p>12:00 Midday Meal - Quick Veggie Fried Rice & Dessert (\$4.50)</p> 	<p>12:00 Bring lunch</p> 	<p>11:30 Afternoon in New Brighton</p> <p>Bring lunch</p> <p>Hot Pools at Te Puna Taimoana (\$5) or Mini Golf at Alice in Putterland (\$5)</p> 
	<p>1:00 Walk at Matawai Park or 1:00 Gentle Exercise - wear comfortable clothes</p> 	<p>1:00 Blokarting with Stanmore & Puriri (\$15) \$10 deposit by 13th May or 1:00 Swim at Dudley Pool (\$2.50)</p> 	

North Canterbury Musical Society - 189 Northbrook Road, Rangiora
BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 021 852 247

Step Ahead Rangiora Rāapa - Wednesday May 2024

Pick up (by arrangement) from Kaiapoi and Amberley

Rāapa - Wednesday 1 st	Rāapa - Wednesday 8 th	Rāapa - Wednesday 15 th	Rāapa - Wednesday 22 nd	Rāapa - Wednesday 29 th
10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Word Finds or 10:30 Paint by numbers	10:30 Health Speaker Series - Movement for Health and Well-being 	10:30 Newsletter Mailout 	10:30 Health Speaker Series - Mindset for Self-worth, Positivity and a Happier Outlook on Life 	10:30 Fun Quiz or 10:30 Tai Chi with Rosie
11:15 Meals on Wheels - Round 4 				11:15 Meals on Wheels - Round 4 or 11:15 Music appreciation
12:30 Bring lunch 	12:00 Bring lunch 	12:00 Bring lunch 	12:00 Bring lunch 	12:00 Bring lunch 
1:00 Walk at Lake Roto Kohatu 	1:00 Op Shopping in Rangiora 	1:00 Cuppa out for volunteers 	1:00 Afternoon in Amberley - explore shops and library 	1:00 Craft - make felted soaps (\$2) or 1:00 Photo Scavenger Hunt 

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