



Step Ahead Rangiora - Mei / May 2026

Rāhina - Monday	Rāapa - Wednesday	Rāmere - Friday
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Bookings for May open on Monday 20th April at 9am	Saturday 16th May at 1pm North Canterbury Musical Society - Les Misérables Please pay \$16 by Wednesday 6th May	10:00 Coffee Morning - socialise and have a cuppa 10:30 Functional Fitness - strength and balance exercises 12:30 Bring Lunch - socialise while eating your lunch 1:00 Indoor Bowls - play a friendly game 
4	6	8
10:00 Coffee Morning - socialise and have a cuppa 10:30 Walking Group - social walk at Pines Beach 10:30 Category Word Games 12:30 Bring Lunch - socialise while eating your lunch 1:00 Swim/Aqua Jog at Dudley Pool 1:00 Qigong - simple, flowing movements with deep relaxing breathing and meditation	10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 4, begin with local walk 12:30 Bring Lunch - socialise while eating your lunch 1:00 Upcycle a tin can with decoupage to make a plant pot \$2.00	10:00 Day Trip to Christchurch - visit Kate Sheppard House, have lunch at Hagley Park and then a swim at Parakiore \$7.50 
11	13	15
10:00 Coffee Morning - socialise and have a cuppa 10:30 Felt Flowers - design your own colourful bunch \$2.00 10:30 Men's Group - walk and a cuppa 12:30 Bring Lunch - socialise while eating your lunch 1:00 Member/Staff Liaison Meeting 1:30 Karaoke Singalong 1:30 Neighbourhood Clean Up 	10:00 Coffee Morning - socialise and have a cuppa 10:30 Topic Discussion Group with Annie 12:30 Bring Lunch - socialise while eating your lunch 1:00 Maths and Science - kitchen science, acids and bases 	10:00 Coffee Morning - socialise and have a cuppa 10:30 Documentary Group - choose a topic and discuss 10:30 Outdoor Navigation - topo map reading and situation planning 12:30 Bring Lunch - socialise while eating your lunch 1:00 Board Games - socialise with other members 1:00 Walking Group - flat walk along Waimak River at Railway Reserve
18	20	22
9:45 Badminton - at Woodend Community Centre \$2.00 10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 2, begin with local walk 12:30 Bring Lunch - socialise while eating your lunch 1:00 Swim/Aqua Jog at QEII 1:00 Qigong - simple, flowing movements with deep relaxing breathing and meditation	9:00 Gym at Parakiore 9:00 Art Therapy with Sarah \$2.00 1:30 Guest Speaker - Dog Safe Education 1:30 Ten Pin Bowling \$5.00 DAY AT STANMORE BASE Please book in for one activity in the morning and one in the afternoon. Bring lunch	10:00 Coffee Morning - socialise and have a cuppa 10:30 Visit the Ohoka Farmers Market 10:30 Walk & Draw - short walk then sketch the scenery 12:30 Bring Lunch - socialise while eating your lunch 1:00 Golf Putting at Sir Bob Charles Golf Centre \$5.00 1:00 Open Craft - bring your own project to work on 
25	27	29
9:30 Day Trip to Birdlings Flat and Little River - visit the Gemstone & Fossil Museum, Little River Gallery and the Craft Station. Bring lunch 	10:00 Coffee Morning - socialise and have a cuppa 10:30 Gardening - at Kaiapoi Community Gardens 10:30 Walk at Brooklands Lagoon 12:30 Bring Lunch - socialise while eating your lunch 1:00 Swim/Aqua Jog at Dudley Pool 1:00 Scrapbooking - bring your own if you have one \$2.00	9:30 Day Trip to Christchurch - Horse Riding or Grooming and visit New Brighton Village Green and Seaside Vintage. Bring lunch \$12.50 

North Canterbury Musical Society - 189 Northbrook Road, Rangiora - Please remember to book on the app or phone 0800 688 732 or txt 021 852 247

Book on the app for Kaiapoi pick up and drop offs