


















STEP AHEAD - RANGIORA MONDAY - NOVEMBER 2018

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

Monday 5 th		Monday 12 th		Monday 19 th		Monday 26 th		
10:00 Day out to Kura Tawhiti (Castle Hill) to walk up to the Limestone Formations - bring your own lunch 	10:00 Coffee Morning	10:00 Coffee Morning 		10:00 Coffee Morning 		9:30 Day out to Little Akaloa for fishing (optional byo fishing gear), walking and games - bring your own lunch 	10:00 Coffee Morning	
	10:30 Op Shopping in Rangiora 	10:30 Swim/Aqua Jog at Dudley Pool (\$2.50) 	10:30 Housie (bring a \$2 wrapped prize) 	10:30 Lunch Prep 	10:30 News and Views Discussion Group (Letters to the Editor)		10:30 Walk at Glentui Waterfall Track. Bring your own lunch to have at the Picnic Area 	
	12:00 Bring your own lunch		12:30 Bring your own lunch 		12:30 Budget Lunch – Pasta Bake, Salad & Dessert (\$4.50)			
1:00 Craft Afternoon (\$2.50) or bring your own 	1:30 Member Staff Liaison Meeting 	2:00 Walk at Northbrook Wetlands 		1:30 Nutrition with Kiera 	1:30 Walk at Chamberlain Park (Amberley) 			
1:00 Craft Afternoon (\$2.50) or bring your own 		2:00 Technology Support – bring your questions & devices		11:15 Meals on Wheels or Board Games		10:30 Walk at Glentui Waterfall Track. Bring your own lunch to have at the Picnic Area 		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673