























STEP AHEAD – RANGIORA MONDAY - NOVEMBER 2019

Kaipoi pick up (by arrangement) at 9:30am from the Community Centre, Sewell St

Monday 4 th	Monday 11 th		Monday 18 th		Monday 25 th		
<p>9:30 Day out to Kaikoura</p> <p>Bring your own lunch, hat, water bottle and sunscreen</p>  	<p>10:00 Coffee Morning </p>		<p>10:00 Coffee Morning </p>		<p>10:00 Coffee Morning </p>		
	<p>10:30 Lunch Prep </p>		<p>10:30 Fun Quiz </p>	<p>10:30 Current Events Discussion Group</p>		<p>10:30 Swim at Dudley Pool (\$2.50)</p> 	<p>9:30 Day Out to Diamond Harbour</p> <p>Catching the Ferry at 10:50am – (\$8.00 return)</p> <p>Bring your own lunch, hat, water bottle and sunscreen</p> 
	<p>10:30 Walk at Spencer Park </p>	<p>10:30 Open Craft </p>	<p>11:15 Meals on Wheels </p>	<p>11:15 Walk at Northbrook Wetlands </p>			
	<p>12:30 Budget Lunch - Cold Meat, Salad & Dessert (\$4.50) </p>		<p>12:00 Bring your own lunch </p>		<p>12:00 Bring your own lunch </p>		
	<p>1:30 Member Staff Liaison Meeting </p>		<p>1:30 Info Group - How to use your electronic devices effectively and safely </p>		<p>1:00 Local Op Shopping </p>		
	<p>2:00 Pool at the RSA </p>		<p>2:00 Gym at the Rangiora Fitness Centre (\$4.00) </p>		<p>12:30 Game of Mini Putt at Ferrymead (\$5.00) </p>		

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673