

Step Ahead Rangiora - Noema / November 2026

Rāhina - Monday	Rāapa - Wednesday	Rāmere - Friday
2 10:00 Coffee Morning - socialise and have a cuppa 10:30 Learn a Waiata - sing along with the help of You Tube 10:30 Swim/Aqua Jog at Dudley Aquatic Centre 1:00 Interactive games - charades, affirmations and plenty of fun 1:00 Gratitude Club - create Thank you and Christmas cards \$2.00	4 10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 4, begin with a fun quiz 1:00 Cooking - Homemade Hummus and Flatbreads, bring a can of chickpeas and a container to take your food home \$2.00	6 10:00 Coffee Morning - socialise and have a cuppa 10:30 Craft - tie dye, bring a cotton t-shirt \$2.00 1:00 Craft - pet portraits. If you would like a photo printed out please email it by 4th \$2.00 
9 10:00 Coffee Morning - socialise and have a cuppa 10:30 Guest Speaker - Richard the Ranger from Waimak Council - afterwards we will plan our January and February programmes 1:00 Nutrition - diabetes review 1:00 Craft - clay candle house \$2.00 	11 10:00 Coffee Morning - socialise and have a cuppa 10:30 Walking Group at Pegasus 1:00 Swim/Aqua Jog at Dudley Aquatic Centre	13 Step Ahead Closed for Canterbury Anniversary Day
16 10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 2, begin with local walk 1:00 Swim/Aqua Jog at Dudley Aquatic Centre Day Out to Willowbank Leaving Rangiora at 10:30am. Return by 3pm Bring lunch and water	18 10:00 Coffee Morning - socialise and have a cuppa 10:30 Sewing - make reusable food covers and wraps \$2.00 10:30 Open Craft - bring your own project 1:00 Walk along the Ashley Rakahuri River Trail 	20 November Day at Stanmore See the Stanmore programme and book your activities through Stanmore Van leaving Rangiora at 9:45am. Return by 3pm
23 9:45 Badminton at Woodend Community Centre \$2.00 10:00 Coffee Morning - socialise and have a cuppa 12:30 Lunch - Vegetarian Pasta Bake \$3.50 1:00 Member/Staff Liaison Meeting 1:30 Walking Group 1:30 Topic Discussion - A Lived Experience Group - what is happening in the lived experience community	25 10:00 Coffee Morning - socialise and have a cuppa 10:30 Sign Language - beginners always welcome 1:00 Swim/Aqua Jog at Dudley Aquatic Centre 	27 10:00 Coffee Morning - socialise and have a cuppa 10:30 Day Out at Matawai Park - sausage sizzle and games \$2.00 
30 10:00 Coffee Morning - socialise and have a cuppa 10:30 Craft - create a landscape picture by sewing different colours on to paper \$2.00 10:30 Swim/Aqua Jog at Dudley Aquatic Centre 1:00 Outdoor games and beach walk at Waikuku 1:00 Documentary Group - choose a topic to watch and discuss		Bookings for November open on Tuesday 27th October Bookings for December open on Monday 23rd November

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