















# STEP AHEAD - RANGIORA MONDAY - OCTOBER 2018

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

Monday 1st		Monday 8th		Monday 15th		Monday 22nd		Monday 29th		
10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		<p>Step Ahead Closed Labour Day</p> 		10:00 Coffee Morning		
10:30 Swim at Dudley Pool (\$2.50) 	10:30 Intro to Nutrition with Kiera (Nutritionist) 	10:00 Day out to Chch for Ten Pin Bowling (\$6.00) followed by bring your own lunch at Deans Bush and a walk	10:30 Lunch Prep or Board Games 	10:30 Member Staff Liaison Meeting 	11:15 Meals on Wheels 			11:15 Op Shopping at the Sallies Shop	10:30 Lunch Prep 	10:30 Fun Quiz - (post it game Who am I?) 
12:30 Bring your own lunch 			12:30 Light Lunch - Filled Rolls and Fruit (\$2.50)	12:30 Bring your own lunch 					11:30 Budget Lunch - BBQ, Salad & Fruit (\$4.50) at Spencer Park followed by a walk and visit to farm animals 	
1:30 Technology Support - bring your questions & devices	1:30 Walk along Mears Track in Oxford 		1:30 Landmarks of Rangiora Walking Tour	1:30 Walk at Grange View Reserve at Woodend	1:30 Swim at Dudley Pool (\$2.50) 					

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673