

Step Ahead Rangiora - Oketopa / October 2026

Rāhina - Monday

Rāapa - Wednesday

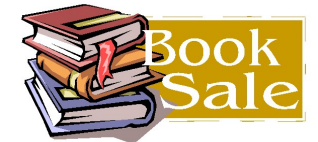
Rāmere - Friday

**Bookings for October open on
Monday 21st September at 9am**

**Bookings for November open on
Tuesday 27th October at 9am**

2

10:00 Coffee Morning - socialise and have a cuppa
10:30 Volunteer Opportunity at Matawai Park
10:30 Tennis at Ohoka Domain
1:00 Open Craft - bring your own project
1:00 Rotary Book Fair - second hand book sale



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Swim/Aqua Jog at Dudley Aquatic Centre
10:30 Cooking - Vegetarian Potato Wraps \$2.00
1:00 Walking Group - social walk with others
1:00 Meditation and Minfulness - forest bathing



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10:00 Coffee Morning - socialise and have a cuppa
10:30 Maths and Science - make a flexagon, a cardboard fidget toy \$2.00
10:30 Deliver Meals on Wheels - round 4, begin with local walk
1:00 Board Games - play your choice of board games
1:00 Sewing - sew a jewellery pouch \$2.00

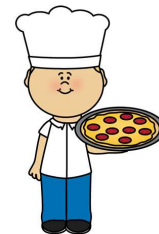
9

10:00 Coffee Morning - socialise and have a cuppa
10:30 Day Out - BBQ Lunch and Games at Ashley Picnic Reserve \$3.50



12

10:00 Coffee Morning - socialise and have a cuppa
10:30 Make a Basic Pizza - bring a cup of grated cheese \$2.00
10:30 Walking Group
1:00 Next Step Forum - have your say about our future direction
1:30 Lawn Bowls at Rangiora Bowling Club \$2.50
1:30 Craft- keepsake box \$2.00



14

Day Trip to Christchurch

**Visit The Tannery and the
Step Ahead Art Exhibition**

Leaving Rangiora at 10am
Return by 3pm, bring lunch

16

Day Trip to Christchurch

**Mental Health Awareness Week Walk
Puriri St to Stanmore Rd**

Leaving Rangiora at 10am
Return by 3pm, bring lunch

19

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
1:00 Outdoor Games at Pegasus Lake - Frisbee, Quoits, Kubb etc
1:00 Swim/Aqua Jog at Dudley Aquatic Centre

21

10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit Waikuku Beach - walk, collect driftwood and have a hot drink
12:30 Lunch - Chicken Salad \$3.50
1:00 Walking Group
1:00 Craft - beaded crocodile keyring \$2.00



23

10:00 Coffee Morning - socialise and have a cuppa
10:30 Visit Ohoka Farmers Market
10:30 Craft - paper flower lanterns \$2.00
12:30 Tea Party Ice Breaker Games and Quiz afternoon - dress up in your fanciest tea party outfit
1:00 Photography Group - portrait composition

26

**Step Ahead Closed
for
Labour Day**

28

10:00 Coffee Morning - socialise and have a cuppa
10:30 Swim/Aqua Jog at Dudley Aquatic Centre
1:00 Intentional Peer Support Overview - A Lived Experience Group



30

10:00 Coffee Morning - socialise and have a cuppa
10:30 Craft - woven beaded bracelets \$2.00
1:00 Open Craft - bring your own project to work on



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