








Step Ahead Rangiora - Whiringa-ā-nuku/October 2025

Rāhina - Monday	Rāapa - Wednesday	Rāmere - Friday
<p>Sunday 19th October</p> <p>10:00 Weka Pass Train Trip Payment of \$20 by the 10th secures your place, 27 places available</p>	<p>1 10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project, mandala art and puzzles provided 10:30 Local Walk followed by Meals on Wheels - round 4 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Frisbee Golf at Kaiapoi Domain - come and have a go 1:00 Ten Pin Bowling at Zone Bowling in Christchurch \$5</p> 	<p>3 10:00 Coffee Morning - socialise and have a cuppa 10:30 Fun Quiz - join in and have fun 10:30 Walking Group - social walk with other members 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Craft - candle making in teacups \$2 1:00 Visit the Rangiora Library - find resources and what's happening</p>
<p>6</p> <p>9:00 Day Trip to Ashburton Join in with activities. Bring \$2 if you would like to do ceramics Bring lunch</p> 	<p>8 10:00 Coffee Morning - socialise and have a cuppa 10:30 Brew with a View - hot drink with a scenic view (hot drinks provided) 10:30 Guest Speaker - learn techniques to help with anxiety 12:00 Bring Lunch - socialise while eating your own lunch 12:45 Badminton with Stanmore and Puriri members - all abilities \$2 1:00 Indoor Bowls at the hall</p>	<p>10 10:00 Coffee Morning - socialise and have a cuppa 10:30 Day Trip to Christchurch - visit the Step Ahead Art Exhibition and join the Mental Health Awareness Walk from Stanmore to Puriri. Bring lunch</p> 
<p>13 10:00 Coffee Morning - socialise and have a cuppa 10:30 Swimming - swim and relax at the local pool \$2.50 10:30 Gratitude Club make thank you cards with spring flowers for people that volunteer for Step Ahead 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Next Step Forum - have your say about our future direction 2:00 Mindfulness or Forest Bathing at Northbrook Reserve 2:00 Gentle Stretching Exercises and bodyweight stretching</p>	<p>15 10:00 Coffee Morning - socialise and have a cuppa 10:30 Newsletter Mailout - help with the monthly mailout 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Walk at Kaiapoi River - social walk with other members 1:00 Music Group - come together to play music. No experience required</p> 	<p>17 10:00 Coffee Morning - socialise and have a cuppa 10:30 Ohoka Farmers Market - wander and explore the market. Bring spending money 10:30 Open Craft - bring your own project, mandala art and puzzles provided 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Craft - card making all materials supplied \$2 1:00 Documentary Group - discuss topics of interest</p>
<p>20 10:00 Coffee Morning - socialise and have a cuppa 10:00 Enabling Good Lives Appointments - book a time with Kaylee 0800 688 732 10:30 Local Walk followed by Meals on Wheels - round 2 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Walk at Pegasus Beach - social walk with other members 1:00 Qigong with Lee - coordinated mind and body movement, controlled breathing and meditation</p> 	<p>22 10:00 Coffee Morning - socialise and have a cuppa 10:30 Volunteer at Kaiapoi Community Gardens - help with gardening tasks, wear sturdy shoes 12:00 Bring Lunch - socialise while eating your own lunch 1:30 Make handsewn fresh lavender bags \$2 1:30 Art - learn to paint with Phil \$2</p>	<p>24</p> <p>10:00 Day Trip to Christchurch Explore Godley Head and Sumner Bring lunch</p> 
<p>27</p> <p>Step Ahead Closed for Labour Day</p>	<p>29 10:00 Coffee Morning - socialise and have a cuppa 10:30 Chair Yoga - gentle movement and strengthening for all abilities 10:30 Deliver Meals on Wheels - round 4 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Craft - tie dying - bring a light coloured t-shirt or pillowcase \$2 1:00 Kubb and Quoits at Waikuku Beach</p> 	<p>31 10:00 Coffee Morning - socialise and have a cuppa 10:00 Day Trip to Christchurch - visit Catnap Cafe and the Art Gallery. Please pay \$8 by 17th 10:30 Music Videos - enjoy and discuss different music genres 12:00 Bring Lunch - socialise while eating your own lunch 1:00 Walk at Leithfield Beach - social walk with other members</p>

North Canterbury Musical Society - 189 Northbrook Road, Rangiora
Please remember to book in! Phone 0800 688 732 or text 021 852 247