
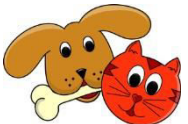













STEP AHEAD - RANGIORA MONDAY SEPTEMBER 2016

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

Monday 5th		Monday 12th	Monday 19th	Monday 26th
10:00 Morning Tea		10:00 Visit West Step Ahead – Swimming at Jellie Park (\$3.00) or Lunch Preparation 	10:00 Morning Tea	
10:30 Visit to Local Pet Shops 	10:30 Music Appreciation 		10:30 Technology Group 	10:30 Open Craft 
11:30 Lunch at Sequoia 88 (\$18.00) followed by a walk at Styx Mill Reserve 		Budget Lunch (\$4.50) at West followed by a walk at Travis Wetlands 	11:15 Meals on Wheels 	
			12:30 Bring your own lunch 	10:30 Current Events or Board Games
			1:30 Member Staff Liaison Meeting	12:00 Bring your own lunch
			2:00 Walk at Oxford 	1:00 Exercise with Melissa (\$2.50) 
		Return by 4pm	2:00 Indoor Bowls 	1:00 Op Shopping in Kaiapoi 

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or Txt 022 1731673