
















STEP AHEAD – RANGIORA MONDAY / RĀHINA – SEPTEMBER 2019

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

Rāhina 2 nd		Rāhina 9 th		Rāhina 16 th		Rāhina 23 rd		Rāhina 30 th		
10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		10:00 Coffee Morning		
10:30 Walk at Woodend Beach 	10:30 Lunch Prep 	10:30 Day out to Ferrymead and Sumner to visit the \$3 Op Shop and walk along the Esplande Bring your own kai 	10:00 Swim at Dudley Pool (\$2.50) 	10:30 Member Staff Liaison Meeting 	11:15 Meals on Wheels 11:15 Word Finds	11:15 Book Group (bring a book to share) 	10:30 News and Views Discssion Group 	9:30 Day out to Ashburton (Hakaterere) for Boulevard Day Bring your own lunch 	10:30 Lunch Prep 	10:30 Music Appreciation or Open Craft 
12:30 Light Lunch – Filled Rolls and Fruit (\$2.50) (or bring your own kai)			12:30 Bring your own kai	12:30 Bring your own kai 		11:30 Walk for Mental Health Awareness week (wear walking shoes and bring a drink bottle) Followed by a Sausage Sizzle at Puriri St			11:30 Budget Lunch - BBQ at The Groynes (\$3.50) Followed by games and walking 	
1:30 Info Group - Helpful tips on using your Smart Phone or device 	1:30 Pool at the RSA 	1:30 Games Afternoon (bring along a game you would like to play)	1:30 Walk at Silverstream Walkway 	1:30 Gym Group at the Rangiora Fitness Centre (\$4.00)						

86 Victoria Street, Rangiora

BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 022 173 1673