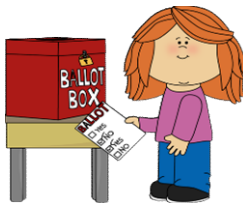


Step Ahead Rangiora - Hepetema / September 2026

Rāhina - Monday	Rāapa - Wednesday	Rāmere - Friday
	2	4
	10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 4, begin with local walk 10:30 Craft - Kinusaiga, creating art with fabric scraps \$2.00 1:00 Swim/Aqua Jog at Dudley Aquatic Centre 1:00 Music Ensemble - join together to sing and play music	10:00 Coffee Morning - socialise and have a cuppa 10:30 Board Games - have fun with other members 10:30 Walking Group - flat walk along Kaiapoi River to Passchendaele Memorial Path 1:00 Exercise for Fitness - stretching and bodyweight exercise 1:00 Craft - leadlight style painting \$2.00
7	9	11
10:00 Coffee Morning - socialise and have a cuppa 10:30 Craft - clay wall hanger \$2.00 10:30 Swim/Aqua Jog at Dudley Aquatic Centre 1:00 Create an abstract picture using plastic bottles and wool \$2.00 1:00 Rangiora Open Day - invite family and friends along to Step Ahead	10:00 Coffee Morning - socialise and have a cuppa 10:30 Open Craft - bring your own project 1:30 Walk at Waikuku beach	10:00 Coffee Morning - socialise and have a cuppa 10:30 Walk at Pegasus Beach Wetlands 1:00 Open Craft - bring your own project 
14	16	18
10:00 Coffee Morning - socialise and have a cuppa 10:30 Make a flower pop-up card \$2.00 10:30 Nutrition - Digestion and Absorption 1:00 Member/Staff Liaison Meeting 1:30 Team Building Games 1:30 Tree of Life Workshop - A Lived Experience Voices Group 1:30 Visit Hope Community Garden in Kaiapoi	10:00 Coffee Morning - socialise and have a cuppa 10:30 Walk to Op Shop - get denim for sewing projects 12:30 Lunch - Roast Vegetable Soup \$3.50 1:00 Swim/Aqua Jog at Dudley Pool 1:00 Open Craft - bring your own projects or do colouring 	10:00 Coffee Morning - socialise and have a cuppa 10:30 Ohoka Farmers Market 10:30 Walking Group - Ohoka Stream Walkway (flat walk) 1:00 Driving Range at Sir Bob Charles \$7.50 1:00 Documentary group - watch and discuss
21	23	25
10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 2, begin with local walk 10:30 Guest Speaker - Voting and the Election Process 1:00 St John CPR and Defibrillator Training 	10:00 Coffee Morning - socialise and have a cuppa 10:30 Swim/Aqua Jog at Dudley Pool 10:30 Play a game of Pictionary 1:00 Walk around Silverstream Reserve in Kaiapoi 1:00 Nail Art - do each others nails, learn new techniques \$2.00	10:00 Coffee Morning - socialise and have a cuppa 10:30 Walking Group - at the Mike Kean walkway 10:30 Chair Yoga - sitting stretches and meditation 1:00 Outdoor Games at Northbrook Reserve 1:00 Craft - shadow painting \$2.00 
28	30	
10:00 Coffee Morning - socialise and have a cuppa 10:30 Swim/Aqua Jog at Dudley Aquatic Centre 10:30 Gratitude Club - write thank you cards \$2.00 1:00 Fun Quiz - general knowledge and team building tasks 1:00 Disc Golf - at Kaiapoi Domain	10:00 Coffee Morning - socialise and have a cuppa 10:30 Deliver Meals on Wheels - round 4, begin with local walk 10:30 Sewing - make bags out of old jeans \$2.00 1:00 Escape Room - team problem-solving game (onsite) 1:00 Swim/Aqua Jog at Dudley Aquatic Centre	Weka Pass Train Trip Sunday 20th Pay to book by 11th (\$20) Book with Stanmore Pick up available at all bases

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