











Step Ahead Rangiora - Huitānguru/February 2025









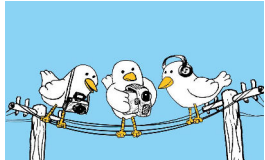


Pick up (by arrangement) from Kaiapoi

Rāhina - Monday 3 rd	Rāhina - Monday 10 th	Rāhina - Monday 17 th	Rāhina - Monday 24 th
9:30 Day Trip to Akaroa Pick up Kaiapoi at 9am Bring lunch to have on the jetty 	10:00 Coffee Morning 10:30 Help to prepare Midday Meal or 10:30 Walk at Mike Kean Walkway, Ashley Rakahuri Regional Park 	10:00 Coffee Morning 10:30 Nutrition - Gut Health or 10:30 Visit Rangiora Recycling & Refuse Centre before Meals on Wheels - Round 2 	10:00 Coffee Morning 10:30 Member/Staff Liaison Meeting 11:00 Enabling Good Lives Appointments - check book for time slots or 11:00 Gardening - plan a potted garden or 11:00 Exercise - balance and strength building 
	12:00 Midday Meal - Tacos with Guacamole and Horchata Drink (\$4.50) 	12:00 Bring Lunch 	12:00 Bring Lunch 
	1:00 Craft - making paper flowers (\$2) or 1:00 Visit Kaiapoi Community Gardens 	1:00 Craft - bookmarks and jewellery making (\$2) or 1:00 Swim at Dudley Pool (\$2.50) 	1:00 Walk at Kaiapoi Island from Raven Quay, flat riverside trail or 1:00 Visit Kaiapoi Museum 

North Canterbury Musical Society - 189 Northbrook Road, Rangiora
BOOKINGS ESSENTIAL Phone 0800 688 732 or txt 021 852 247

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Rāapa - Wednesday 5 th	Rāapa - Wednesday 12 th	Rāapa - Wednesday 19 th	Rāapa - Wednesday 26 th
10:00 Coffee Morning - discuss what is happening in the community this month	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
10:30 Walk around Northbrook Wetlands - find and identify different birds and plants or 10:30 Word Games before Meals on Wheels - Round 4	10:30 Te Reo Māori - let's practice our Te Reo Māori 12:00 Bring Lunch	10:30 Walking Group - leisurely walk or 10:30 Newsletter Mailout	10:30 Te Reo Māori - let's practise our Te Reo Māori or 10:30 Walking Group
			
12:00 Bring Lunch	1:00 Craft - make a sock puppet (\$2)	12:00 Bring Lunch	12:30 Bring Lunch
			
1:00 Bird watching at Kaiapoi Lakes	10:30 Day Out in Christchurch Visit the Botanic Gardens followed by table tennis at 2pm with Stanmore and Puriri members (\$1) Bring lunch and water	1:00 Visit Waikuku Beach and Lavender Farm - bring water, sunscreen and (\$) if you want to buy lavender products from the shop	1:00 Craft - decoupage a bottle, can or box (\$2) or 1:00 Tech Group - come with your devices and questions
			

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