








# Step Ahead Rangiora - Kohitātea/January 2025










Pick up (by arrangement) from Kaiapoi

Rāhina - Monday 6 <sup>th</sup>	Rāhina - Monday 13 <sup>th</sup>	Rāhina - Monday 20 <sup>th</sup>	Rāhina - Monday 27 <sup>th</sup>
10:00 Coffee Morning - discuss what is on in the community this month	10:00 Coffee Morning	10:00 Coffee Morning	10:00 Coffee Morning
<b>10:30 Day Out to Halswell Quarry</b>  Walks, scenic drawing, quoits & cricket  Bring lunch, hat, sunscreen, water, and wear walking shoes  Return by 4pm	10:30 Nutrition - carbohydrates and diabetic care <b>or</b> 10:30 Book and Poetry Group - share and discuss a book or poem that you like  	10:30 Member/Staff Liaison Meeting  11:00 Enabling Good Lives Appointments - check book for time slots  11:15 Meals on Wheels - Round 2 <b>or</b> 11:15 Documentary Group - pick a topic and listen to a podcast	10:30 Exercise - balance and strength building <b>or</b> 10:30 Midday Meal Prep  
	12:00 Bring Lunch  	12:00 Bring Lunch  	12:00 Midday Meal - Cold Meat, Salad & Fruit (\$4.50)
	1:00 Men's Group - petanque at a local park <b>or</b> 1:00 Walk at Brooklands Lagoon	1:00 Swim at Dudley Pool (\$2.50) <b>or</b> 1:15 Craft - flower arranging with Maree The Flower Wizz (\$7.50)  	1:00 Walk at Waimairi Beach <b>or</b> 1:00 Craft - Shrinky Dink earrings or keyrings (\$2)  

**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 1 <sup>st</sup>	Rāapa - Wednesday 8 <sup>th</sup>	Rāapa - Wednesday 15 <sup>th</sup>	Rāapa - Wednesday 22 <sup>nd</sup>	Rāapa - Wednesday 29 <sup>th</sup>
<p><b>Step Ahead Closed</b></p> 	<p>10:00 Coffee Morning</p>	<p>10:00 Coffee Morning</p>	<p><b>10:00 Day out to Warwickz Farm with Ashburton members (\$5)</b></p> <p>Meet alpacas and other rare breed animals.</p> <p>Bring lunch, water, hat, sunscreen and wear closed toe shoes</p> <p>Return by 4pm</p> 	<p>10:00 Coffee Morning</p>
	<p><b>10:30 Day Out to Waikuku Beach with Stanmore &amp; Puriri members</b></p> <p>Bring lunch, water, sunscreen, hat and togs and towel if you want to swim</p> 	<p>10:30 Newsletter Mailout <b>or</b> 10:30 Morning in Matawai Park - outdoor games, quoits and cricket</p> 		<p>10:30 Te Reo Māori - let's practise our reo! <b>or</b> 10:30 Visit Rangiora Library before Meals on Wheels - Round 4</p> 
		<p>12:00 Bring Lunch</p> 		<p>12:00 Bring Lunch</p> 
		<p>1:00 Walk at Pegasus Beach <b>or</b> 1:00 Visit Rangiora Museum (gold coin donation)</p> 		<p>1:00 Art - mandala art rock painting <b>or</b> 1:00 Visit Oxford Museum (gold coin donation)</p> 

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