



# LOWER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
				1 MAY	2 MAY
09:30				Trip Day	Combined with Upper Hutt
10:30				Swimming pool	Karaoke and Dancing
11:00				Bring your swimsuit & a towel	
12:00				& picnic	\$2 Healthy shared Kai
13:00					Music Helps with Fiona
13:30				Kaibosh 2:00 pm MIX LH	
	5 MAY	6 MAY	7 MAY	8 MAY	9 MAY
09:30				Trip Day	Combined with Upper Hutt
10:30	Participant meeting	Spanish class	Cooking skills	Ten pin bowling	Karaoke and Dancing
11:00	Brain Activity and Quiz	Scattergories	Learning New Recipes	& picnic	
12:00	\$2 Healthy shared Kai	Pie Hour			\$2 Healthy shared Kai
13:00	Wellbeing conversations with	Gym	Mindful walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson		Wellbeing activity with Victoria	Kaibosh 2:00 pm MIX LH	
	12 MAY	13 MAY	14 MAY	15 MAY	16 MAY
09:30			Evacuation drill (10:00am)	Trip Day	Combined with Upper Hutt
10:30	Participant meeting	Spanish class	Cooking skills	Movie at MIX	Karaoke and Dancing
11:00	Brain Activity and Quiz	Scattergories	Learning New Recipes	& picnic	
12:00	\$2 Healthy shared Kai	Pie Hour			\$2 Healthy shared Kai
13:00	Wellbeing conversations with	Gym	Mindful walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson		Wellbeing activity w Jeanette	Kaibosh 2:00 pm MIX LH	
	19 MAY	20 MAY	21 MAY	22 MAY	23 MAY
09:30				Trip day	Combined with Upper Hutt
10:30	Participant meeting	Spanish class	Cooking skills	Mini golf **WD	Karaoke and Dancing
11:00	Brain Activity and Quiz	Scattergories	Learning New Recipes	& picnic	
12:00	\$2 Healthy shared Kai	Pie Hour			\$2 Healthy shared Kai
13:00	Wellbeing conversations with	Gym	Mindful walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson		Wellbeing activity with Katie	Kaibosh 2:00 pm MIX LH	
	26 MAY	27 MAY	28 MAY	29 MAY	30 MAY
09:30				Trip day/ Ra haerenga	Combined with Upper Hutt
10:30	Participant meeting	Spanish class	Cooking skills	Tikanga day Lower Hutt	Karaoke and Dancing
11:00	Brain Activity and Quiz	Scattergories	Learning New Recipes		
12:00	\$2 Healthy shared Kai	Pie Hour	Percussion Group Whakaoho	Healthy shared kai	\$2 Healthy shared Kai
13:00	Wellbeing conversations with	Gym	Mindful walk or Chair Yoga	Kai toha hauora	Music Helps with Fiona
13:30	Hudson		Wellbeing activity with Kerry	Kaibosh 2:00 pm MIX LH	