UPPER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
	3 AUGUST	**4 AUGUST**	**5 AUGUST**	**6 AUGUST**	**7 AUGUST**
09:30				Rā Haerenga/ Trip Day	Combined with LH MIX
10:30	Participants Hui	Art Activities/ boardgames	Indy activities/Cooking Skills	IHC Art Awards	Whāngai i te Hautapu ki MIX
11:00	Quiz & Bingo	Indy activities		Webb's Gallery Wellington	
12:00	$2 Shared Kai	Pie Hour	$2 Shared Kai	Lunch provided	$2 Shared Kai
13:00	Mindful walk or chair yoga	Whirinaki Whare Taonga	Guided Meditation		MIXFITS w Fiona
13:30				Kaibosh 2pm LH MIX	
	10 AUGUST	**11 AUGUST**	**12 AUGUST**	**13 AUGUST**	**14 AUGUST**
09:30				Rā Haerenga/ Trip Day	Combined with LH MIX
10:30	*MIX IS CLOSED TODAY*	Art Activities/ boardgames	Indy activities/Cooking Skills	Hokohoko/ 2ndHand Shopping	Karaoke and dancing
11:00		Indy activities		@ Upper Hutt	MIXed Manicures w Evie
12:00	*STAFF ONLY*	Pie Hour	$2 Shared Kai	Lunch provided	$2 Shared Kai
13:00		Get creative with J & J	Guided Meditation		MIXFITS w Fiona
13:30				Kaibosh 2pm LH MIX	
	17 AUGUST	**18 AUGUST**	**19 AUGUST**	**20 AUGUST**	**21 AUGUST**
09:30				Rā Haerenga/ Trip Day	Combined with LH MIX
10:30	Participants Hui	Art Activities/ boardgames	Indy activities/Cooking Skills	Brewtown Upper Hutt	Karaoke and dancing
11:00	Quiz & Bingo	Indy activities			
12:00	$2 Shared Kai	Pie Hour	$2 Shared Kai	Lunch provided	$2 Shared Kai
13:00		Get creative with J & J	Guided Meditation		MIXFITS w Fiona
13:30				Kaibosh 2pm LH MIX	
	24 AUGUST	**25 AUGUST**	**26 AUGUST**	**27 AUGUST**	**28 AUGUST**
09:30				Rā Haerenga/ Trip Day	Combined with LH MIX
10:30	Participants Hui	Art Activities/ boardgames	Indy activities/Cooking Skills	Rā Tikānga	Karaoke and dancing
11:00	Quiz & Bingo	Indy activities		Pepeha, hītōri & waiata	MIXed Manicures w Evie
12:00	$2 Shared Kai	Pie Hour	$2 Shared Kai	Lunch provided	$2 Shared Kai
13:00	Mindful walk or chair yoga	Get creative with J & J	Guided Meditation		MIXFITS w Fiona
13:30				Kaibosh 2pm LH MIX	
	31 AUGUST				
09:30					
10:30	Participants Hui				
11:00	$2 Shared Kai				
12:00	$5 Fish and Chips				
13:00	Mindful walk or chair yoga				
13:30					