LOWER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
		1 SEPTEMBER	2 SEPTEMBER	3 SEPTEMBER	4 SEPTEMBER
09:30				Rā Haerenga/ Trip Day	
10:30		Mihi whakatau mō te G.M hou	Learning New Recipes	Porirua Pools and Pātaka	Karaoke and dancing
11:00		Welcoming the new G.M	Mindful Activity / chair yoga	Te Rauparaha Arena	MIXed Manicures w Evie
12:00		Pie Hour		Lunch provided	$2 Shared Kai
13:00			Wellbeing chats w Hudson		MIXFITS w Fiona
13:30		Cafe De MIX with Hayden	Gardener's Crew	Kaibosh 2pm LH MIX	
	7 SEPTEMBER	8 SEPTEMBER	9 SEPTEMBER	10 SEPTEMBER	11 SEPTEMBER
09:30				Rā Haerenga/ Trip Day	
10:30	Participants Hui	*MIX IS CLOSED TODAY*	Learning New Recipes	Te Papa Tongarewa	Karaoke and dancing
11:00	Quiz & Bingo		Mindful Activity / chair yoga	Wellington	
12:00	$2 Shared Kai	*STAFF TRAINING*		Lunch provided	$2 Shared Kai
13:00	Nature walks *WD		Wellbeing chats w Hudson		MIXFITS w Fiona
13:30				Kaibosh 2pm LH MIX	
	14 SEPTEMBER	15 SEPTEMBER	16 SEPTEMBER	17 SEPTEMBER	18 SEPTEMBER
09:30				Rā Haerenga/ Trip Day	
10:30	Participants Hui	Kimi kupu & Scattergories	Learning New Recipes	Blossom Valley *WD	Karaoke and dancing
11:00	Quiz & Bingo		Mindful Activity / chair yoga	Aston Norwood	MIXed Manicures w Evie
12:00	$2 Shared Kai	Pie Hour		Lunch provided	$2 Shared Kai
13:00	Nature walks *WD	Ignite Gym	Wellbeing chats w Hudson		MIXFITS w Fiona
13:30		Cafe De MIX with Hayden	Gardener's Crew	Kaibosh 2pm LH MIX	
	21 SEPTEMBER	22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER
09:30				Rā Haerenga/ Trip Day	
10:30	Participants Hui	Kimi kupu & Scattergories	Learning New Recipes	Rā Tikānga	Karaoke and dancing
11:00	Quiz & Bingo		Mindful Activity / chair yoga	Pepeha, hītōri & waiata	
12:00	$2 Shared Kai	Pie Hour		Lunch Provided	$2 Shared Kai
13:00	Nature walks *WD	Ignite Gym	Wellbeing chats w Hudson		MIXFITS w Fiona
13:30		Cafe De MIX with Hayden	Gardener's Crew	Kaibosh 2pm LH MIX	
	28 SEPTEMBER	29 SEPTEMBER	30 SEPTEMBER	SEPTEMBER	SEPTEMBER
09:30					
10:30	Participants Hui	Kimi kupu & Scattergories	Learning New Recipes		
11:00	Quiz & Bingo		Jam session with Tiipene		
12:00	$2 Shared Kai	Pie Hour			
13:00	Nature walks *WD	Ignite Gym	Wellness Wednesday		
13:30		Cafe De MIX with Hayden	Gardener's Crew		