

Start your day with a blessing in te reo

Join Tash in the Craft Room, Lower Hutt at 10am to start your day with a blessing in te reo followed by a Yoga Nidra, which is a meditation practice.

Dates for your August Diary

Thursday 13 August: James Toki's Gallery

Opening: Join us from 3pm - 6pm

Monday 17 August: Get election ready by meeting and talking to Ginny Andersen MP.

Monday 27 August: Raise funds for the Breast Cancer Foundation with a Pink Ribbon Breakfast!

Monday 24 - Monday 31 August: Get your submissions in for the "Inspired by Nature" art competition.

Thursday, 27 August: Tikanga MIX!

"Inspired by Nature"

Enter MIX's art competition to win! Cash prizes for 1st, 2nd and 3rd place.

Independent judges will select the winning artworks.

Submissions must be received between 24 - 31 August.

Artwork can be anything from clay, photography or paint, it just needs to be A2 in size (can be 3D).

The MIX art team will be on-hand to support your creation.

MIX Lower Hutt

212 Knights Rd

Staff Phone: 569 3162

Participants Phone: 569 7271

Opening Hours

House

Mon to Fri: 9:30 am - 3:00 pm

Art Space

Mon: 9:30 am - 3:00 pm

Tues to Fri: 9:30 am - 4:00 pm

MIX Upper Hutt

Upper Hutt Uniting Parish Church,

2 Benzie Avenue

Phone: 528 7342

Opening Hours

Tues: 9.30 am - 3pm

Mons, Weds, Thurs &

Fri: Van ride at 9.30am

After Hours Support Options

Warmline: 0800 200 207

Depression Support line: 0800 111 757

Healthline: 0800 611 116



Connecting, Creating, Living



We look forward to welcoming you.

Interested in joining MIX? Call us to arrange a time to pop in and try a session or two, or visit:

www.mix.org.nz

Timetable is subject to change

Wellbeing & Community - 212 Knights Road, Lower Hutt - **Here-turi-kōkā / August 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>3 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>4 10.30 Games with Jim</p> <p>1.30 Mixed Health Group: Creating sensory boxes</p>	<p>5 Wellbeing group 10.30 - 2.30 10.30: Setting boundaries: Self-care</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>6 10.30 Reflective journaling: Beginnings and endings</p> <p>1pm Create your personal profile with Earthlink</p>	<p>7 Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>10 10.30 Participant meeting</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>11 10.30 Games with Jim</p> <p>1.30 Men’s and Women’s Health Groups</p>	<p>12 Wellbeing group 10.30 - 2.30 10.30: Setting boundaries: Circles of control</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>13 Community outing: 10.30am van leaves MIX LH Visit to The Dowse 1pm Create your personal profile with Earthlink 3pm James Toki Gallery Opening</p>	<p>14 Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>17 10.30 Guest Speaker: Meet Ginny Andersen MP: Hutt South</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>18 10.30 Games with Jim</p> <p>1.30 Mixed Health Group: Creating sensory boxes</p>	<p>19 Wellbeing group 10.30 - 2.30 10.30: Setting boundaries: Mapping boundaries</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>20 MIX Closed for Staff Training (First Aid Training).</p>	<p>21 Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>24 10.30am Pink Ribbon Breakfast</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>25 10.30 Games with Jim</p> <p>1.30 Men’s and Women’s Health Groups</p>	<p>26 Wellbeing group 10.30 - 2.30 10.30: Setting boundaries: Communicating your boundaries</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>27 10.30 - 2.30 Tikanga MIX! Nau mai, Haere mai! All welcome</p>	<p>28 Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>31 10.30 Guest Speaker: Emma from Atareira</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p><i>Get ready for an in-house gallery displaying the work of “Inspired by Nature” in September!</i></p>			

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - **Here-turi-kōkā / August 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>3 Combined: van leaves MIX UH at 9.30am</p> <p><i>Please talk to a team member if you would like public transport reimbursement instead</i></p>	<p>4 10.00 Art for Wellbeing: Crafty connections</p> <p>1.30: Get inspired by nature!</p>	<p>5 Combined: van leaves UH at 9.30am</p> <p>Wellbeing group 10.30 - 2.30</p>	<p>6 Combined: Van leaves Upper Hutt at 9.30am</p> <p>10.30 Reflective journaling 1pm Create your personal profile with Earthlink</p>	<p>7 Combined: van leaves MIX UH at 9.30am</p> <p>Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>10 Combined: van leaves MIX UH at 9.30am</p>	<p>11 10.00 Art for Wellbeing: Crafty connections</p> <p>1.30: Get inspired by nature!</p>	<p>12 Combined: van leaves UH at 9.30am</p> <p>Wellbeing group 10.30 - 2.30</p>	<p>13 Combined: van leaves MIX UH at 9.30am</p> <p>Community outing: Visit to The Dowse 3pm James Toki Gallery Opening</p>	<p>14 Combined: van leaves MIX UH at 9.30am</p> <p>Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>17 Combined: van leaves MIX UH at 9.30am</p>	<p>18 10.00 Art for Wellbeing: Crafty connections</p> <p>1.30: Get inspired by nature!</p>	<p>19 Combined: van leaves UH at 9.30am</p> <p>Wellbeing group 10.30 - 2.30</p>	<p>20 MIX Closed for Staff Training (First Aid Training).</p>	<p>21 Combined: van leaves MIX UH at 9.30am</p> <p>Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>24 Combined: van leaves MIX UH at 9.30am</p>	<p>25 10.00 Art for Wellbeing: Crafty connections</p> <p>1.30: Get inspired by nature!</p>	<p>26 Combined: van leaves UH at 9.30am</p> <p>Wellbeing group 10.30 - 2.30</p>	<p>27 10.30 - 12.30 Tikanga MIX! Nau mai, Haere mai! All welcome Van leaves Upper Hutt at 9.30am</p>	<p>28 Combined: van leaves MIX UH at 9.30am</p> <p>Friday Workshop 10.30 – 12.00 Nature inspired cooking</p>
<p>31 Combined: van leaves MIX UH at 9.30am</p>	<p><i>Get ready for an in-house gallery displaying the work of “Inspired by Nature” in September!</i></p>			

Creative Space - 212 Knights Road, Lower Hutt - **Here-turi-kōkā / August 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>3 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions with Clare</p>	<p>4 9.30 - 4.00 Open Studio 10.00 Artists meeting 11.00 - 12.00 Crafty with Karen</p>	<p>5 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Cutout collages with Clare</p>	<p>6 9.30 - 4.00 Open Studio 1pm Create your personal profile with Earthlink</p>	<p>7 9.30 - 4.00 Open Studio 10.30 - 11.30 Gallery visit 1.30 - 2.30 Nature Inspired Art</p>
<p>10 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions with Clare</p>	<p>11 9.30 - 4.00 Open Studio 10.00 Artists meeting 11.00 - 12.00 Crafty with Karen</p>	<p>12 9.30 - 4.00 Open Studio 10.30 Guest Tutor, Paul Forrest 1.30pm Cutout collages with Clare</p>	<p>13 9.30 - 4.00 Open Studio Community outing: Visit to The Dowse OR Open Studio 1pm Create your personal profile with Earthlink</p>	<p>14 9.30 - 4.00 Open Studio 10.30 - 11.30 Gallery visit 1.30 - 2.30 Nature Inspired Art</p>
<p>17 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions with Clare</p>	<p>18 9.30 - 4.00 Open Studio 10.00 Artists meeting 11.00 - 12.00 Crafty with Karen</p>	<p>19 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Intro to printmaking techniques</p>	<p>20 MIX Closed for Staff Training (First Aid Training).</p>	<p>21 9.30 - 4.00 Open Studio 10.30 - 11.30 Gallery visit 1.30 - 2.30 Altered Books</p>
<p>24 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions with Clare</p>	<p>25 9.30 - 4.00 Open Studio 10.00 Artists meeting 11.00 - 12.00 Crafty with Karen</p>	<p>26 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Intro to printmaking techniques</p>	<p>27 10.30 - 12.30 Tikanga MIX! Nau mai, Haere mai! All welcome</p>	<p>28 9.30 - 4.00 Open Studio 10.30 - 11.30 Gallery visit 1.30 - 2.30 Altered Books</p>
<p>31 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions with Clare</p>	<p><i>Get ready for an in-house gallery displaying the work of "Inspired by Nature" in September!</i></p>			