

### **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 September Diary**

**Thursday 10 September:** Inspired by Nature Gallery Opening: Join us from 1pm - 3pm.

**Fridays in September:** Learn to play the ukulele!

**Monday 21 September - Friday 25 September:** Celebrate and recognise Mental Health Awareness Week at MIX. Combined programme with MIX Upper Hutt, MIX Lower Hutt and MIX Art Studio.

**Monday 28 September - Friday 9 October:** MIX Upper Hutt closed due to school holidays. Van rides available each day at 9.30am from MIX Upper Hutt to MIX Lower Hutt. Please talk to a team member if you would like public transport reimbursement instead.

### **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

## **September 2020 Timetable**

**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](http://www.mix.org.nz)**

**<https://www.facebook.com/MixInc/>**

***Timetable is subject to change***

Wellbeing & Community - 212 Knights Road, Lower Hutt - **Hepetema / September 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	<p>1 10.30 Games with Jim</p> <p>1.30 Mixed Health Group</p>	<p>2 <b>Wellbeing group 10.30 - 2.30:</b> 10.30 Your wellbeing plan</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>3 10.30am Percy's Scenic Reserve Walk</p> <p>1.30pm Board games afternoon</p>	<p>4 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!</p>
<p>7 10.30 Guest Speaker: Peg from Budgeting Servicicers</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>8 10.30 Games with Jim</p> <p>1.30 Men's and Women's Health Groups</p>	<p>9 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Your wellbeing plan</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>10 10.30am Petone Beach walk</p> <p>1.30pm Inspired by Nature Art Exhibition: Opening and prize giving</p>	<p>11 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!</p>
<p>14 10.30 Participant's meeting</p> <p>12.00 Shared kai</p> <p>1.30 Music Therapy with Fiona H</p>	<p>15 10.30 Games with Jim</p> <p>1.30 Mixed Health Group</p>	<p>16 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Your wellbeing plan</p> <p>1.30 Active Afternoon: Sit and be fit!</p>	<p>17 <b>Community outing: 10.30am van leaves MIX LH</b> Visit to Wellington Museum: Mittens - Floofy and Famous</p>	<p>18 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!</p>
<p>21 <b>Mental Health Awareness Week: Whenua - Our Land</b> 10.30am Flax weaving</p> <p>12pm Shared kai</p> <p>1.30pm Music Therapy</p>	<p>22 <b>Mental Health Awareness Week: Taha Hinengaro - Mental and Emotional</b> 10.30am Games with Jim</p> <p>1.30pm Reflexology and candle making</p>	<p>23 <b>Mental Health Awareness Week: Taha Tinana - Physical</b> 10.30am Dance workshop</p> <p>1.30pm Bush walk</p>	<p>24 <b>Mental Health Awareness Week: Taha Whanau - Family</b> MIX Fun Day at Avalon Park Van leaves MIX Lower Hutt at 10.30am</p> <p>BBQ, Face Painting and games</p>	<p>25 <b>Mental Health Awareness Week: Taha wairua - Spiritual</b> Learn to play the ukulele!</p>
<p>28 10.30 Guest Speaker, Helena from the Stroke Foundation</p> <p>12.00 Shared kai</p> <p>1.30pm Music Therapy</p>	<p>29 10.30 Games with Jim</p> <p>1.30 Men's and Women's Health Groups</p>	<p>30 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Your wellbeing plan</p> <p>1.30 Active Afternoon: Sit and be fit!</p>		

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - **Hepetema / September 2020** Timetable

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
<i>Please talk to a team member if you would like public transport reimbursement instead</i>	1 10.00 Art for Wellbeing	2 <b>Combined: van leaves UH at 9.30am</b>  <b>Wellbeing group 10.30 - 2.30</b>	3 <b>At MIX Upper Hutt</b> 10.30am Coffee catch up  1pm Active Afternoon: Sit and be fit!	4 <b>Combined: van leaves UH at 9.30am</b> <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!
7 <b>Combined: Van leaves MIX UH at 9.30am</b>	8 10.00 Art for Wellbeing	9 <b>Combined: van leaves UH at 9.30am</b>  <b>Wellbeing group 10.30 - 2.30</b>	10 <b>At MIX Upper Hutt</b> 10.30am Timetable planning  <b>UH Closes at 1pm - Van ride for those who wants to join:</b> 1.30pm Inspired by Nature Art Exhibition: Opening and prize giving	11 <b>Combined: van leaves UH at 9.30am</b> <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!
14 <b>At Upper Hutt</b> 10.30 Participant's meeting  12.00 Shared kai and reconnection	15 10.00 Art for Wellbeing	16 <b>Combined: van leaves UH at 9.30am</b>  <b>Wellbeing group 10.30 - 2.30</b>	17 <b>Community outing: 10.30am van leaves MIX LH</b> Visit to Wellington Museum: Mittens - Floofy and Famous	18 <b>Combined: van leaves UH at 9.30am</b> <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele!
21 <b>Combined for Mental Health Awareness Week: Van leaves MIX UH at 9.30am</b>  <b>Whenua - Our Land</b>	22 <b>Combined for Mental Health Awareness Week: Van leaves MIX UH at 9.30am</b> <b>Taha Hinengaro - Mental and Emotional</b>	23 <b>Combined for Mental Health Awareness Week: Van leaves MIX UH at 9.30am</b> <b>Taha Tinana - Physical</b>	24 <b>Combined for Mental Health Awareness Week: Van leaves MIX UH at 9.30am</b> <b>Taha Whanau - Family</b>	25 <b>Combined for Mental Health Awareness Week: Van leaves MIX UH at 9.30am</b> <b>Taha wairua - Spiritual</b>
28 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	29 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	30 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>		

Creative Space - 212 Knights Road, Lower Hutt - **Hepetema / September 2020** Timetable

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
	<p>1 10.00 Artist meeting  11.00 - 12.00 Crafty with Karen  <b>Art room closes at 12pm for exhibition prep.</b></p>	<p>2 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry  11.00 - 12.00 Intro to printmaking techniques</p>	<p>3 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry</p>	<p>4 10.30 - 11.30am Learn to play the ukulele!  1.30pm Puzzle piece art</p>
<p>7 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>8 10.00 Artist meeting 11.00 - 12.00 Crafty with Karen</p>	<p>9 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Intro to printmaking techniques</p>	<p>10 9.30 - 12.00 Open Studio  1.30pm Inspired by Nature Art Exhibition: Opening and prize giving</p>	<p>11 10.30 - 11.30am Learn to play the ukulele!  1.30pm Rope containers</p>
<p>14 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>15 9.30 - 4.00 Open Studio  10am - 12pm: Guest Tutor Erica: Paint and Tape workshop</p>	<p>16 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry  11.00 - 12.00 Intro to printmaking techniques</p>	<p>17 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry</p>	<p>18 10.30 - 11.30am Learn to play the ukulele!  1.30pm Paper bag books</p>
<p>21 <b>Mental Health Awareness Week: Whenua - Our Land</b> 10.30am Flax weaving  1.30pm Open studio</p>	<p>22 <b>Mental Health Awareness Week: Taha Hinengaro - Mental and Emotional</b> 11am Worry Dolls with Karen</p>	<p>23 <b>Mental Health Awareness Week: Taha Tinana - Physical</b> 10.30am Dance workshop  1.30pm Bush walk or Collage with words with Clare</p>	<p>24 <b>Mental Health Awareness Week: Taha Whanau - Family</b> MIX Family Day at Avalon Park Van leaves MIX Lower Hutt at 10.30am BBQ, Face Painting and games</p>	<p>25 <b>Mental Health Awareness Week: Taha wairua - Spiritual</b> 10.30 - 11.30am Learn to play the ukulele! 1.30pm Inspirational word plaques</p>
<p>28 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic 1.00 - 2.00 Clay impressions</p>	<p>29 9.30 - 4.00 Open Studio 10.00 Artists meeting 11.00 - 12.00 Crafty with Karen</p>	<p>30 9.30 - 4.00 Open Studio 11.00 - 12.00 Intro to printmaking techniques</p>		