

## 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 October Diary

**Friday 2 October:** Visit Art Tutor Garry's exhibition in Wainuiomata in the afternoon.

**Wednesday 7 October:** Guest Tutor Paul Forrest takes us through designing 3D rooms and perspective at MIX Lower Hutt from 10am.

**Monday afternoons in October:** Sign up to Deirdre's closed Arts Therapy Group for Wellbeing & Connection.

**Tuesday afternoons in October:** Gain confidence and strength with Ricky at SWET in our gym sessions. Van leaves Lower Hutt at 1pm.

**Friday mornings in October:** Continue to develop your skills on the ukulele ahead of the performance at MIX's gallery opening!

**Vote!** Use your democratic right and vote early in the General Election and the two referendums - van ride to the voting stations on 12 October from MIX Lower Hutt and on 13 October from MIX Upper Hutt.

**MIX Lower Hutt** 212 Knights 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

## October 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)

*Timetable is subject to change*

Wellbeing & Community - 212 Knights Road, Lower Hutt - Whiringa-ā-nuku / October 2020 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			1 10.30am Wainui nature walk with Charlie and Tash <b>Closed for staff training at 1pm</b>	2 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele! For the Nov performance!
5 10.30 <b>Guest Speaker:</b> from Benefit Education Service Trust 12.00 Shared kai 1.30 Music Therapy with Fiona H 1.30 Art therapy with Deirdre	6 10.30 Games with Jim 1.00 Gym sessions with Ricky from SWET - van leaves at 1pm for a 1.30pm class	7 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Procrastination: What is it and why?  1.30 Classic New Zealand Movie Afternoon at MIX	8 10.30am Nature Walk with Charlie and Tash  1.30pm Mixed Health Group	9 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele! For the Nov performance!
12 10.30 Van run to vote! 12.00 Shared kai 1.30 Exploring music with Tama, Hudson and Charlie 1.30 Art therapy with Deirdre	13 10.30 Games with Jim 10.30 Van run to vote 1.00 Gym sessions with Ricky from SWET - van leaves at 1pm	14 <b>Wellbeing group 10.30 - 2.30</b> 10.30 1.30 Classic New Zealand Movie Afternoon at MIX	15 <b>Community Outing With Helen and Charlie</b> 10am Van leaves LH. Day Trip to Otaki. Returning LH 2.00pm approx	16 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele! For the Nov performance!
19 10.30: <b>Guest Speaker:</b> Jennifer from Health & Disability Commission 12.00 Shared kai 1.30 Exploring music with Tama, Hudson and Charlie 1.30 Art therapy with Deirdre	20 10.30 Games with Jim 1.00 Gym sessions with Ricky from SWET - van leaves at 1pm	21 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Procrastination: What helps? 1.30 Classic New Zealand Movie Afternoon at MIX	22 10.30am Days Bay Walk with Charlie and Tash 1.30pm Men's & Women's Health Group	23 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele! For the Nov performance!
26 10.30 <b>Guest Speaker:</b> Helena from Dress for Success 12.00 Shared kai 1.30 Exploring music with Tama, Hudson and Charlie.	27 10.30 Games with Jim 1.00 Gym sessions with Ricky from SWET - van leaves at 1pm	28 <b>Wellbeing group 10.30 - 2.30</b> 10.30 Procrastination: Problem Solving 1.30 Classic New Zealand Movie Afternoon at MIX	29 <b>10.30 - 2.30 Tikanga MIX!</b> Nau mai, Haere mai! All welcome Including a flax weaving session	30 <b>Friday Workshop 10.30 – 12.00</b> Learn to play the ukulele! For the Nov performance!

Wellbeing & Community - Uniting Parish, Benzie Ave, Upper Hutt - **Whiringa-ā-nuku / October 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			1 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	2 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>
5 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	6 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b> Van leaving lower hutt 1.00pm Gym sessions with Ricky from SWET	7 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	8 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>	9 <b>Combined for school holidays: van leaves MIX UH at 9.30am</b>
12 10.30 Participant's meeting 12.00 Shared kai 1.00 Music Therapy with Fiona H	13 10.00 <b>Guest Tutor:</b> Erica: Paint and Tape  1.30pm Van ride to vote	14 <b>Combined - Van ride leaves at 9.30am</b> <b>Wellbeing group 10.30 - 2.30</b>	15 <b>Community Outing</b> 10am Van leaves LH. Day trip to Otaki. Returning LH 2.00pm approx	16 <b>Combined: van leaves UH at 9.30am</b>
19 10.30 Participant's meeting 12.00 Shared kai 1.00 Music Therapy with Fiona H	20 10.00 Art for Wellbeing	<b>21Combined - Van ride leaves at 9.30am</b> <b>Wellbeing group 10.30 - 2.30</b>	22 10.30am Jim Fun quiz time! 1.30pm What's happening on the news discussion!	23 <b>Combined: van leaves UH at 9.30am</b>
26 10.30 Participant's meeting 12.00 Shared kai 1.00 Music Therapy with Fiona H	27 10.00 Art for Wellbeing	<b>28Combined - Van ride leaves at 9.30am</b> <b>Wellbeing group 10.30 - 2.30</b>	<b>29Combined: van leaves UH at 9.30am</b> <b>10.30 - 2.30 Tikanga MIX!</b> Nau mai, Haere mai! All welcome Flax weaving session included!	30 <b>Combined: van leaves UH at 9.30am</b>

Creative Space - 212 Knights Road, Lower Hutt - **Whiringa-ā-nuku / October 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			<p>1 9.30 - 12.00 Open Studio Bone carving and wood burning with Garry <b>Closed for staff training at 1pm</b></p>	<p>2 9.30 - 12.00 Open Studio  1pm Visit to Garry's Exhibition in Wainuiomata</p>
<p>5 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>6 10.00 Artist meeting 11.00 - 12.00 Crafty with Karen</p>	<p>7 9.30 - 4.00 Open Studio  10am Guest Tutor Paul Forrest: Designing 3D rooms and perspective</p>	<p>8 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry</p>	<p>9 9.30 - 4.00 Open Studio  Gallery visit 1.30 Pimp my Shoe</p>
<p>12 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>13 10.00 Artist meeting 11.00 - 12.00 Crafty with Karen</p>	<p>14 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Using prints to create mixed media art works with Clare</p>	<p>15 9.30-4.00 Open studio  Bone carving and wood burning with Garry</p>	<p>16 9.30 - 4.00 Open Studio  Gallery visit 1.30 Pimp my Shoe</p>
<p>19 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>20 10.00 Artist meeting 11.00 - 12.00 Crafty with Karen</p>	<p>21 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Using prints to created mixed media art works with Clare</p>	<p>22 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry</p>	<p>23 9.30 - 4.00 Open Studio Gallery visit 1.30 Pimp my Shoe</p>
<p>26 9.30 - 3.00 Open Studio 10.00 - 11.00 Your take on a classic with Garry 1.00 - 2.00 Clay impressions</p>	<p>27 11.00 Artist meeting 11.00 - 12.00 Crafty with Karen</p>	<p>28 9.30 - 4.00 Open Studio Bone carving and wood burning with Garry 11.00 - 12.00 Bleach Stencils with Clare</p>	<p>29 <b>10.30 - 2.30 Tikanga MIX!</b> Nau mai, Haere mai! All welcome Flax weaving session included!</p>	<p>30 9.30 - 4.00 Open Studio 10.30 - 11.30 Gallery visit 1.30 Pimp my Shoe</p>