

## 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 December Diary

**Wednesday 9th: Planting of tyre planters and celebration for artists at Community Garden Knights Road**

**Wednesday 9th: MIX Christmas Party!!!! (Upper Hutt Uniting Parish Church, 2 Benzie Avenue 11am-2.30pm)**

**Wednesday 16th: Kaitoke Outing: Barbecue, Sports, Swim**

**Monday 21st: Guest Speaker: Animal handler**

## Dates for your January Diary

**Monday 11th: Guest Speaker from Asthma Foundation**

**Thursday 14: Staglands!!!**

**Tuesday 19: Wainui Swimming Pool & BBQ**

**Art Studio: Pimp my Shoe; Claywork**

## MIX LOWER HUTT

212 Knights Road  
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

Mon, Tues: 9.30 am - 3pm

Weds & Fri: Van ride at 9.30am

## After Hours Support Options

Warmline: 0800 200 207

Depression Support line: 0800 111

Healthline: 0800 611 116



Connecting, Creating, Living

## December 2020/ January 2021 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-rangi / January 2021 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
				1 <b>MIX IS CLOSED</b> for New Year's day
4 <b>MIX CLOSED</b> for New Year's Day observed	5 Upper Hutt and Lower Hutt Combined MIX SUMMER PROGRAMME	6 Upper Hutt and Lower Hutt Combined MIX SUMMER PROGRAMME	7 Upper Hutt and Lower Hutt Combined MIX SUMMER PROGRAMME	8 Upper Hutt and Lower Hutt Combined MIX SUMMER PROGRAMME
11 <b>Upper Hutt and Lower Hutt Combined</b> 10.30 <b>Guest Speaker: Joanna Turner Asthma foundation</b> 12.00 Monday Lunches back on Shared kai! 1.30 Music Session with Fiona	12 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-2pm Mystery outing	13 <b>Upper Hutt and Lower Hutt Combined</b> Wellbeing Group	14 <b>Upper Hutt and Lower Hutt Combined community outing TRIP TO STAGLANDS!!!!</b>	15 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-12pm Let's Garden! 1.30pm-2.30pm Out and About
18 <b>Upper Hutt and Lower Hutt Combined</b> 10.30 <b>QUIZ</b> and Participants Meeting 12.00 Shared kai 1.30 Music Session with Fiona	19 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-2pm Wainui swimming pool and bbq Tash and Charlie	20 <b>Upper Hutt and Lower Hutt Combined</b> Wellbeing Group	21 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-2pm Mystery outing	22 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-12pm Let's Garden! 1.30pm-2.30pm Out and About
25 <b>MIX CLOSED</b> for Wellington Anniversary Day	26 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-2pm Mystery outing	27 <b>Upper Hutt and Lower Hutt Combined</b> Wellbeing Group	28 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-2pm Mystery outing	29 <b>Upper Hutt and Lower Hutt Combined</b> 10.30-12pm Let's Plant! 1.30pm-2.30pm Out and About

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - **Whiringa-ā-rangi / January 2021** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
				1 <b>MIX IS CLOSED</b> for New Year's Day
4 <b>MIX IS CLOSED</b> for New Year's Day Observed	5 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	6 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	7 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	8 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am
11 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	12 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	13 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	14 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	15 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am
18 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	19 Upper Hutt and Lower Hutt Combined <b>10.30-2pm Wainui swimming pool and bbq</b> (Tash and Charlie ) Van will be at Church at 9.30 am	20 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	21 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	22 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am
25 <b>MIX IS CLOSED</b> for Wellington Anniversary Day	26 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	27 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	28 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am	29 Upper Hutt and Lower Hutt Combined: Van will be at Church at 9.30am

**Art Room timetable - 212 Knights Road, Lower Hutt - Whiringa-ā-rangi / January 2021 Timetable**

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
4 <b>MIX IS CLOSED</b> for New Year's Day Observed	5 9.30-4.00pm Open Studio 11.00 Crafty with Karen	6 9.30-4.00pm Open Studio Bone carving and wood burning with Gary 11.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture	7 9.30-4.00pm Open Studio Bone carving and wood burning with Gary	8 10.00-10.30am Gallery visit or sourcing materials excursion 1.00pm Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture
11 10.00-11.00 Your take on a classic with Gary 1.00-2.00 Clay with Clare - Bring in your own ideas for a clay project, or choose from different examples to develop a ceramic work	12 9.30-4.00pm Open Studio 11.00 Crafty with Karen	13 9.30-4.00pm Open Studio Bone carving and wood burning with Gary 11.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture	14 9.30-4.00pm Open Studio Bone carving and wood burning with Gary	15 10.00-10.30am Gallery visit or sourcing materials excursion 1.00pm Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture
18 10.00-11.00 Your take on a classic with Gary 1.00-2.00 Clay with Clare - Bring in your own ideas for a clay project, or choose from different examples to develop a ceramic work	19 9.30-4.00pm Open Studio	20 9.30-4.00pm Open Studio Bone carving and wood burning with Gary 11.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture	21 9.30-4.00pm Open Studio Bone carving and wood burning with Gary	22 1.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture
25 <b>MIX IS CLOSED</b> for Wellington Anniversary Day	26 9.30-4.00pm Open Studio 11.00 Crafty with Karen	27 9.30-4.00pm Open Studio 11.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture	28 9.30-4.00pm Open Studio	29 1.00 Pimp my shoe (For 2021 exhibition) or work on small homewares and furniture

Wellbeing & Community - 212 Knights Road, Lower Hutt - **Whiringa-ā-rangi / December 2020** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	<p>1 10.30 Games with Jim</p> <p>1.30 Make your own natural Lip balm, Christmas Gifts</p>	<p>2 <b>10.30-2.30 Wellbeing Group</b> Out and About Walking</p>	<p>3 <b>Combined Upper Hutt/Lower Hutt Community Outing</b> 10.30am-2pm BBQ and games, walk on the beach, shops Eastbourne</p>	<p>4 10.30-12pm Decorative Christmas cookie making</p> <p>1.30pm Settlers Museum</p>
<p>7 10.30 House meeting 12.00 Shared kai 1.30 Exploring Music with Fiona</p>	<p>8 <b>MIX CLOSED</b> for Christmas Party Preparation</p>	<p>9 <b>MIX Christmas Party!!!</b> 11.00-2.30 Christmas lunch, karaoke, games, prizes. Combined Lower Hutt/Upper Hutt . Van rides leaving from Lower Hutt.</p>	<p>10 <b>MIX CLOSED</b> for Christmas Party Cleanup by Staff</p>	<p>11 10.30-12pm Kombucha/Ginger beer making workshop</p> <p>1.30pm Beach Visit</p>
<p>14 <b>10.30 Guest Speaker:</b> Helen From Kites Buddy Support Q+A session. 12.00 Shared kai 1.30 Exploring Music with Fiona</p>	<p>15 <b>MIX CLOSED</b> for Staff Day</p>	<p>16 <b>COMBINED GROUP OUTING</b> Kaitoke Regional Park Picnic Barbecue, Swim, Sport 10.30-2.30Victoria/Hudson/Tash <b>Van Leaves LH at 10.30am</b> <b>Rides for UH also.</b></p>	<p>17 <b>COMBINED Upper Hutt/Lower Hutt Community Outing</b> Pablos Christmas Party - Van leaves 11.30 am to go into Wellington. Party starts 12.00</p>	<p>18 <b>Celebration &amp; Certificate presentation at Lower Hutt Mix (11am-1pm) for:</b> Wellbeing Group Friday Workshops, UH Hosts, Participant-led activity</p>
<p>21 <b>10.30 Guest Speaker:</b> Animal handler and farm owner,meet the animals &amp; Q+A 12.00 Shared kai 1.30 Exploring Music</p>	<p>22 10.30 Games with Jim</p> <p>1.30 Make your own natural aftershave, Christmas Gifts</p>	<p>23 <b>10.30-2.30 Wellbeing Group</b> Out and About Walking</p>	<p>24 <b>MIX IS CLOSED</b> for Christmas Eve</p>	<p>25 <b>MIX IS CLOSED</b> for Christmas Day</p>
<p>28 <b>MIX IS CLOSED</b> for Boxing Day Observed</p>	<p>29 <b>LH MIX OPEN</b> Summer Programme</p>	<p>30 <b>LH MIX OPEN</b> Summer Programme</p>	<p>31 <b>MIX is CLOSED</b> for New Year's Eve</p>	<p><b>1st JANUARY MIX is CLOSED</b> <b>NEW YEARS DAY</b></p>

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - Whiringa-ā-rangi / December 2020 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	1 10.00 Art for Wellbeing Exploring Art with Deirdre	2 <b>Combined - Van ride leaves at 9.30am</b> Wellbeing group 10.30 - 2.30	3 <b>Combined Upper Hutt and Lower Hutt Community Outing 10.30am-2pm BBQ and games, walk on the beach, shops Eastbourne</b>	4 <b>Combined: van ride from UH at 9.30am</b> 10.30-12pm Decorative Christmas cookie making 1.30pm Settlers Museum
7 <b>UPPER HUTT CLOSSES AT 12.00</b> (For staff to do food shopping for the Christmas Party) 10.30 am Participant's meeting	8 <b>MIX CLOSED</b> for Christmas Party Preparation	9 <b>MIX Christmas Party!!!</b> Christmas lunch, karaoke, games, prizes. <b>Combined Lower Hutt/Upper Hutt 11.00am-2.30 pm. Van rides leaving from Lower Hutt.</b>	10 <b>MIX CLOSED</b> for Christmas Party Cleanup by Staff	11 <b>Combined: van ride from UH at 9.30am</b> 10.30-12pm Kombucha/Ginger beer making workshop 1.30pm Beach Visit
14 <b>UPPER HUTT CLOSED</b> Combined - Van ride from UH at 9.30am (Guest Speaker: Helen from Kites: Buddy Support Q&A)	15 <b>MIX CLOSED</b> for Staff Day	16 <b>Combined - Van ride from UH at 9.30am</b> Wellbeing group 10.30 - 2.30	17 <b>Combined Upper Hutt and Lower Hutt community outing</b> Pablos Christmas Party - Van leaves 9.30 am for Lower Hutt, then into Wellington. Party starts midday.	18 <b>Combined: Van from UH 9.30 Celebration &amp; Certificate presentation at Lower Hutt Mix (11am-1pm) for:</b> Wellbeing Group Friday Workshops, UH Hosts, Participant-led activity leads
21 <b>Closed for school holidays</b> Combined - Van ride from UH at 9.30am (Guest Speaker: Animal Handler and farm owner)	22 <b>Closed for school holidays</b> Combined - Van ride from UH at 9.30am Summer Programme	23 <b>Closed for school holidays</b> Combined - Van ride from UH at 9.30am Summer Programme	24 <b>MIX IS CLOSED</b> for Christmas Eve	25 <b>MIX IS CLOSED</b> for Christmas Day

28 <b>MIX IS CLOSED</b> for Boxing Day Observed	29 <b>Closed for school holidays</b> Combined - Van ride from UH at 9.30am	30 <b>Closed for school holidays</b> Combined - Van ride from UH at 9.30am	31 <b>MIX IS CLOSED</b> for New Year's Eve	<b>(1st JANUARY)</b> <b>MIX is CLOSED</b> for New Year's Day
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Creative Space - 212 Knights Road, Lower Hutt - **Whiringa-ā-rangi / December 2020** Timetable

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
	1 Last week for completion of the Mix painted Christmas tree for Hutt City Council's retail spaces 9.30-4.00 Open Studio 10.30 Artist's meeting 11.00 Crafty with Karen	2 9.30-4.00 Open Studio Bone carving and wood burning with Gary 1.00 Planting of tyre planters and artists' celebration at Community Garden Knights Road	3 Open Studio 9.30-4.00pm Bone carving and wood burning with Gary	4 10.00-10.30 Gallery visit or sourcing materials excursion 1.30pm Upcycling small pieces of furniture <b>Public Community Garden opening at Knights Road: viewing during the day from 10.00</b>
7 10.00-11.00 Your take on a classic with Gary 1.00-2.00 Clay Impressions with Clare	8 <b>MIX CLOSED</b> for Christmas Party Preparation	9 <b>MIX Christmas Party!!!</b> Christmas lunch, karaoke, prizes. <b>.Combined Lower Hutt/Upper Hutt 11.00am-2.30 pm.</b> Van rides leaving from L/Hutt	10 <b>MIX CLOSED</b> for Christmas Party Clean Up by Staff	11 10.00-10.30 Gallery visit or sourcing materials excursion 1.30pm Upcycling small pieces of furniture and homeware
14 Please take home artworks and clear out art folders 10.00-11.00 Your take on a classic with Gary 1.00-2.00 Christmas Craft	15 <b>MIX CLOSED</b> for Staff day	16 <b>Artroom Clean-up</b> Only cleaners welcome! Sign up sheet on art room notice board. Cleaners participate in a lunch of fish & chips	17 <b>Artroom Closed</b> <b>Pablos Christmas Party</b> - Van leaves 9.30 am for Lower Hutt, then into Wellington. Party starts at 12.00	18 9.30-12.00 Open Studio 10.00-10.30 Gallery visit or resourcing materials excursion Clean out Art Folders 1.30pm Upcycling small pieces of homeware and furniture



<p>21 Clean out Art Folders 10.00-11.00 Your take on a classic with Gary 1.00-2.00 Clay Impressions with Clare</p>	<p>22 9.30-4.00 Open studio Clean out Art Folders 10.30 Artist's meeting 11.00 Crafty with Karen</p>	<p>23 9.30-4.00 Open studio Clean out Art Folders 1pm Christmas Craft</p>	<p>24 <b>MIX IS CLOSED</b> for Christmas Eve</p>	<p>25 <b>MIX IS CLOSED</b> for Christmas Day</p>
<p>28 <b>MIX IS CLOSED</b> for Boxing Day Observed</p>	<p>29 Open Studio 9-3pm</p>	<p>30 Open Studio 9-3pm</p>	<p>31 <b>MIX IS CLOSED</b> for New Year's Eve</p>	<p><b>(1st JANUARY)</b> <b>MIX IS CLOSED</b> for New Year's Day</p>