

Start your day with a blessing in te reo

Māori

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 April Diary

Thursday 1st April Art Studio open, House Closed, Upper Hutt open, van ride available to UH.

Friday 2nd MIX CLOSED for Good Friday

Monday 5th MIX CLOSED for Easter Monday

Monday 26th MIX CLOSED for ANZAC Day

Friday 30th Art studio closed

Monday 19th April to Friday 30th April

MIX Upper hutt will be closed during school Holidays.

Wednesday 7th: Stockdale Farm Visit

Monday 12th: Q & A with Lynda
Upper Hutt

Tuesday 13th: Q & A with Lynda
Lower Hutt

Monday 19th Guest Speaker

Bob Campbell, retired member of the NZ Army

MIX LOWER HUTT

212 Knights Road, Hutt Central

Staff Phone: 569-3162

Participants Phone: 569-7271

Opening Hours:

House

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

Art Space

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

MIX UPPER HUTT

Upper Hutt Uniting Parish Church,
2 Benzie Avenue, Central.

Phone: 528-7342

Opening Hours:

Mon, Tue, Thur: 9.30 am - 2.30 pm

Please refer to the timetable for details.

After Hours Support Options

Warmline: 0800 200 207

Depression Support line: 0800 111 757

Healthline: 0800 611 116



Connecting, Creating, Living

April 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

www.facebook.com/mixinc

Please note the timetable is subject to change.

Wellbeing & Community - 212 Knights Road, Lower Hutt - Whiringa-ā-rangi /April 2021 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			1. HOUSE CLOSED, Art Studio open Upper Hutt and Lower Hutt Combined. Van leaves at 9:30 to travel to UH.	2. MIX IS CLOSED FOR GOOD FRIDAY Statutory Holiday
5. MIX IS CLOSED FOR EASTER MONDAY Statutory Holiday	6. 10:30 Games with Jim 1:30 Ahika Crossfit gym (house closed)	7. Lower Hutt and Upper Hutt Combined: Wellbeing 10:30-12:00 Grief Relief with Claire Laurenson 1-2.30 Stockdale Farm Visit with Heather Kauri	8. Upper Hutt and Lower Hutt combined 10:00-2:30 Combined Outing Easter picnic and trip to Wainuiomata Coast Road beach	9. Lower Hutt and Lower Hutt Combined 10:00-2:00 Friday Workshop Easter Activities Chocolate making Card making
12. 10:30 Participant house meeting 12:00 Shared kai 1:30 Music Therapy with Fiona	13. 10:30 Q & A with Lynda, MIX Service Delivery Manager 1:30 Ahika Crossfit gym (house closed)	14. Lower Hutt and Upper Hutt Combined: Wellbeing 10:30-12:00 Grief Relief with Claire Laurenson 1:30 Grounding sessions	15. 10:00 Word Shop: Exploring NZ and cultural poetry 1:00 Homemade cleaning products	16. Lower Hutt and Upper Hutt Combined 10:00-2:00 Friday Workshop Easter activities Fimo Jewelry
19. Lower Hutt and Upper Hutt Combined 10:30-11:30 Guest Speaker Bob Campbell- Retired member of the NZ Army. 12:00 Shared kai 1:30 Music Therapy with Fiona	20. Lower Hutt and Upper Hutt Combined 10:30 Games with Jim 1:30 Walk in Nature: Active Afternoon	21. Lower Hutt and Upper Hutt Combined: Wellbeing 10:30-12:00 Grief Relief with Claire Laurenson 1:30 Grounding sessions	22. Lower Hutt and Upper Hutt Combined 10.00-12 Dowse Museum and Beach Driftwood collection 1.00 Fairy doors	23. Lower Hutt and Upper Hutt Combined Anzac Friday Workshop 10.-12 Anzac Biscuits 1-2.30 Anzac Poppies
26. MIX IS CLOSED FOR ANZAC DAY Statutory Holiday	27. Lower Hutt and Upper Hutt Combined 10:30 Games with Jim 1:30 Walk in Nature: Active Afternoon	28. Lower Hutt and Upper Hutt Combined: Wellbeing 10:30-12:00 Grief Relief with Claire Laurenson 1:30 Grounding sessions	29. Upper Hutt and Lower Hutt Combined 10:00 - 2:30 Trip to the Wellington City Gallery to see 'Every Artist'	30. Lower Hutt and Upper Hutt Combined 10:00-2:00 Friday Workshop Creative Anzac activities Clay poppies and Lanterns

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			1. 9:30-3:00 Open Studio Bone carving and wood burning with Garry	2. MIX IS CLOSED FOR GOOD FRIDAY Statutory Holiday
5. MIX IS CLOSED FOR EASTER MONDAY Statutory Holiday	6. 9:30-3:00 Open Studio 10:30 Art space meeting 11:00 Crafty Books	7.9:30-3:00 Clay workshop Make a ceramic art piece for Odlin's exhibition	8. 9:30-3:00 Open Studio Bone carving and wood burning with Garry	9. 10:00-10:30 Gallery visit 1:00 - 3:00pm Make an Art piece for Odlin's exhibition
12. 9:30-3:00 Open Studio 1:00-2:00 Botanical artworks	13. 9:30-3:00 Open Studio 10:30 Art space meeting 11:00 Crafty session: Rainbow Dipped Rocks	14. 9:30-3:00 Clay workshop Make a ceramic art piece for Odlin's exhibition	15. 9:30-3:00 Open Studio	16 10:00-10:30 Sourcing materials excursion 1:00 - 3:00pm Make an Art piece for Odlin's exhibition
19. 9:30-3:00 Open Studio 1:00-2:00 Investigating different abstract painting technique	20. 9:30-3:00 Open Studio 10:30 Art space meeting 11:00 Crafty Books	21. 9:30-3:00 Clay workshop Make a ceramic art piece for Odlin's exhibition	22. 9:30-3:00 Open Studio	23. 10:00-10:30 Gallery visit 1:00 - 3:00pm Make an Art piece for Odlin's exhibition
26. MIX IS CLOSED FOR ANZAC DAY Statutory Holiday	27. 9:30-3.00pm Open Studio 10:30 Art space meeting 11:00 Crafty session: Scrapbooking Paper Mosaics	28 9:30-3:00 Clay workshop Make a ceramic art piece for Odlin's exhibition	29. 9:30-3:00 Open Studio	30 ART ROOM CLOSED

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
			1. 10:00 Out and about in the community 1:00 Easter art activity	2. MIX IS CLOSED FOR GOOD FRIDAY Statutory Holiday
5. MIX IS CLOSED FOR EASTER MONDAY Statutory Holiday	6. 10:00 Art session - Create a piece for Odlin's exhibition 1:00 Crafty Books	7. Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30 10:30-12:00 Grief Relief with Claire Laurenson 1:30 Stockdale Farm Visit with Heather Kauri	8. Upper Hutt and Lower Hutt Combined Outing Van will be at Church at 9:30 10:00-2:30 Easter picnic and trip to Wainuiomata Coast Road beach.	9. Lower Hutt and Lower Hutt Combined Van will be at Church at 9:30 10:00 - 2:00 Friday Workshop Easter Activities
12. 10:30 Q & A with Lynda MIX Service Delivery Manager 12:00 Shared kai! 1:30 Music quiz with Tama	13. 10:00 Art session - Create a piece for Odlin's exhibition 1:00 Crafty Books	14. Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30 10:30-12:00 Grief Relief with Claire Laurenson 1:30 Grounding sessions	15. 10:00 Out and about in the community 1:00 ANZAC art activity	16. Lower Hutt and Upper Hutt Combined Van will be at Church at 9:30 10:00 - 2:00 Friday Workshop Easter Activities
19. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	20. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	21. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	22. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	23. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30
26. MIX IS CLOSED FOR ANZAC DAY Statutory Holiday	27. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	28 Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30	29. Upper Hutt and Lower Hutt Combined 10:00 - 2:30 Trip to the Wellington City Gallery to see 'Every Artist'	30. Upper Hutt Closed Upper Hutt and Lower Hutt Combined Van will be at Church at 9:30