

## 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 July Diary

### Tuesday 6 July

#### Annual Exhibition at Odlin's Gallery!

#### SOAR!

Opening starts at 5pm. Everyone is welcome, bring your whanau. MIX will be closed for the day so we can prepare for the opening. We will be providing van rides in the afternoon to Odlin's gallery from Knights Road and Upper Hutt and back home again afterwards. Please sign up for a van ride before Friday 25 June.

#### Art Studio close dates:

Monday 5 July (Odlin's preparations)

Tuesday 6 July (Odlin's preparations)

Monday 19 July (Odlin pack down)

#### Lower Hutt close dates:

Tuesday 6 July (Odlin's preparations)

#### Upper Hutt close dates:

Tuesday 6 July (Odlin's preparations)

Monday 12 July - Friday 23 July (School holidays, a van ride is available between Upper Hutt and Lower Hutt during this time)

## MIX Lower Hutt

212 Knights Road

Staff Phone: 569-3162

Participants Phone: 569-7271

#### Opening Hours:

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

## MIX Upper Hutt

Upper Hutt Uniting Parish Church,

2 Benzie Avenue

Phone: 528 7342

#### Opening Hours:

Mon, Tuesday and Thursdays: 9:30 am - 3:00 pm

#### After Hours Support Options

Warmline: 0800 200 207

Depression Support line: 0800 111 757

Text 1737

Healthline: 0800 611 116



Connecting, Creating, Living

## July 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 - Hōngongoi July 2021 Timetable**

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
			1.10.00-2.30 Visit to Wainuiomata Marae for Harakeke Whetu Workshop Including Kai, Morning tea/Karakia	<b>2. Lower Hutt and Upper Hutt Combined - Music Month</b> 10.30-2.30 Music Appreciation
5. 10.00 Participants' quiz 11.00 Participants' meeting 12.00 Gold coin kai 1.00 Story telling/ van ride to Tai Chi leaving at 12:30	6. MIX Closed Meet at 4:30pm for a ride in the van to Odlin's Gallery. Van rides leave Odlin's at 6.30pm	<b>7. Lower Hutt and Upper Hutt Combined</b> 12 week course: Healthy living course 10.00 - 2.30 Van pick up from Upper Hutt available	<b>8 Upper Hutt and Lower hutt combined</b> 10.30- 2.30 Combined Outing 10-Pin Bowling@Strike	<b>9. Lower Hutt and Lower Hutt Combined Music Month</b> 10.30-2.30 Music Appreciation
12. 10.00 Guest Speaker: Tuatahi Centre 11.00 Participants' meeting 12.00 Gold coin kai 1.00 Story telling	13. 10.30 Games with Jim 1.30 Ahika Crossfit gym/ Matariki baking	<b>14. Lower Hutt and Upper Hutt Combined</b> 12 week course: Healthy living course 10.00 - 2.30 Van pick up from Upper Hutt available	15. 10.30 Matariki Mornings - Goal setting for the Maori New Year Nau mai, Haere mai! 1.00 pm Pataka visit	<b>16. Lower Hutt and Upper Hutt Combined Music Month</b> 10.30-2.30 Music Appreciation
19. 10.00 Guest Speaker: Rachael's Animal Rescue 11.00 Participants' meeting 12.00 Gold coin kai 1.00 Story telling	20. 10.30 Games with Jim 1.30 Ahika Crossfit gym/ Matariki baking	<b>21. Lower Hutt and Upper Hutt Combined</b> 12 week course: Healthy living course 10.00 - 2.30 Van pick up from Upper Hutt available	<b>22. Upper Hutt and Lower Hutt Combined</b> <b>10.30 - 2.30 Tikanga MIX!</b> All welcome Shared Kai	<b>23. Lower Hutt and Upper Hutt Combined Music Month</b> 10.30 Music Appreciation 1.15 Music Therapy with Fiona
26. 10.00 Participants' quiz 11.00 Participants' meeting 12.00 Gold coin kai 1.00 Story telling/ van ride to Tai Chi leaving at 12:30	27. 10.30 Games with Jim 1.30 Ahika Crossfit gym (house closed)	28. <b>Lower Hutt and Upper Hutt Combined</b> 12 week course: Healthy living course 10.00 - 2.30 Van pick up from Upper Hutt available	29 10.30 Matariki collaborative stars  1.00 Petone Beach /Settlers Museum	<b>30. Lower Hutt and Upper Hutt Combined Music Month</b> 10.30 Music Appreciation 1.15 Music Therapy with Fiona

**Art Room timetable - 212 Knights Road, Lower Hutt - Hōngongi July 2021 Timetable**

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
			1. Open studio  Bone carving and wood carving, beginners welcome	2. 10.00 Material sourcing  1.00 Maramataka collage
5. Art Studio closed for Odlin Gallery set up	6. Art Studio closed for Odlin Gallery set up Meet at 4:15pm for a ride in the van to Odlin's Gallery. Van rides leave Odlin's at 6.30pm	7. Open Studio 10.30 Clay workshop - beginners welcome 1.00 Matariki tiles	8. Open studio  Bone carving and wood carving, beginners welcome	9. 10.00 Gallery visit: Odlin's  1.00 Matariki stars
12. 10.00 Masters Painting Class 1.00 Freestyle Clay work	13. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio	14. Open Studio 10.30 Clay workshop - beginners welcome 1.00 Matariki tiles	15. Open studio  Bone carving and wood carving, beginners welcome	16. 10.00 Material sourcing  1.00 Maramataka collage
19. Art Studio closed for Odlin Gallery pack down	20. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio	21. Open Studio 10.30 Clay workshop - beginners welcome 1.00 Matariki tiles	22. <b>10.30 - 2.30 Tikanga MIX!</b> Nau mai, Haere mai! All welcome Shared Kai	23. 10.00 Gallery visit: Pataka  1.00 Matariki weaving
26. 10.00 Masters Painting Class 1.00 Freestyle Clay work	27. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio	28. Open Studio 10.30 Clay workshop - beginners welcome 1.00 Matariki tiles	29. Open studio  Bone carving and wood carving, beginners welcome	30. 10.00 Material sourcing  1.00 Complete Matariki projects

Wellbeing & Community - Uniting Parish, 2 Benzie Ave, Upper Hutt - **Hōngongoi July 2021** Timetable

<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
			1. Visit to Wainuiomata Marae for Harakeke Whetu Workshop Including Kai, Morning tea/Karakia	<b>2. Upper Hutt and Lower Hutt Combined for Music Appreciation</b> Van will be at Church at 9.30am
5. 10.00 Participants' meeting 10.30 Guest Speaker - Dress for Success 12.00 Gold coin kai 1.00 Tai Chi	6. MIX Closed Meet at 3:15pm for a ride in the van to Odlin's Gallery. The van will leave Odlin's at 6.30pm	7. <b>Upper Hutt and Lower Hutt Combined for Wellbeing Workshop</b> Van will be at Church at 9.30am	8. <b>Upper Hutt and Lower Hutt combined</b> 10.30- 2.30 Combined Outing 10 Pin Bowling	<b>9. Upper Hutt and Lower Hutt Combined for Music Appreciation</b> Van will be at Church at 9.30am
12. <b>Upper Hutt and Lower Hutt Combined for School Holidays</b> Van will be at Church at 9.30am	13. <b>Upper Hutt and Lower Hutt Combined for School Holidays</b> Van will be at Church at 9.30am	14. <b>Upper Hutt and Lower Hutt Combined for Wellbeing Workshop</b> Van will be at Church at 9.30am	15. <b>Upper Hutt and Lower Hutt Combined for School Holidays</b> Van will be at Church at 9.30am	<b>16. Upper Hutt and Lower Hutt Combined for Music Appreciation</b> Van will be at Church at 9.30am
19. <b>Upper Hutt and Lower Hutt Combined for School Holidays</b> Van will be at Church at 9.30am	20. <b>Upper Hutt and Lower Hutt Combined for School Holidays</b> Van will be at Church at 9.30am	21. <b>Upper Hutt and Lower Hutt Combined for Wellbeing Workshop</b> Van will be at Church at 9.30am	<b>22. Upper Hutt and Lower Hutt Combined</b> <b>10.30 - 2.30 Tikanga MIX!</b> Nau mai, Haere mai! All welcome Shared Kai	<b>23. Upper Hutt and Lower Hutt Combined for Music Appreciation and Music Therapy with Fiona Hearn</b> Van will be at Church at 9.30am
26. 10.00 Participants' meeting 10.30 Te Reo lessons 12.00 Gold coin kai 1.00 Tai Chi	27. 10.00 Art Session - come along and learn new art techniques 1.00 Matariki baking	28. <b>Upper Hutt and Lower Hutt Combined for Wellbeing Workshop</b> Van will be at Church at 9.30am	29. 9.30 Reflective Journals 10.30 Out and about in the community 1.00 Matariki collaborative stars	30 <b>Upper Hutt and Lower Hutt Combined for Music Appreciation and Music Therapy Fiona Hearn</b> Van will be at Church at 9.30am