

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 August Diary

**Monday 2nd August - Visit and opening of new Upper Hutt location - Upper Hutt Bowling Club, Exchange Street, Upper Hutt.
9.30am onwards, lunch provided.**

Thursday 12th August- Masterton outing

Thursday 19th August- Visit to National library

Free pick up rides from Benzie Ave. uniting Parish Church at 9.30am every day in August

Lower Hutt close dates:

Monday 2 August - Mix closed van ride to Upper Hutt.

Find us on FB type in MIX and add us to see what we have been up to!

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 Bowling Club,

Exchange Street

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

August 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

Timetable is subject to change

Wellbeing & Community - 212 Knights Road, Lower Hutt - Hōngongi July 2021 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
2. Visit to Upper Hutt - Opening new premises, lunch and Tai Chi Leave LH 10.00 and return 2.00	3. 10.30 Games with Jim 1.30 Ahika Crossfit gym	4. LH and UH Combined Healthy living course 10.00 -2.30 Am: Spices with health Benefits Pm: Cooking with spices dish	5. 10.30-2.30 Exhibition expressions and coffee morning	6. Lower Hutt and Upper Hutt Combined - Music Month 10.30 Music inspired Polymer clay Workshop 1.15 Music Therapy with Fiona
9. 10.00 Participants' quiz 11.00 Participants' meeting 12.00 Gold coin kai van ride to Tai Chi leaving at 12:30 1.30 -2.30 Pampering Afternoon	10. 10.30 Games with Jim 1.30 Ahika Crossfit gym	11. LH and UH Combined Healthy living course 10.00 -2.30 Am:Potassium rich foods Pm:Cooking with PRF	12. Upper Hutt and Lower hutt combined 9.30- 2.30 Masterton Outing and Lunch provided	13. Lower Hutt and Lower Hutt Combined-Music Month 10.30 Exploring Music 1.15 Music Therapy with Fiona
16. 10.00 Guest Speaker: 11.00 Participants' meeting 12.00 Gold coin kai van ride to Tai Chi leaving at 12:30 1.30 -2.30 Pampering Afternoon	17. 10.30 Games with Jim 1.30 Ahika Crossfit gym	18. LH and UH Combined Healthy living course 10.00 - 2.30 Am:Glycaemic index what is it? Pm: Cooking with low G.I foods	19. 10.30-2.30 Visit to National library/Te Papa and Picnic	20. Lower Hutt and Upper Hutt Combined-Music Month 10.30 Music inspired Polymer clay workshop 1.15 Music Therapy with Fiona
23. 10.00 Guest Speaker: 11.00 Participants' meeting 12.00 Gold coin kai van ride to Tai Chi leaving at 12:30 1.30 -2.30 Pampering Afternoon	24.10.30 Games with Jim 1.30 Ahika Crossfit gym	25. LH and UHCombined Healthy living course 10.00 - 2.30 Am: Healthy sleep and why is sleep important? PM: Food and fluids to support sleep	26. Upper Hutt and Lower Hutt Combined 10.30 - 2.30 Tikanga MIX! All welcome Shared Kai	27. Lower Hutt and Upper Hutt Combined Music Month 10.30 Exploring music 1.15 Music Therapy with Fiona
30. 10.00 Participants' quiz 11.00 Participants' meeting 12.00 Gold coin kai van ride to Tai Chi leaving at 12:30 1.30 -2.30 Pampering Afternoon	31. 10.30 Games with Jim 1.30 Ahika Crossfit gym (house closed)			

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
2. Visit to Upper Hutt - Opening new premises, Leave LH 10.00 and return 2.00	3. 10.30 Art Meeting 11.00 Crafty books with Karen 1.00 Open studio	4. 10.30 Clay workshop - beginners welcome Make a totem figure with clay	5. Open studio Bone carving and wood carving, beginners welcome	6. 10.00 Material sourcing 1.00 Friday workshop
9. 10.00 Masters Painting Class	10. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio	11. 10.30 Clay workshop - beginners welcome	12. Open studio Bone carving and wood carving, beginners welcome	13. 10.00 Gallery visit 1.00 Friday workshop
16. 10.00 Masters Painting Class	17. 10.30 Art Meeting 11.00 Crafty books with Karen 1.00 Open studio	18. 10.30 Clay workshop - beginners welcome	19. Open studio Bone carving and wood carving, beginners welcome	20. 10.00 Material sourcing 1.00 Friday workshop
23. 10.00 Masters Painting Class 1.00 Developing drawings of nature -looking at tree forms	24. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio	25. 10.30 Clay workshop - beginners welcome Make a Little Building with Clay	26. 10.30 - 2.30 Tikanga MIX! Nau mai, Haere mai! All welcome Shared Kai	27. 10.00 Gallery visit 1.00 Friday workshop
30. 10.00 Masters Painting Class 1.00 Developing drawings of nature with coloured pencils	31. 10.30 Art Meeting 11.00 Crafty with Karen 1.00 Open studio			

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
2. Welcome to our new home! Opening, lunch provided and Tai Chi.	3. 10.00 Art Session - come along and learn new art techniques 1.00 Winter warmer cooking workshop	4. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church at 9.30am	5. Pick up from Church 9.30am 9.30-10.30 Reflective Journal 11-12 Out and about in the community 1-2.30 Exploring art through music	6 . Upper Hutt and Lower Hutt Combined for Music Appreciation Van will be at Church at 9.30am
9.10.00 Participants' meeting 10.30 Guest Speaker - 12.00 Gold coin kai 1.00 Tai Chi	10.10.00 Art Session - come along and learn new art techniques 1.00 Winter warmer cooking workshop	11. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church at 9.30am	12. Upper Hutt and Lower hutt combined 9.30- 2.30 Masterton Outing and Lunch provided	13. Upper Hutt and Lower Hutt Combined for Music Appreciation Van will be at Church at 9.30am
16. 10.00 Participants' meeting 10.30 Guest Speaker - 12.00 Gold coin kai 1.00 Tai Chi	17. 10.00 Art Session - come along and learn new art techniques 1.00 Winter warmer cooking workshop	18. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church at 9.30am	19.Pick up from Church 9.30am 9.30-10.30 Reflective Journal 11-12 Out and about in the community 1-2.30 Exploring art through music	20. Upper Hutt and Lower Hutt Combined for Music Appreciation Van will be at Church at 9.30am
23. 10.00 Participants' meeting 10.30 Guest Speaker - 12.00 Gold coin kai 1.00 Tai Chi	24. 10.00 Art Session - come along and learn new art techniques 1.00 Winter warmer cooking workshop	25. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church at 9.30am	26. Upper Hutt and Lower Hutt Combined 10.30 - 2.30 Tikanga MIX! Nau mai, Haere mai! All welcomeShared Kai	27. Upper Hutt and Lower Hutt Combined for Music Appreciation and Music Therapy with Fiona Hearn Van will be at Church at 9.30am
30. 10.00 Participants' meeting 10.30 Te Reo lessons 12.00 Gold coin kai 1.00 Tai Chi	31. 10.00 Art Session - come along and learn new art techniques 1.00 Winter warmer cooking workshop			

