

Dates for your November Diary:

Van leaves from Exchange St Upper Hutt if you wish to arrange a pick up please call 04 5693162

Wednesdays in November :

Alice joins us in Upper Hutt from week 2 as part of the Wellbeing Workshop to share her knowledge of mindfulness, inner calm and peace;

Lower Hutt has a new Wednesday programme starting 2nd week November with Helen and Sam singing and music!

Thursdays in November : Combined Trip Days

Gold Coin Lunch Monday, Fridays in November

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 Wednesday: 9:30 am - 3:00 pm

Thursday Combined Trip Day

Van Leaves at 10am

Friday Combined Day with Lower Hutt

After Hours Support Options

Warmline: 0800 200 207

Depression Support line: 0800 111 757

Text 1737 Healthline: 0800 611 116



Connecting, Creating, Living

November 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 - November 2021 Timetable

Rāhina / Monday	Rātū / Tuesday Chooseday	Rāapa / Wellbeing Wednesday	Rāpare / Thursday Trip day	Rāmere / Friday Combined day
<p>1. 10.30 Participants' meeting 11am Quiz 12.00 Gold Coin Kai</p> <p>1.30 -2.30 Self & Care Workshop - Compassion</p>	<p>2. 10.30 Games Morning 11 .00 Pie Brunch 1.30 Mini Golf (Activity) 1.30 - 2.30 Music and Movement in Wellbeing House</p>	<p>3. Guest Tutor Alice: 10.30-11.30 Meditation, Yoga, Inner Calm</p> <p>1.15 Making Household Products</p>	<p>4. Settlers Museum and Beach Walk Van Leaves Upper Hutt 9.30 Van Leaves Lower Hutt 10.30 Van returns at 2.45pm Lower Hutt and 3.00pm Upper Hutt Wellbeing House Meditation and Musings</p>	<p>5. Funky Friday 9.30am Youtube music concert 10.30 MIX TV Karaoke 12.00 Gold Coin Lunch 1.15 Music therapy with Fiona</p>
<p>8. 10.30 Participants meeting 11.00 Quiz 12.00 Gold Coin Kai 1.30 -2.30 Self & Care Workshop - Strengths</p>	<p>9. 10.30 Games Morning 11 .00 Pie Brunch 1.30 Mini Golf (Activity) 1.30 - 2.30 Music and Movement in Wellbeing House</p>	<p>10. Wellbeing Wednesday 9.30 Waiatas with Sam & Helen</p> <p>Sandwiches & Smoothies Lunch</p> <p>1.15 Making self care products</p>	<p>11. Bush Walk & Picnic Percys reserve Van Leaves Upper Hutt 9.30 Van Leaves Lower Hutt 10.30 Van returns at 2.45pm Lower Hutt and 3.00pm Upper Hutt Wellbeing House Open for Meditation and Musings</p>	<p>12. Funky Friday 9.30am Youtube music concert 10.30 MIX TV Karaoke 12.00 Gold Coin Lunch 1.15 Music Therapy with Fiona</p>
<p>15. 10.30 Participants' meeting 11.00 Quiz 12.00 Gold coin Kai 1.30 -2.30 Self & Care Workshop -Compassion & forgiveness</p>	<p>16. 10.30 Games Morning 11 .00 Pie Brunch 1.30 Mini Golf (Activity) 1.30 - 2.30 Music and Movement in Wellbeing House</p>	<p>17. Wellbeing Wednesday 9.30 Waiatas with Sam & Helen</p> <p>Sandwiches & Smoothies Lunch</p> <p>1.15 Make self care products</p>	<p>18. Wellington Zoo Trip Van Leaves Upper Hutt at 9.30am Van Leaves Lower Hutt at 10.30am Van returns at 2.45pm Lower Hutt and 3.00pm Upper Hutt Wellbeing House Open for Meditation and Musings</p>	<p>19. Funky Friday 9.30am Youtube music concert 10.30 MIX TV Karaoke 12.00 Gold Coin Lunch 1.15 Music Therapy with Fion</p>
<p>22. 10.30 Participants' meeting 11.00 Quiz 12.00 Gold coin Kai 1.30 -2.30 Self Care Workshop Goals 29.Compassion</p>	<p>23. 10.30 Games Morning 11 .00 Pie Brunch 1.30 Mini Golf (Activity) 1.30 - 2.30 Music and Movement in Wellbeing House</p>	<p>24. Wellbeing Wednesday 9.30 Waiatas with Sam & Helen</p> <p>Wellbeing Group</p> <p>1.15 Make self care products</p>	<p>25. Pataka Trip Van Leaves Upper Hutt at 9.30am Lower Hutt at 10.30am returns at 2.45pm Lower Hutt and 3.00pm Upper Hutt Wellbeing House Open for Meditation and Musings</p>	<p>26 .Funky Friday 9.30am Youtube music concert 10.30 MIX TV Karaoke 12.00 Gold Coin Lunch 1.15 Music Therapy with Fion</p>

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
1. 10.00am Masters Painting Class with Garry 1.00pm Clay with Clare - Fruit Bowls	2. 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Crafty books 1.00pm Open studio	3. 10.00am Creativity with Kathy - make a cork board 1.00pm Open Studio	4. 9.30am Open studio 1.00pm Bone carving and wood carving, beginners welcome and open studio	5. 10.30am Gallery visit 1.00pm Friday Course - Make a Wooden Butterfly
8. 10.00am Masters Painting Class with Garry 1.00pm Clay with Clare - succulent pots	9. 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Crafty Sewing 1.00pm Open studio	10. 10.00am Creativity with Kathy watercolor pencil painting 1.00pm Open Studio	11. 10.00-11.30am Christmas Trees 1.00pm Bone carving and wood carving, beginners welcome and open studio	12. 10.30am Material sourcing 1.00pm Friday Course - Make a Wooden Butterfly
15. 10.00am Masters Painting Class with Garry 1.00pm Clay with Clare -succulent pots	16 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Crafty books 1.00pm Open studio	17 10.00am Creativity with Kathy 1.00pm Watercolor Pencil Painting	21. 9.30am Open Studio 1030-12.00 Christmas Trees 1.00pm Bone carving and wood carving, beginners welcome and open studio	22. 10.30am Gallery visit 1.00pm Friday Course - Christmas Card Making
22. 10.00am Masters Painting Class with Garry 1.00pm Clay with Clare Clay Angels	23. 10.30am Art Meeting 11.00am- 12.00pm Christmas Beaded Ornaments 1.00pm Open studio	24. 10.00am Creativity with Kathy 1.00pm Pop Out Christmas Cards	25. 9.30am Open Studio 11-12 Toi Maori Crafts 1.30pm Christmas Trees	26. 10.30am Gallery visit 1.00pm Friday Course -Christmas Card making
29.10.00am Masters Painting Class with Garry 1.00pm Clay with Clare Clay Angels	30. 10.30am Art Meeting 11.00am- 12.00pm Christmas Beaded Ornaments 1.00pm Open studio			

Wellbeing & Community -Upper Hutt Bowling Club, Exchange Street, Upper Hutt - **November 2021** Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wellbeing Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>1. 10.00 Participants' meeting 10.30 Lawn Bowls 12.00 Gold coin kai 1.00 Quiz and Games</p>	<p>2. 10.00 Art Course - Come along and make a Wooden Butterfly! Lunch Toasties Waiata Stories Myth & Legends</p>	<p>3. Upper Hutt/Lower Hutt Combined for Wellbeing Wednesday Van will be at Leaving Bowling Club at 9.30</p>	<p>4. Settlers Museum and Beach Walk Van Leaves Upper Hutt 9.30 Van Leaves Lower Hutt 10.30 Bush Walk at Percy's Reserve Picnic</p>	<p>5. Upper Hutt Combined with Lower Hutt for music appreciation/funky Friday Van will leave bowling club at 9.30 and picks up along the way to Wellbeing House</p>
<p>8. 10.00 Participants' meeting 10.30 Lawn Bowls 12.00 Gold coin kai 1.00 Affirmations Afternoon</p>	<p>9. 10.00 Art Course - Come along and make a Wooden Butterfly! Lunch Toasties Waita Stories Myth & Legends</p>	<p>10. Guest Tutor Alice: 10.30-11.30 Meditation, Yoga and Inner Calm 1.15 Making Household Products</p>	<p>11. Bush Walk & Picnic Van Leaves Upper Hutt 9.30am Van Leaves Lower Hutt 10.30 Bush Walk at Percy's Reserve Picnic</p>	<p>12.. Upper Hutt Combined with Lower Hutt for music appreciation/funky Friday Van will leave bowling club at 9.30 and picks up along the way to Wellbeing House</p>
<p>15. 10.00 Participants' meeting 10.30 Lawn Bowls 12.00 Gold coin kai 1.00 Quiz and Games</p>	<p>16. 10.00-11.30 Pop Out Christmas Card making Lunch Toasties Waita Stories Myth & Legend</p>	<p>17. Guest Tutor Alice: 10.30-11.30 Meditation, Yoga and Inner Calm 1.15-2.30 Wellbeing guest speaker Autumn-Weaver Spiritual Mentor</p>	<p>18. Wellington Zoo Trip Van Leaves Upper Hutt 9.30 am Van Leaves Lower Hutt 10.30am Van returns 2.30pm Lower Hutt and 2.45pm Upper Hutt</p>	<p>19. Upper Hutt Combined with Lower Hutt for music appreciation/funky Friday Van will leave bowling club at 9.30 and picks up along the way to Wellbeing House</p>
<p>22. 10.00 Participants' meeting 10.30 Lawn Bowls 12.00 Gold coin kai 1.00 Affirmations Afternoon 29.As above/Affirmations</p>	<p>23. 10.00 Pop Out Christmas Card making Lunch Toasties Christmas Singing & Stories 30.As above</p>	<p>24. Guest Tutor Alice: 10.30-11.30 Meditation, Yoga and Inner Calm 1.15 Making Household Products</p>	<p>25. Pataka Trip Van Leaves Upper Hutt 9.30 Lower Hutt at 10.30am Van returns 2.30pm Lower Hutt and 2.45pm Upper Hutt</p>	<p>26. Upper Hutt Combined with Lower Hutt for music appreciation/funky Friday Van will leave bowling club at 9.30 and picks up along the way to Wellbeing House</p>