

Dates for your October Diary:

Mix is closed Monday, 25 October for Labour Day (statutory holiday);

Wednesday 13 October: Alice joins us as part of the Wellbeing Workshop to share her knowledge of mindfulness, inner calm and peace;

Thursday 14 October: Visiting tutor Erica is here for a morning Workshop on mask making; (LOWER HUTT)

Thursday 14 Oct
Combined Visit to Portrait Gallery and Wellington Museum

Tuesday 19 October: Visiting tutor Erica (UPPER HUTT)!

Thursday 21 Combined Trip to H2O Extreme

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

October 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 - October 2021 Timetable

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
				1. Lower Hutt and Upper Hutt Combined Music Month 10.30-2.30pm Music Appreciation and Polymer Clay Modelling
4. 11.00 Participants' meeting 12.00 Gold coin kai 12.30 Van ride leaves for Tai Chi UH 1.30 -2.30 Storytelling with Hudson	5. 10.30 Games Morning 1.30 Golf Range & mini golf	6. LH and UH Combined Wellbeing Workshop 10.30 Let's Do A Practical: Poster Work AND END OF BLOCK COURSE CELEBRATION!!	7. LH and UH Combined 10.30-2.30 Road Side Stories Trip including Picnic in Parliament grounds NZ Army Flute Squadron concert 12.15-1pm Road Side Stories Continues	8. Lower Hutt and Upper Hutt Combined Music Month 10.30 TV karaoke 1.15 Music Therapy with Fiona
11 10.30 Participants Meeting 11.00 Quiz 12.00 Gold coin kai 12.30 Van ride leaves for Tai Chi UH 1.30 -2.30 Storytelling with Hudson	12. 10.30 Games Morning 1.30 Golf Range & mini golf	13. LH and UH Combined Wellbeing Workshop Guest Tutor Alice: 10.30-11.30 Meditation, Yoga, Inner Calm 1.30pm Essential Oils and Home Products	14. Lower Hutt 11am Leave for National portrait Gallery and Wellington Museum. Trip includes Picnic Lunch	15. Lower Hutt and Upper Hutt Combined Music Month 10.30 TV Karaoke Sing a long. 15 Music Therapy with Fiona
18. 10.00 Participants' meeting 11.00 Quiz 12.00 Gold coin kai 1.30 -2.30 Storytelling with Hudson	19. 10.30 Games Morning 1.30 Golf Range & mini golf	20. LH and UH Combined Wellbeing Workshop Guest Tutor Alice: 10.30-11.30 Meditation, Yoga and Inner Calm 1.30pm Essential Oils and Home Products	21. Lower Hutt and Upper Hutt Combined 10.30 leave Lower Hutt -2.00pm H2O extreme Trip includes Picnic Lunch	22. Lower Hutt and Upper Hutt Combined Music Month 10.30 TV Karaoke Sing a long 1.15 Music Therapy with Fiona
25. Labour Day Monday Statutory Holiday	26. 10.30 Games Morning 1.30 Golf Range & mini golf	27. LH and UH Combined Wellbeing Workshop Guest Tutor Alice: 10.30-11.30 Meditation, Yoga and Inner Calm 1.30pm Essential Oils and Home Products	28. Upper Hutt and Lower Hutt Combined in Lower hutt 10.30 - 2.30 Tikanga MIX! All welcome Shared Kai	29. Lower Hutt and Upper Hutt Combined Music Month 10.30 TV Karaoke Sing a long 1.15 Music Therapy with Fiona

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
				1. 10.30am Material sourcing 1.00pm Friday Course - Make a Wooden Butterfly
4. 10.00am Masters Painting Class 1.00pm Clay with Clare - Beginners Welcome	5. 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Crafty books 1.00pm Open studio	6. 10.00am Creativity with Kathy 1.00pm Open Studio	7. 9.30am Open studio 1.00pm Bone carving and wood carving, beginners welcome and open studio	8. 10.30am Gallery visit 1.00pm Friday Course - Make a Wooden Butterfly
11. 10.00am Masters Painting Class 1.00pm Clay with Clare - Beginners Welcome	12. 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Craft Workshop 1.00pm Open studio	13. 10.00am Creativity with Kathy 1.00pm Open Studio	14. 10.00-11.30am Mask Making with visiting tutor Erica 1.00pm Bone carving and wood carving, beginners welcome and open studio	15. 10.30am Material sourcing 1.00pm Friday Course - Make a Wooden Butterfly
18. 10.00am Masters Painting Class 1.00pm Clay with Clare Beginners Welcome	19. 9.30am Open studio 10.30am Art Meeting 11.00am - 12.00pm Crafty books 1.00pm Open studio	20. 10.00am Creativity with Kathy 1.00pm Open Studio	21. 9.30am Open studio 1.00pm Bone carving and wood carving, beginners welcome and open studio	22. 10.30am Gallery visit 1.00pm Friday Course - Make a Wooden Butterfly
25. Labour Day Monday Statutory Holiday	26. 10.30am Art Meeting 11.00am- 12.00pm Craft Workshop 1.00pm Open studio	27. 10.00am Creativity with Kathy 1.00pm Open Studio	28. 10.30 - 2.30 Tikanga MIX! Nau mai, Haere mai! All welcome Shared Kai	29. 10.30am Gallery visit 1.00pm Friday Course - Make a Wooden Butterfly

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

Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
<p>4. 10.00 Participants' meeting 10.30 Morning quiz 12.00 Gold coin kai 1.00 Tai Chi</p>	<p>5. 10.00 Art Course - Come along and make a Wooden Butterfly! 1.00 Let's make savoury Toasties!</p>	<p>6. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church then Bowling Club at 9.30am</p>	<p>7. Out and About in the Community: 10.00-12.00 Reflective Journaling 1.00-2.30pm Let's explore Expressions</p>	<p>8. Upper Hutt/Lower Hutt Combined for Music Appreciation 10.30am & Music Therapy with Fiona 1.15pm Van will be at Church/ Bowling Club at 9.30</p>
<p>11. 10.00 Participants' meeting 10.30 Morning quiz 12.00 Gold coin kai 1.00 Tai Chi</p>	<p>12. 10.00 Art Course - Come along and make a Wooden Butterfly! 1.00 Let's make savoury Toasties!</p>	<p>13. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church then Bowling Club at 9.30am</p>	<p>14. 10.30am Leave for National portrait Gallery and Wellington Museum. Trip includes Picnic Lunch First Stop MIX lower Hutt</p>	<p>15. Upper Hutt/Lower Hutt Combined for Music Appreciation 10.30am & Music Therapy with Fiona 1.15pm Van will be at Church/ Bowling Club at 9.30</p>
<p>18. 10.00 Participants' meeting 10.30 Morning quiz 12.00 Gold coin kai 1.00 Quiz and Games</p>	<p>19. 10.00-11.30 Guest Tutor: Mask Making with Erica 1.00 Let's make fruit Toasties!</p>	<p>20. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church then Bowling Club at 9.30am</p>	<p>21. Upper Hutt and Lower Hutt Combined: Out and About in the Community: 10.30-2.00pm H2O Extreme</p>	<p>22. Upper Hutt/Lower Hutt Combined for Music Appreciation 10.30am & Music Therapy with Fiona 1.15pmVan will be at Church/Bowling Club at 9.30</p>
<p>25. Labour Day Monday Statutory Holiday</p>	<p>26.10.00 Art Course - Come along and make a Wooden Butterfly! 1.00 Let's make fruit Toasties!</p>	<p>27. Upper Hutt and Lower Hutt Combined for Wellbeing Workshop Van will be at Church then Bowling Club at 9.30am</p>	<p>28. Upper Hutt and Lower Hutt Combined 10.30 - 2.30 Tikanga MIX! Nau mai, Haere mai! All welcome Shared Kai</p>	<p>29. Upper Hutt/ Lower Hutt Combined for Music Appreciation 10.30am & Music Therapy with Fiona 1.15pm Van will be at Church/Bowling Club at 9.30</p>