



**March 2022  
Timetable**

<https://www.facebook.com/Mixinc/>

[www.mix.org.nz](http://www.mix.org.nz)

**MIX Lower Hutt**  
212 Knights Road  
Staff Phone: 569-3162  
Participants Phone: 569-7271  
Monday - Friday  
9:30 am - 3:00 pm

**MIX Upper Hutt**  
Upper Hutt Bowling Club,  
37 Exchange Street  
Phone: 04 528 7342  
Text: 027 317 5683  
Monday - Friday  
9:30 am - 3:00 pm

**MIX Wainuiomata**  
6 Rowe Parade  
Wainuiomata  
Phone: 027 306 1175  
Monday - Friday  
9.30am - 3:00 pm

**MIX Upper Hutt Community & Wellbeing Timetable March 2022**

	<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>
	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
9:30	Arrival & social time	Arrival & social time	Arrival & social time	MIX Upper Hutt is Open	MIX Upper Hutt is Open
10:30	10am Participants meeting	Colouring & Affirmations	<b>Guest Tutor</b> Janice Meditation, Yoga, Inner Calm	Pot Painting	Piano and Singing with Emily
11:00	Roll Ups	Pie Day			Burger Preparation
12:00	Gold Coin Kai		Light Lunch	Smoothies & Snacks	\$2 Burgers
13:00	Cool Crafts	Singing the Beatles with Emily	Musical Instrument Making	Trentham Memorial Park - Bartons Bush	Piano and Singing with Emily
13:30	Produce your own poem	Laugh party (bring your own joke)	Chess with Fred		Music Helps with Fiona
	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
9:30	Arrival & social time	Arrival & social time	Arrival & social time	MIX Upper Hutt is Open	MIX Upper Hutt is Open
10:30	10am Participants meeting	Colouring & Affirmations	<b>Guest Tutor</b> Janice Meditation, Yoga, Inner Calm	Pot Painting	
11:00	Roll Ups	Pie Day			
12:00	Gold Coin Kai		Light Lunch	Smoothies & Snacks	\$2 Burgers
13:00	Cool Crafts	Singing the Beatles with Emily	Musical Instrument Making	Expressions trip	
13:30	Joy Collage	Laugh party (bring your own joke)			Music Helps with Fiona
	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
9:30	Arrival & social time	Arrival & social time	Arrival & social time	MIX Upper Hutt is Open	MIX Upper Hutt is Open
10:30	10am Participants meeting	Colouring & Affirmations	<b>Guest Tutor</b> Janice Meditation, Yoga, Inner Calm	Pot Planting	
11:00	Roll Ups	Pie Day			
12:00	Gold Coin Kai		Light Lunch	Smoothies & Snacks	\$2 Burgers
13:00	Cool Crafts	Singing the Beatles with Emily	Musical Instrument Making	Percys Reserve Visit	
13:30	Make your own face scrub	Laugh party (bring your own joke)			Music Helps with Fiona
	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
9:30	Arrival & social time	Arrival & social time	Arrival & social time	MIX Upper Hutt is Open	MIX Upper Hutt is Open
10:30	10am Participants meeting	Colouring & Affirmations	<b>Guest Tutor</b> Janice Meditation, Yoga, Inner Calm	Pot Planting	
11:00	Roll Ups	Pie Day			
12:00	Gold Coin Kai		Light Lunch	Smoothies & Snacks	\$2 Burgers
13:00	Cool Crafts	Singing the Beatles with Emily	Musical Instrument Making	Harcourt Park Trip	
13:30	Joy Collage	Laugh party (bring your own joke)			Music Helps with Fiona

## Wellbeing House - Community Timetable - 212 Knights Road, Lower Hutt - March 2022

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
9:30		Medical Students Day		Trip day Thursday	
10:30		Games Morning	Circus Skills with Laura	Botanical Gardens	Lounge Karaoke
11:00					
12:00		Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
13:00		Ignite Gym (1:30-2:30) Max 8 participants Vaccine Pass required			Laugh Party - Bring Your Own Joke
13:30			Wellbeing Wednesday with Samora	Gardening Club Knights Road	
	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
9:30	Medical Students Day	Medical Students Day		Trip day Thursday	
10:30	Participants' meeting	Games Morning	Circus Skills with Laura	Kaitoke River	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Gold Coin Kai	Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
13:00		Ignite Gym (1:30-2:30) Max 8 participants Vaccine Pass required			Joy Collage
13:30	Mindful Monday with Hudson		Wellbeing Wednesday with Samora	Gardening Club Knights Road	
	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
9:30				Trip day Thursday	
10:30	Participants' meeting	Games Morning	Circus Skills with Laura	Staglands	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Gold Coin Kai	Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
13:00		Ignite Gym (1:30-2:30) Max 8 participants Vaccine Pass required			Laugh Party - Bring Your Own Joke
13:30	Mindful Monday with Hudson		Wellbeing Wednesday with Samora	Gardening Club Knights Road	
	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
9:30				Trip day Thursday	
10:30	Participants' meeting	Games Morning	Circus Skills with Laura	Titahi Bay Murals Walking Tour	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Gold Coin Kai	Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
13:00		Ignite Gym (1:30-2:30) Max 8 participants Vaccine Pass required			Gratitude Collage
13:30	Mindful Monday with Hudson		Wellbeing Wednesday with Samora	Gardening Club Knights Road	
	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
9:30				Trip day Thursday	
10:30	Participants' meeting	Games Morning	Circus Skills with Laura	Opp Shopping Tour	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Gold Coin Kai	Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
13:00		Ignite Gym (1:30-2:30) Max 8 participants Vaccine Pass required			Laugh Party - Bring Your Own Joke
13:30	Mindful Monday with Hudson		Wellbeing Wednesday with Samora	Gardening Club Knights Road	

### Te Whare Marama Art Rooms - 212 Knights Road Lower Hutt - Timetable - March 2022

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
9:30	All Day Clay with Clare	All Day Clay with Clare	Exhibition Preparation	Exhibition Preparation	10am Art Trip: Hutt Art Society 9/11 Myrtle Street, Hutt Central
10:30		<b>Art Participants Meeting</b> Mirror your image self portrait with charcoal or paint with Kathy	Open Studio Make your own succulent terrariums with Peter Hall	Open Studio	
12:00	Gold Coin Kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch
13:00	Clay with Clare - Beginners Welcome		Open Studio	Open Studio	Open Studio with Garry
	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
9:30	All Day Clay with Clare	All Day Clay with Clare	Open Studio	Exhibition Preparation	10am Art Trip: Dowse Art Museum: Maori Moving Image & The Truth is Out There
10:30	Open Studio	<b>Art Participants Meeting</b> Mirror your image self portrait with charcoal or paint with Kathy	Make your own succulent terrariums, with Peter Hall	Open Studio	
12:00	Gold Coin Kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch
13:00	Clay with Clare - Beginners Welcome	Mirror your image self portrait with charcoal or paint with Kathy	Open Studio		Open Studio with Garry
	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
9:30	All Day Clay with Clare	All Day Clay with Clare	Open Clay Studio	Exhibition Preparation	10am Art Trip: Petone Settlers Museum
10:30	Open Studio	<b>Art Participants Meeting</b> Recreate your very own masters painting by learning the techniques for VanGogh with Kathy	Make your own succulent terrariums with Peter Hall	Open Studio	
12:00	Gold Coin Kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch
13:00	Clay with Clare - Beginners Welcome			Open Studio	Open Studio with Garry
	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
9:30	All Day Clay with Clare	All Day Clay with Clare	Open Studio	Exhibition Preparation	Nothing All Day
10:30		<b>Art Participants Meeting</b> Recreate your very own masters painting by learning the techniques for VanGogh with Kathy	Make your own succulent terrariums, with Peter Hall	Open Studio	Jokes! A road to nowhere
12:00	Gold Coin Kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch
13:00	Clay with Clare - Beginners Welcome		Open Studio	Open Studio	Open Studio with Garry

### Wainuiomata Te Whare Toi Ora - 6 Rowe Parade - Art Programme - March 2022 Timetable

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
9:30	Karakia	Karakia	Karakia	Karakia	Combined with LH Day 10am Art Trip: Hutt Art Society 9/11 Myrtle Street, Hutt Central
10:30	open studio/ crafts	open studio/ crafts	Waituhi/Painting	Masters Painting	
13:00	Bone carving	Cardboard modelling	Uku/Clay	Whakairo/ Bone carving, beginners welcome / Open Studio	Lower Hutt Open Studio with Garry
	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
9:30	Karakia	Karakia	Karakia	Karakia	Combined with LH Day 10am Art Trip: Dowse Art Museum: Maori Moving Image & The Truth is Out There
10:30	open studio/crafts	open studio/crafts	Waituhi/Painting	Masters Painting	
13:00	Bone carving	Cardboard modelling	Uku/Clay	Whakairo/ Bone carving, beginners welcome / Open Studio	Lower Hutt Open Studio with Garry
	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
9:30	Karakia	Karakia	Karakia	Karakia	Combined with LH Day 10am Art Trip: Petone Settlers Museum
10:30	open studio/crafts	open studio/crafts	Waituhi/Painting	Masters Painting	
13:00	Bone carving	Cardboard modelling	Uku/Clay	Whakairo/ Bone carving, beginners welcome / Open Studio	Lower Hutt Open Studio with Garry
	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
9:30	Karakia	Karakia	Karakia	Karakia	Combined with LH Day
10:30	open studio/crafts	open studio /crafts	Waituhi/Painting	Masters Painting	Jokes!
13:00	Bone carving	Cardboard modelling	Uku/Clay	Whakairo/ Bone carving, beginners welcome / Open Studio	A Road to Nowhere Lower Hutt Open Studio with Garry