

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

**facebook**  
<https://www.facebook.com/MixInc/>

**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,  
37 Exchange Street  
Phone: 04 528 7342

**Text: 027 317 5683**

**Opening Hours:**

Mon, Tuesday and Wednesdays:  
9:30 am - 3:00 pm  
Van ride available Thurs & Fri

**MIX Wainuiomata**

6 Rowe Parade,  
  
Wainuiomata  
Phone: 0273061175

**Opening Hours:**

Mon - Fri: 10:00 am - 3:00 pm

Fri: Lower Hutt combined trip

**After Hours Support Options**

Warmline: 0800 200 207  
Depression Support line: 0800 111 757  
Text 1737 Healthline: 0800 611 116



*Connecting, Creating, Living*

**JUNE 2022 Timetable**

**We look forward to welcoming you**

***Interested in joining MIX?***

***Call us to arrange a time to pop in and try a session visit:  
[www.mix.org.nz](http://www.mix.org.nz)***

*Timetable is subject to change*

**Te Whare Marama Art Rooms - 212 Knights Road Lower Hutt - Timetable - June 2022**

	<b>Rāhina / Monday</b>	<b>Rātū / Tuesday</b>	<b>Rāapa / Wednesday</b>	<b>Rāpare / Thursday</b>	<b>Rāmere / Friday</b>		
	<b>Clare &amp; Miranda</b>	<b>Clare &amp; Kathy</b>	<b>Kathy &amp; Katie</b>	<b>Kathy &amp; Clare</b>	<b>Kathy &amp; Garry</b>		
	<b>30 May</b>	<b>31 May</b>	<b>1 June</b>	<b>2 June</b>	<b>3 June</b>		
09:30	<b>Clay &amp; Open Studio</b>	<b>Clay &amp; Open Studio</b>	<b>Creativity &amp; Craft with Kathy &amp; Katie</b>	<b>Clay &amp; Open Studio</b>	<b>Art Trip - 10am NZ Art Show TSB Arena</b>		
10:30							
11:00		<b>Art Participants Meeting</b>					
12:00	\$2 kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	\$2 Burgers		
13:00	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>		
	<b>6 June</b>	<b>7 June</b>	<b>8 June</b>	<b>9 June</b>	<b>10 June</b>		
09:30	Queens Birthday	<b>All Day</b>	Set up of Annual Exhibition at Odlin Gallery				
10:30		Set up of Annual Exhibition at Odlin Gallery		<b>Artists to Staff Exhibition</b>	<b>Artists to Staff Exhibition</b>		
12:00		<b>Closed</b>		art rooms closed for lunch	\$2 Burgers		
13:00			<b>MIX Exhibition Opening 5:30PM AT ODLINS ART CENTRE!</b>	<b>Open Studio</b>	<b>Open Studio</b>		
	<b>13 June</b>	<b>14 June</b>	<b>15 June</b>	<b>16 June</b>	<b>17 June</b>		
09:30	<b>Artists to Staff Exhibition</b>	<b>Artists to Staff Exhibition</b>	<b>Artists to Staff Exhibition</b>	<b>Artists to Staff Exhibition</b>	<b>Artists to Staff Exhibition</b>		
10:30	<b>Clay &amp; Open Studio</b>	<b>Clay &amp; Open Studio</b>	<b>Creativity &amp; Craft with Kathy &amp; Katie</b>	<b>Clay &amp; Open Studio</b>	<b>Art Trip - MIX Exhibition @ Odlins</b>		
11:00							
12:00	\$2 Kai	art rooms closed for lunch				art rooms closed for lunch	art rooms closed for lunch
13:00	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>		
	<b>20 June</b>	<b>21 June</b>	<b>22 June</b>	<b>23 June</b>	<b>24 June</b>		
09:30	<b>Clay &amp; Open Studio</b>	<b>Clay &amp; Open Studio</b>	<b>Creativity &amp; Craft with Kathy &amp; Katie</b>	<b>Clay &amp; Open Studio</b>	<b>Matariki Holiday MIX CLOSED</b>		
10:30							
11:00						<b>Art Participants Meeting</b>	
12:00	\$2 kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch			
13:00	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>			
	<b>27 June</b>	<b>28 June</b>	<b>29 June</b>	<b>30 June</b>	<b>1 July</b>		
09:30	<b>Clay &amp; Open Studio</b>	<b>Clay &amp; Open Studio</b>	<b>Creativity &amp; Craft with Kathy &amp; Katie</b>	<b>Clay &amp; Open Studio</b>	<b>Art Trip 10am Pataka</b>		
10:30							
11:00						<b>Art Participants Meeting</b>	
12:00	\$2 kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch		
13:00	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>	<b>Open Studio</b>		

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

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	30 May	31 May	1 June	2 June	3 June
<b>09:30</b>	GaiaTV	Knitting club	<b>Wellbeing Wednesday</b>	Trip Day	MUSIC TV
<b>10:30</b>	Participants' meeting	Games Morning	Gardening Club Knights Road	The World Exchange Cultural Investigation Day	Lounge Karaoke
<b>11:00</b>	Participant led Quiz		<b>Wellbeing Wednesday with Shelley</b>	Authentic Cuisine Lunch	\$2 Burgers
<b>12:00</b>	\$2 Kai	Pie Day			
<b>13:30</b>	Mindful Monday with Hudson	Ignite Gym (1:10-2:30) Max 8 participants		kaibosh food rescue for programme participants	Music Helps with Fiona
<b>14:15</b>	Story Time with Hudson				
	6 June	7 June	8 June	9 June	10 June
<b>09:30</b>	Queens Birthday Holiday MIX CLOSED	GaiaTV	MIX CLOSED for EXHIBITION  Van rides from MIX 5pm	Trip Day	MUSIC TV
<b>10:30</b>		Guest Speaker		Transmission Gully & Waikane Beach Forage	Lounge Karaoke
<b>11:00</b>		Pie Day		Picnic Lunch	\$2 Burgers
<b>12:00</b>				kaibosh food rescue for programme participants	Music Helps with Fiona
<b>13:30</b>		Ignite Gym (1:30-2:30) Max 8 participants			
<b>14:15</b>					
	6 June	14 June	15 June	16 June	17 June
<b>09:30</b>	GaiaTV	Knitting club	<b>Wellbeing Wednesday</b>	Trip Day	MUSIC TV
<b>10:30</b>	Participants' meeting	Games Morning	Gardening Club Knights Road	Elevation: & Time Scales Interactive Matariki Art Installation	Lounge Karaoke
<b>11:00</b>	Participant led Quiz		Bring your own lunch day	Picnic Lunch	\$2 Burgers
<b>12:00</b>	\$2 Kai		Pie Day		
<b>13:30</b>	Mindful Monday with Hudson	Ignite Gym (1:30-2:30) Max 8 participants	<b>Wellbeing Wednesday with Shelley</b>	Mount Victoria	Music Helps with Fiona
<b>14:15</b>	Story Time with Hudson			kaibosh food rescue for programme participants	
	20 June	21 June	22 June	23 June	24 June
<b>09:30</b>	GaiaTV	Knitting club	<b>Wellbeing Wednesday</b>	Trip Day	<b>Matariki Holiday MIX CLOSED</b>
<b>10:30</b>	Participants' meeting	Games Morning	Gardening Club Knights Road	Trip to Wainuiomata MIX for Tikanga Immersion Day	
<b>11:00</b>	Participant led Quiz				
<b>12:00</b>	\$2 Kai	Pie Day	Bring your own lunch day	Hangi	
<b>13:00</b>		Ignite Gym (1:30-2:30) Max 8 participants	<b>Wellbeing Wednesday with Shelley</b>	kaibosh food rescue for programme participants	
<b>13:30</b>	Mindful Monday with Hudson				
<b>14:15</b>	Story Time with Hudson				
	27 June	28 June	29 June	30 June	1 July
<b>09:30</b>	GaiaTV	Knitting club	Wellbeing Wednesday	Trip Day	MUSIC TV
<b>10:30</b>	Participants' meeting	Games Morning	Gardening Club Knights Road	Buddist Temple	Lounge Karaoke
<b>11:00</b>	Participant led Quiz				
<b>12:00</b>	\$2 Kai	Pie Day	Bring your own lunch day	Picnic Lunch	\$2 Burgers
<b>13:00</b>		Ignite Gym (1:30-2:30) Max 8 participants	<b>Wellbeing Wednesday with Shelley</b>	kaibosh food rescue for programme participants	Music Helps with Fiona
<b>13:30</b>	Mindful Monday with Hudson				
<b>14:15</b>	Story Time with Hudson				

## MIX Upper Hutt Community & Wellbeing Timetable June 2022

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	30 May	31 May	1 June	2 June	3 June
<b>09:30</b>	Audiobook Story	Audiobook Story	Audiobook Story	Audiobook Story	Van to Lower Hutt 9.30am. Call to arrange pick up .
<b>10:30</b>	Exploring Music	Paper mache Projects	Meditation , Yoga & Inner calm with Janice	<i>Meal &amp; Visitor Preparation</i>	Music Appreciation
<b>11:00</b>		Pie Day	<b>Spanish Class</b>	UH World Tours	\$2 Kai
<b>12:00</b>	\$2 Kai		Lunch	First Stop Mexico	Music Helps
<b>13:00</b>	<b>1pm Participants meeting</b>		Chess with Fred	Cultural Cuisine Lunch	
	6 June	7 June	8 June	9 June	10 June
<b>09:30</b>	Queens Birthday Holiday	Audiobook Story	Mix is closed for Exhibition prep	Combined Trip with Lower Hutt	Van to Lower Hutt 9.30am. Call to arrange pick up .
<b>10:30</b>		Matariki Star Project	Doors open 3.30pm	Waikanae Beach Forage	Music Appreciation
<b>11:00</b>		Pie Day	<b>Depart for Exhibition at 4.30</b>	Transmission Gully Trip	\$2 Kai
<b>12:00</b>				Picnic Lunch	Music Helps
<b>13:00</b>					
	13 June	14 June	15 June	16 June	17 June
<b>09:30</b>	Music TV	Audiobook Story	Audiobook Story	Audiobook Story	Van to Lower Hutt 9.30am. Call to arrange pick up .
<b>10:30</b>	Exploring Music	Matariki Star Project	Meditation , Yoga & Inner calm with Janice	Music & Movement Day	Music Appreciation
<b>11:00</b>		Pie Day	<b>Spanish Class</b>		\$2 Lunch
<b>12:00</b>	\$2 Kai		Lunch	Picnic Lunch	Music Helps
<b>13:00</b>	<b>1pm Participants meeting</b>		Chess with Fred		
	20 June	21 June	22 June	23 June	24 June
<b>09:30</b>	Music TV	Audiobook Story	Audiobook Story	Combined Trip with Lower Hutt	<b>Matariki Holiday</b>
<b>10:30</b>	Exploring Music	Autumn/winter Art	Meditation , Yoga & Inner calm with Janice	Tikanga Day in Wainuiomata	<b>MIX CLOSED</b>
<b>11:00</b>		Pie Day	<b>Spanish Class</b>		
<b>12:00</b>	\$2 Kai		Lunch	Hangi Lunch	
<b>13:00</b>	<b>1pm Participants meeting</b>		Chess with Fred		
	27 June	28 June	29 June	30 June	1 July
<b>09:30</b>			Audiobook Story	Combined Trip with Lower Hutt	Van to Lower Hutt 9.30am. Call to arrange pick up .
<b>10:30</b>	Exploring Music	Autumn/ Winter Art	Meditation , Yoga & Inner calm with Janice	Buddist Temple	Music Appreciation
<b>11:00</b>			<b>Spanish Class</b>		\$2 Lunch
<b>12:00</b>	\$2 Kai	Pie Day	Lunch	Picnic Lunch	Music Helps
<b>13:00</b>	<b>Participants Meeting</b>		Chess with Fred		

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

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	30 May	31 May	1 June	2 June	3 June
<b>09:30</b> <b>10:00</b> <b>11:00</b> <b>12:00</b>	karakia <b>Open studios</b>  Upcycled wall decorations Bone carving	karakia <b>Open Studios</b> Fusing plastic sheets for sewing  Story Telling	karakia Waituhi/Painting Lounge Karaoke  Uku/Clay Lounge Quizz	karakia Waiata & Poi  Whakairo/Bone carving beginners welcome	combined day with Lower Hutt Art Trip NZ Art Show  <b>Lower Hutt</b>
	6 June	7 June	8 June	9 June	10 June
<b>09:30</b> <b>10:00</b> <b>11:00</b> <b>12:00</b> <b>13:00</b> <b>13:30</b>	Queens Birthday  CLOSED	Set up of Annual Exhibition at Odlin Gallery  CLOSED	Exhibition setup  CLOSED Exhibition opening 5.30pm - 7.00 ALL WELCOME Refreshments, Live music Great art and craft	karakia  Waiata & Poi  Whakairo/Bone carving beginners welcome	combined day with Lower Hutt MIX Exhibition  <b>Lower Hutt</b>
	13 June	14 June	15 June	16 June	17 June
<b>09:30</b> <b>10:00</b> <b>11:00</b> <b>12:00</b> <b>13:00</b> <b>13:30</b>	karakia <b>Open studios</b>  Upcycled wall decorations Bone carving	karakia <b>Open Studios</b> Fusing plastic sheets for sewing Pen Drawing - Gary  Story Telling	karakia Waituhi/Painting Lounge Karaoke  Uku/Clay Lounge Quizz	karakia  Waiata & Poi  Whakairo/Bone carving beginners welcome	combined day with Lower Hutt MIX Exhibition  <b>Lower Hutt</b>
	20 June	21 June	22 June	23 June	24 June
<b>09:30</b> <b>10:00</b> <b>11:00</b> <b>12:00</b> <b>13:00</b> <b>13:30</b>	karakia <b>Open studios</b>  Upcycled wall decorations Bone carving	karakia <b>Open Studios</b> Fusing plastic sheets for sewing  Story Telling	karakia Waituhi/Painting Lounge Karaoke  Uku/Clay Lounge Quizz	Tikanga Immersion Day Vistors!  Hangi	Matariki Holiday MIX closed
	27 June	28 June	29 June	30 June	1 July
<b>09:30</b> <b>10:00</b> <b>11:00</b> <b>12:00</b> <b>13:00</b> <b>13:30</b>	karakia <b>Open studios</b>  Upcycled wall decorations Bone carving	karakia Fusing plastic sheets for sewing  Pen Drawing - Gary  Story Telling	karakia Waituhi/Painting Lounge Karaoke  Uku/Clay Lounge Quizz	karakia  Waiata & Poi  Whakairo/Bone carving beginners welcome	combined day with Lower Hutt Art Trip Pataka <b>Lower Hutt</b>