

Website

www.mix.org.nz

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

MIX Lower Hutt

212 Knights Road

Staff Phone: 569-3162

Participants Phone: 569-7271

Opening Hours:

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

Opening Hours:

Monday - Friday

9:30 am - 3:00 pm

MIX Wainuiomata

6 Rowe Parade

Wainuiomata

Phone: 027 306 1175

Opening Hours:

Monday - Friday

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

July 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

Timetable is subject to change



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

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	4 July	5 July	6 July	7 July	8 July
09:30	GaiaTV	Knitting club: pom poms & knitting	Wellbeing Wednesday Gaia TV	Trip Day	MUSIC TV
10:30	Participants' meeting	Games Morning	Employment Skills Group with Tania & Hugo	The World Exchange Cultural Investigation Day - SCOTLAND.	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Kai with Victoria (\$2)	Pie Day	Bring your own lunch day	Authentic Cuisine Lunch	Kai with Victoria (\$2)
13:30	Mindful Monday with Hudson	Ignite Gym (1:10-2:30) Max 8 participants	Group Art Therapy with Rachel	<i>kaibosh food rescue for programme participants</i>	Music Helps with Fiona
14:15	Story Time with Hudson				
	11 July	12 July	13 July	14 July	15 July
09:30	GaiaTV	Knitting club: pom poms & knitting	Wellbeing Wednesday Gaia TV	Trip Day	MUSIC TV
10:30	Participants' meeting	Games Morning	Employment Skills Group with Tania & Hugo	Police Museum Porirua	Lounge Karaoke
11:00	Participant led Quiz	Pie Day			
12:00	Kai with Victoria (\$2)	Pie Day	Bring your own lunch day	Picnic Lunch	Kai with Victoria (\$2)
13:30	Mindful Monday with Hudson	Ignite Gym (1:30-2:30) Max 8 participants	Group Art Therapy with Rachel		Music Discovery with Richar
14:15	Story Time with Hudson			<i>kaibosh food rescue for programme participants</i>	
	18 July	19 July	20 July	21 July	22 July
09:30	GaiaTV	Knitting club: pom poms & knitting	Wellbeing Wednesday Gaia TV	Trip Day	MUSIC TV
10:30	Participants' meeting	Games Morning	Employment Skills Group with Tania & Hugo	Trip to Wainuiomata MIX for Tikanga Immersion Day	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Kai with Victoria (\$2)	Pie Day	Bring your own lunch day	Picnic Lunch	Kai with Victoria (\$2)
13:30	Mindful Monday with Hudson	Ignite Gym (1:30-2:30) Max 8 participants	Group Art Therapy with Rachel		Music Helps with Fiona
14:15	Story Time with Hudson			<i>kaibosh food rescue for programme participants</i>	
	25 July	26 July	27 July	28 July	29 July
09:30	GaiaTV	Knitting club: pom poms & knitting	Wellbeing Wednesday Gaia TV	Trip Day	MUSIC TV
10:30	Participants' meeting	Games Morning	Employment Skills Group with Tania & Hugo	Pataka	Lounge Karaoke
11:00	Participant led Quiz				
12:00	Kai with Victoria (\$2)	Pie Day	Bring your own lunch day	Picnic Lunch	Kai with Victoria (\$2)
13:30	Mindful Monday with Hudson	Ignite Gym (1:30-2:30) Max 8 participants	Group Art Therapy with Rachel	<i>kaibosh food rescue for programme participants</i>	Music Helps with Fiona
14:15	Story Time with Hudson				



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

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	Clare & Miranda	Clare & Kathy	Kathy & Katie	Kathy & Clare	Kathy & Garry
	4 July	5 July	6 July	7 July	8 July
09:30	Create with Clay Beginners Welcome		Paint & Decorate a Ceramic Angel Heart	Clay & Open Studio	Art Trip 10am Christopher Ulutupu: Is that the best you can do? Video Presentation Jhana Millers, Level 1, Mibar Building, 85 Victoria Street
10:30	Glass & Bottle repurposing				
11:00					
12:00	\$2 kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	\$2 Kai
13:00	Open Studio		Open Studio	Open Studio	Open Studio
	11 July	12 July	13 July	14 July	15 July
09:30	Create with Clay Beginners Welcome	Masters Painting Class	Paint & Decorate a Ceramic Angel Heart	Clay & Open Studio	Art Trip 10am: PAINT Bartley & Company Art Level 2, 22 Garrett Street, WGTN
10:30	Glass & Bottle repurposing	Create with Clay Beginners Welcome			
11:00					
12:00	\$2 Kai	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch	\$2 Kai
13:00	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
	18 July	19 July	20 July	21 July	22 July
09:30	Create with Clay Beginners Welcome	Masters Painting Class		Clay & Open Studio	Art Trip 10am: Ōhāriu Collective Parliament's art gallery Te Papakura
10:30	Glass & Bottle repurposing	Create with Clay Beginners Welcome	Paint & Decorate a Ceramic Angel Heart		
11:00					
12:00	\$2 Kai	art rooms closed for lunch	art rooms closed for lunch	art rooms closed for lunch	\$2 Kai
13:00	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
	25 July	26 July	27 July	28 July	29 July
09:30	Create with Clay Beginners Welcome	Masters Painting Class	Paint & Decorate a Ceramic Angel Heart	Clay & Open Studio	Art Trip 10am: Te Whanganui-a-Tara: Wellington Museum WGTN
10:30	Glass & Bottle repurposing	Create with Clay Beginners Welcome			
11:00					
12:00	\$2 kai	Pie Day Lunch	art rooms closed for lunch	art rooms closed for lunch	\$2 Kai
13:00	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio

MIX Upper Hutt Community & Wellbeing Timetable July 2022

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	4 July	5 July	6 July	7 July	8 July
09:30	Audiobook Story	Audiobook Story	Wellbeing TV Presentation	Audiobook Story	Van to Lower Hutt 9.30am. Call to arrange pick up .
10:30	Exploring Music	Welcome Board	Group Art Therapy with Rachel	<i>Meal & Visitor Preparation</i>	Music Appreciation
11:00	Spanish Class		Chair Yoga/Meditation	UH World Tours	\$2 Kai
12:00	\$2 Lunch	Pie Day	Lunch	Second Stop Scotland	Music Helps
13:00	Participants Meeting		Chess with Fred	Cultural Cuisine Lunch	
	11 July	12 July	13 July	14 July	15 July
09:30	Music TV	Audiobook Story	Wellbeing TV Presentation	Combined Trip with Lower Hutt	Van to Lower Hutt 9.30am. Call to arrange pick up .
10:30	Exploring Music	Welcome Board	Group Art Therapy with Rachel	Police Museum Porirua	Music Appreciation
11:00	Spanish Class		Chair Yoga/Meditation		
12:00	\$2 Lunch	Pie Day	Lunch		\$2 Lunch
13:00	Participants meeting		Chess with Fred		Music Helps
	18 July	19 July	20 July	21 July	22 July
09:30	Music TV	Audiobook Story	Wellbeing TV Presentation		Van to Lower Hutt
10:30	Exploring Music	Musical composition	Group Art Therapy with Rachel	Combined Trip with Lower Hutt	Music Appreciation
11:00	Spanish Class	Pie Day	Chair Yoga/Meditation	Tikanga Day in Wainuiomata	
12:00	\$2 Lunch	<i>Trip to expressions for winds & brass musical concert, by Te Koki school of Music.</i>	Lunch		\$2 Lunch
13:00	Participants meeting	1pm Concert Start	Chess with Fred		Music Helps
	25 July	26 July	27 July	28 July	29 July
09:30		Musical Composition	Wellbeing TV Presentation	Combined Trip with Lower Hutt	Van to Lower Hutt 9.30am. Call to arrange pick up .
10:30	Exploring Music		Group Art Therapy with Rachel	Pataka Museum Porirua	Music Appreciation
11:00	Spanish Class		Chair Yoga/Meditation		
12:00	\$2 Lunch	Pie Day	Lunch		\$2 Lunch
13:00	Participants Meeting		Chess with Fred		Music Helps



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

	Rāhina / Monday	Rātū / Tuesday	Rāapa / Wednesday	Rāpare / Thursday	Rāmere / Friday
	4 July	5 July	6 July	7 July	8 July
09:30 10:00 11:00 12:00 13:00 13:30	Open studios	Open studios Upcycling coloured plastic lids Discovering Art & Painting with Garry	karakia Waituhi/Painting/Crystal dot pictures Lounge Karaoke Uku/Clay	karakia Glass Bottle Craft Whakairo/Bone carving beginners welcome	combined day with Lower Hutt Lower Hutt
	11 July	12 July	13 July	14 July	15 July
09:30 10:00 11:00 12:00 13:00 13:30	Open studios	karakia Open Studios Upcycling coloured plastic lids Discovering Art & Painting with Garry	karakia Waituhi/Painting/Crystal dot pictures Lounge Karaoke Uku/Clay	karakia Glass Bottle Craft Whakairo/Bone carving beginners welcome	combined day with Lower Hutt Lower Hutt
	18 July	19 July	20 July	21 July	22 July
09:30 10:00 11:00 12:00 13:00 13:30	karakia Open studios	karakia Open Studios Upcycling coloured plastic lids Discovering Art & Painting with Garry	karakia Waituhi/Painting/Crystal dot pictures Lounge Karaoke Uku/Clay	Tikanga Immersion Day Shared kai	combined day with Lower Hutt Art Trip Lower Hutt
	25 July	26 July	27 July	28 July	29 July
09:30 10:00 11:00 12:00 13:00 13:30	karakia Open studios	karakia Upcycling coloured plastic lids Discovering Art & Painting with Garry	karakia Waituhi/Painting/Crystal dot pictures Lounge Karaoke Uku/Clay	karakia Glass Bottle Craft Whakairo/Bone carving beginners welcome	combined day with Lower Hutt Art Trip Lower Hutt