LOWER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
					1 NOVEMBER
09:30					Combined with Upper Hutt
10:30					Vocal training
11:00					Karaoke and Dancing
12:00					$2 Healthy shared Kai
13:00					Music Helps with Fiona
13:30					
	4 NOVEMBER	5 NOVEMBER	6 NOVEMBER	7 NOVEMBER	8 NOVEMBER
09:30				Trip day	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Swimming pool	Vocal training
11:00	Brain Activity & Quiz	Scattergories	Learning New Recipes	& picnic	Karaoke and Dancing
12:00	$2 Healthy shared Kai	Pie Hour		Bring your swimsuit & a towel	$2 Healthy shared Kai
13:00	Mindful Walk	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Meditation		Wellbeing activity with J	Kaibosh 2:00pm MIX LH	
	11 NOVEMBER	12 NOVEMBER	13 NOVEMBER	14 NOVEMBER	15 NOVEMBER
09:30				Trip day	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Bowling Upper Hutt (wd)	Vocal training
11:00	Brain Activity & Quiz	Scattergories	Learning New Recipes	& picnic	Karaoke and Dancing
12:00	$2 Healthy shared Kai	Pie Hour			$2 Healthy shared Kai
13:00	Mindful Walk	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Meditation		Wellbeing activity with M	Kaibosh 2:00pm MIX LH	
	18 NOVEMBER	19 NOVEMBER	20 NOVEMBER	21 NOVEMBER	22 NOVEMBER
09:30				Trip day	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Te papa Tongarewa	Vocal training
11:00	Brain Activity & Quiz	Scattergories	Learning New Recipes	& picnic	Karaoke and Dancing
12:00	$2 Healthy shared Kai	Pie Hour			$2 Healthy shared Kai
13:00	Mindful Walk	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Meditation		Wellbeing activity with V	Kaibosh 2:00pm MIX LH	
	25 NOVEMBER	26 NOVEMBER	27 NOVEMBER	28 NOVEMBER	29 NOVEMBER
09:30				Trip day/ Ra haerenga	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Tikanga day	Vocal training
11:00	Brain Activity & Quiz	Scattergories	Percussion Group Whakaoho		Karaoke and Dancing
12:00	$2 Healthy shared Kai	Pie Hour	Learning New Recipes	Healthy shared kai	$2 Healthy shared Kai
13:00	Mindful Walk	Gym	Mindful Walk or Chair Yoga	Kai toha hauora	Music Helps with Fiona
13:30	Meditation		Wellbeing activity with J	Kaibosh 2:00pm MIX LH	