LOWER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
	2 SEPTEMBER	**3 SEPTEMBER**	**4 SEPTEMBER**	**5 SEPTEMBER**	**6 SEPTEMBER**
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	Wellbeing conversations with	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson/ Gardening		Wellbeing activity with J	Kaibosh 2:00pm MIX LH	
	9 SEPTEMBER	**10 SEPTEMBER**	**11 SEPTEMBER**	**12 SEPTEMBER**	**13 SEPTEMBER**
09:30				Trip day	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Ten pin bowling	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	Wellbeing conversations with	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson/ Gardening		Wellbeing activity with M	Kaibosh 2:00pm MIX LH	
	16 SEPTEMBER	**17 SEPTEMBER**	**18 SEPTEMBER**	**19 SEPTEMBER**	**20 SEPTEMBER**
09:30				MIX CLOSED	Combined with Upper Hutt
10:30	Participant Meeting	Spanish Language Class	Cooking Skills	Staff training day	Vocal training
11:00	Brain Activity & Quiz	Scattergories	Learning New Recipes		Karaoke and Dancing
12:00	$2 Healthy shared Kai	Pie Hour			$2 Healthy shared Kai
13:00	Wellbeing conversations with	Gym	Mindful Walk or Chair Yoga		Music Helps with Fiona
13:30	Hudson/ Gardening		Wellbeing activity with V		
	23 SEPTEMBER	**24 SEPTEMBER**	**25 SEPTEMBER**	**26 SEPTEMBER**	**27 SEPTEMBER**
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	Wellbeing conversations with	Gym	Mindful Walk or Chair Yoga	Kai toha hauora	Music Helps with Fiona
13:30	Hudson/ Gardening		Wellbeing activity with J	Kaibosh 2:00pm MIX LH	
	30 SEPTEMBER				
09:30					
10:30	Participant Meeting				
11:00	Brain Activity & Quiz				
12:00	$2 Healthy shared Kai				
13:00	Wellbeing conversations with				
13:30	Hudson/ Gardening				