UPPER HUTT TIMETABLE

	RAHINA / MONDAY	RĀTŪ / TUESDAY	RĀAPA / WEDNESDAY	RĀPARE / THURSDAY	RĀMERE / FRIDAY
	2 SEPTEMBER	**3 SEPTEMBER**	**4 SEPTEMBER**	**5 SEPTEMBER**	**6 SEPTEMBER**
09:30	Muffin Monday			Trip Day	Van to Lower Hutt
10:30	Brain Games	Art with Jonny	Meditation & Sound Healing	Swimming pool	Vocal Training
11:00	Participants' Meeting		Chair Yoga	& picnic	Karaoke and Dancing
12:00	$2 Shared Kai	Pie day	Shared Kai	Bring your swimsuit & a towel	$2 Shared Kai
13:00	Mindful Walk or Chair Yoga	Mindful Walk	Mindful Walk		Music Helps with Fiona
13:30	Games or Art activities	Games or Art Activities	Games or Art Activities	Kaibosh 2:00 pm MIX LH	
	9 SEPTEMBER	**10 SEPTEMBER**	**11 SEPTEMBER**	**12 SEPTEMBER**	**13 SEPTEMBER**
09:30	Muffin Monday			Trip Day	Van to Lower Hutt
10:30	Brain Games	Clay Work	Meditation & Sound Healing	Ten pin bowling	Vocal Training
11:00	Participants' Meeting	Human form with Xander	Chair Yoga	Savemart UH &	Karaoke and Dancing
12:00	$2 Shared Kai	Pie Day	Shared Kai	Picnic	$2 Shared Kai
13:00	Mindful Walk or Chair Yoga	Mindful Walk	Mindful Walk		Music Helps with Fiona
13:30	Games or Art activities	Games or Art Activities	Games or Art Activities	Kaibosh 2:00 pm MIX LH	
	16 SEPTEMBER	**17 SEPTEMBER**	**18 SEPTEMBER**	**19 SEPTEMBER**	**20 SEPTEMBER**
09:30	Muffin Monday			MIX CLOSED	Van to Lower Hutt
10:30	Brain Games	Pencil Drawing, dimensions	Meditation & Sound Healing	Staff training day	Vocal Training
11:00	Participants' Meeting	and Constructing Objects	Chair Yoga		Karaoke and Dancing
12:00	$2 Shared Kai	Pie Day	Shared Kai		$2 Shared Kai
13:00	Mindful Walk or Chair Yoga	Mindful Walk	Mindful Walk		Music Helps with Fiona
13:30	Games or Art activities	Tea & Biscuits	Games or Art Activities		
	23 SEPTEMBER	**24 SEPTEMBER**	**25 SEPTEMBER**	**26 SEPTEMBER**	**27 SEPTEMBER**
09:30	Muffin Monday			Trip day/ Ra haerenga	Van to Lower Hutt
10:30	Brain Games	Clay Work Glazing Fired	Meditation & Sound Healing	Tikanga day	Vocal Training
11:00	Participants' Meeting	Pieces & Constructing vases	Chair Yoga		Karaoke and Dancing
12:00	$2 Shared Kai	Pie Day	Shared Kai	Healthy shared kai	$2 Shared Kai
13:00	Mindful Walk or Chair Yoga	Mindful Walk	Mindful Walk	Kai toha hauora	Music Helps with Fiona
13:30	Games or Art activities	Games or Art Activities	Games or Art Activities	Kaibosh 2:00 pm MIX LH	
	30 SEPTEMBER				
09:30	Muffin Monday				
10:30	Brain Games				
11:00	Participants' Meeting				
12:00	$2 Shared Kai				
13:00	Mindful Walk or Chair Yoga				
13:30	Games or Art activities				