

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat -Sun
3 Freshair Walking with Reclink 8.30-9.30am PARTICIPANT PLANNING DAY 10am- 1pm With Lunch	4 Culinary Connections  10am – 2pm	5 Exercise Fun 10.30am – 11.30am with Lucinda Moody Yoga with Fiona at Lasseters 12.30-1.30pm	6 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	7 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	8 - 9
10 Beat the Blues Walk with Reclink 8.30-9.30am World Mental Health Day Exhibition opening at The Residency 10:00am-12:00pm (Pick Ups Available)	11 Drop – In Only (NO PICK UPS AVAILABLE)	12 Exercise Fun 10.30am – 11.30am with Lucinda Moody Live music by the Story Teller at The Residency Bakery open for lunch for purchase 11:30am to 1:30pm (No Pick ups Available)	13 Fitness Fun / Boxing 10:30-11:30 Drop – In Only (NO PICK UPS AVAILABLE)	14 Stress Less in the Park 9:00am-12:00pm Hospital Lawns (opposite RFDS) (Pick Ups Available)	15 - 16
17 Freshair Walking with Reclink 8.30-9.30am RECOVERY WORKSHOP 10am -12pm	18 Pip’s Kitchen  10am – 2pm	19 Exercise Fun with Lucinda Moody 10.30am – 11.30am Health Checks with Emma 11-12 Yoga with Fiona at Lasseters 12.30-1.30pm	20 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	21 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	22 Ten Pin Bowling Weekend Activity 10-2pm
24 Freshair Walking with Reclink 8.30-9.30am	25 Pip’s Kitchen  10am – 2pm	26 Exercise Fun with Lucinda Moody 10.30am – 11.30am Yoga with Fiona at Lasseters 12.30-1.30pm 	27 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	28 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	29 -30
31 Freshair Walking with Reclink 8.30-9.30am					

Our Day to Day Living and Drop In Centre is a welcoming place where you can chat to other participants, watch a movie, have a cuppa or do some painting and crafts.

Activities are offered daily from Mondays to Fridays. Come along, have fun, learn new skills and stay connected!

Some activities are run at MHACA and some at other venues in the community.

If you have an idea for a new activity, let us know!

How to join in:

Please book at least one week in advance by calling Sharon on 8950 4600.

Pickups and drop offs (at 3pm) are available for MHACA participants only.

Passes for Yoga, Get Physical, Gym or Swimming Pool are available from Sharon.

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