

# Day to Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Sat -Sun  |
|---|--|--|---|--|---|
|   |  |  | <b>1</b><br><b>Fitness Fun / Boxing</b><br><b>10:30-11:30</b><br><br><b>Craft afternoon</b><br><b>with Philomena</b><br><b>1:00 - 3:00</b>  | <b>2</b><br><b>Community Garden</b><br><b>9:30 -11:00 am</b>   | <b>3 - 4</b>  |
| <b>5</b><br><br><b>Freshair Walking</b><br><b>with Reclink</b><br><b>9:30 -10-30</b><br><br><b>ChiGong-</b><br><b>10:30 -11:30</b>  | <b>6</b><br><br><b>Pip's Kitchen</b><br><br><b>10am - 2pm</b><br><br><b>"Carers Q &amp; A"</b><br><b>Carers on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b>  | <b>7</b><br><br><b>Exercise Fun</b><br><b>10.30am - 11.30am</b><br><b>with Lucinda Moody</b><br><br><br><b>Yoga</b><br><b>with Fiona</b><br><b>at Lasseters</b><br><b>12.30-1.30pm</b>   | <b>8</b><br><br><b>R U OK? Day</b><br><b>Morning Tea</b><br><b>9:30-10:30</b><br><br><b>Fitness Fun / Boxing</b><br><b>10:30-11:30</b><br><b>Craft afternoon</b><br><b>with Philomena</b><br><b>1:00 - 3:00</b><br><b>"How to connect with</b><br><b>someone who is</b><br><b>unwell"</b><br><b>Carers on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b> | <b>9</b><br><br><b>World Suicide</b><br><b>Prevention Day</b><br><b>Event</b><br><b>Town Council</b><br><b>Lawns</b><br><b>9:30-11:00am</b><br><br><b>"PicMenTherapy"</b><br><b>(Photography for</b><br><b>Recovery)</b><br><b>1:00 - 2:30</b> | <b>10 - 11</b>  |
| <b>12</b><br><br><b>RECOVERY</b><br><b>WORKSHOP</b><br><b>Mindfulness with</b><br><b>Michelle Wilson</b><br><b>10am -12pm</b><br><br><b>Participant /Staff</b><br><b>Meeting</b><br><b>with Lunch</b><br><b>12:30pm - 2pm</b> | <b>13</b><br><br><b>Cooking with Sharon</b><br><br><b>10am - 2pm</b><br><br><b>"NDIS Info Session"</b><br><b>Carers</b><br><b>on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b>  | <b>14</b><br><br><b>Exercise Fun</b><br><b>with Lucinda Moody</b><br><b>10.30am - 11.30am</b><br><br><b>Health Checks</b><br><b>with Emma</b><br><b>11-12</b><br><br><b>Yoga</b><br><b>with Fiona</b><br><b>at Lasseters</b><br><b>12.30-1.30pm</b>                        | <b>15</b><br><br><b>Fitness Fun /</b><br><b>Boxing</b><br><b>10:30-11:30</b><br><br><b>Craft afternoon</b><br><b>with Philomena</b><br><b>1:00 - 3:00</b>   | <b>16</b><br><br><b>Gentle Water</b><br><b>Exercise</b><br><b>At Town Pool with</b><br><b>Reclink</b><br><b>10am - 11am</b><br><br><b>"PicMenTherapy"</b><br><b>(Photography for</b><br><b>Recovery)</b><br><b>1:00 - 2:30</b>                 | <b>Saturday 17th</b><br><br><b>Unbroken Land</b><br><b>Performances &amp;</b><br><b>Stories about</b><br><b>Belonging in Alice</b><br><b>Springs.</b><br><b>@ Desert Park.</b><br><b>5:30pm - 8:30pm.</b> |
| <b>19</b><br><br><b>Freshair Walking</b><br><b>with Reclink</b><br><b>9:30 -10-30</b><br><br><b>ChiGong-</b><br><b>10:30 -11:30</b>   | <b>20</b><br><br><b>Pip's Kitchen</b><br><br><b>10am - 2pm</b><br><br><b>"Understanding how</b><br><b>trauma affects mental</b><br><b>health"</b><br><b>Lived Experience</b><br><b>on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b> | <b>21</b><br><br><b>Exercise Fun</b><br><b>with Lucinda Moody</b><br><b>10.30am - 11.30am</b><br><br><b>Yoga</b><br><b>with Fiona</b><br><b>at Lasseters</b><br><b>12.30-1.30pm</b><br> | <b>22</b><br><br><b>Fitness Fun /</b><br><b>Boxing</b><br><b>10:30-11:30</b><br><br><b>Craft afternoon</b><br><b>with Philomena</b><br><b>1:00 - 3:00</b><br><br><b>"Mindfulness"</b><br><b>Lived Experience</b><br><b>on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b>   | <b>23</b><br><br><b>Gentle Water</b><br><b>Exercise</b><br><b>At Town Pool with</b><br><b>Reclink</b><br><b>10am - 11am</b><br><br><b>"PicMenTherapy"</b><br><b>(Photography for</b><br><b>Recovery)</b><br><b>1:00 - 2:30</b>                 | <b>24 -25</b>   |
| <b>26</b><br><br><b>Freshair Walking</b><br><b>with Reclink</b><br><b>9:30 -10-30</b><br><br><b>ChiGong-</b><br><b>10:30 -11:30</b>   | <b>27</b><br><br><b>Pip's Kitchen</b><br><br><b>10am - 2pm</b><br><br><b>"Challenging Stigma"</b><br><b>Lived Experience</b><br><b>on line forum</b><br><b>6:30-8:30pm</b><br><b>mhaca.saneforums.org</b>   | <b>28</b><br><br><b>Exercise Fun</b><br><b>with Lucinda Moody</b><br><b>10.30am - 11.30am</b><br><br><b>Yoga</b><br><b>with Fiona</b><br><b>at Lasseters</b><br><b>12.30-1.30pm</b><br> | <b>29</b><br><br><b>Fitness Fun /</b><br><b>Boxing</b><br><b>10:30-11:30</b><br><br><b>Craft afternoon</b><br><b>with Philomena</b><br><b>1:00 - 3:00</b>   | <b>30</b><br><br><b>Gentle Water</b><br><b>Exercise</b><br><b>At Town Pool with</b><br><b>Reclink</b><br><b>10am - 11am</b><br><br><b>"PicMenTherapy"</b><br><b>(Photography for</b><br><b>Recovery)</b><br><b>1:00 - 2:30</b>                 |   |

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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0870  
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