

# Day to Day Living Calendar

Mental Health Association of Central Australia (MHACA), 14 Lindsay Ave, Alice Springs. Main Phone: 08 8950 4600

Our Day to Day Living (D2DL) & 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 Tuesday to Fridays come along have fun, learn new skills & stay connected. If you have an idea for a new activity, let us know!  
Come along to the Participant forum and have your Say.



## FEBRUARY 2016



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
1	2 <b>Culinary Connections with Pip</b>  10am-2pm	3 <b>Exercise Fun</b> with Lucinda Moody 10am – 11am 	4 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm	5 <b>Knitting With Jude</b> 10 – 12  Reclink Swimming with Diana 1-2.30pm	6-7
8 <b>Recovery Workshop with Kath</b> 11-1pm with Lunch	9 <b>Pip's Kitchen</b>  10am – 2pm	10 <b>Mental Health Directorate Visit</b> With Breakfast 9.30am  Yoga with Jacqui 10.30-11.30am	11 Textile Crafts with Philomena 1-3pm	12 <b>Reclink Gentle Water Exercises</b> with Diana 10-11am	13 <b>Bowling</b>  10-2pm
15	16 <b>Pip's Kitchen</b>  10am – 2pm	17 <b>Exercise Fun</b> with Lucinda Moody 10am – 11am  <b>Health Checks with Emma</b> 11-12	18 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm	19 <b>Knitting With Jude</b> 10-12  Reclink Swimming with Diana 1-2.30pm	20-21
22	23 <b>Pip's Kitchen</b>  10am – 2pm	24 Yoga with Jacqui 9-10am	25 Textile Crafts with Philomena 1-3pm	26 <b>Reclink Gentle Water Exercises</b> 10-11am	27-28
29	<b>Come along and welcome our new Team Leader, Sharon to D2DL Program 😊</b>				

Some D2DL activities are run at MHACA and some at other venues in the Community

**Activity bookings:**  
Pick-ups & Drop-offs are available for activities.

Please book at least one week in advance by calling **Sharon or Diana** in D2DL on **8950 4600**

Drop-offs home are available at 3pm for MHACA participants only.

Passes available for Yoga, Get Physical Gym or Swimming pool. Ask Diana or Sharon

Training Opportunities for peers

- Recovery Workshop
- Mental Health 1<sup>st</sup> Aid
- Accidental Counsellor
- ASIST
- Reactive Strategies