



MHACA
Mental Health
Association of
Central Australia

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 (DTDL) & 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!



MARCH 2016



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
	1 Culinary Connections with Pip  10am-2pm	2 Exercise Fun with Lucinda Moody 10am – 11am  Yoga with Fiona at Lasseters 12.30-1.30pm	3 Community Garden 9-10 am 	4 Reclink Swimming with Diana 1-2pm	5 Cinema TBA
7 <i>Recovery Workshop with Sharon & Diana 10-12md</i> <i>Staff/Participant Meeting 12-1pm with Lunch</i>	8 Pip's Kitchen  10am – 2pm	9 Yoga with Fiona at Lasseters 12.30-1.30pm	10 Smoking Cessation 10-11.30am Take a drive to Craft Council 1-3pm	11 Reclink Gentle Water Exercises with Diana 10-11am	12-13
14	15 Pip's Kitchen  10am – 2pm	16 Exercise Fun with Lucinda Moody 10am – 11am  Health Checks with Emma 11-12 Yoga with Fiona at Lasseters 12.30-1.30pm	17 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm	18 Tips for Healthy Eating with Anthea 11-12md Reclink Swimming with Diana 1-2pm	19-20
21	22 Pip's Kitchen  10am – 2pm	23 Yoga with Fiona at Lasseters 12.30-1.30pm	24 Textile Crafts with Philomena 1-3pm	25 GOOD FRIDAY MHACA CLOSED	26-27
28 EASTER MONDAY MHACA CLOSED	29	30 Exercise Fun with Lucinda Moody 10am – 11am  Yoga with Fiona at Lasseters 12.30-1.30pm	31 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm		

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 1st Aid
 - Accidental Counsellor
 - ASIST
 - Reactive Strategies