

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
2 MHACA CLOSED May Day	3 Culinary Connections with Pip  10am – 2pm	4 Yoga with Fiona at Lasseters 12.30-1.30pm	5 Textile Crafts with Philomena 1-3pm	6 Belly Dancing with Margaret 11.30-12.30 	7-8
9 RECOVERY WORKSHOP Recovery Stories – Guidelines & Story Writing With Sarah and Sharon	10 Pip's Kitchen  10am – 2pm	11 Exercise Fun with Lucinda Moody 10am – 11am  Health Checks with Emma 11-12 Yoga with Fiona at Lasseters 12.30-1.30pm	12 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm	13 Knitting with Jude 10-12pm Belly Dancing with Margaret 12.30-1.30	14-15 Telegraph Station Picnic 
16 Schizophrenia Awareness Week 15 to 21 May	17 Pip's Kitchen  10am – 2pm International Day Against Homophobia & Transphobia Lived Experience on line forum 6:30pm Visit Forums page on MHACA website	18 Yoga with Fiona at Lasseters 12.30-1.30pm	19 Textile Crafts with Philomena 1-3pm Bereavement and Mental Illness Workshop 1-4:30pm Book with MHACA Schizophrenia Awareness Week Lived Experience on line forum and carers on line forum 6:30pm Visit Forums page on MHACA website	20 Belly Dancing with Margaret 11.30-12.30 	21-22 MHACA Wellness Walk and Fun Run Sunday 22 May 7-9am, Double Tree Hilton Car Park Please make your own way to this event
23	24 Pip's Kitchen  10am – 2pm	25 Exercise Fun with Lucinda Moody 10am – 11am  Yoga with Fiona at Lasseters 12.30-1.30pm	26 Community Garden 9-10 am  Textile Crafts with Philomena 1-3pm	27 Knitting with Jude 10-12pm Belly Dancing with Margaret 12.30-1.30	28-29
30	31 Pip's Kitchen  10am – 2pm				

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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