

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



December 2016 – January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
			1. Fitness Fun / Boxing 10:30-11:30 Craft afternoon 1:00 - 3:00pm	2. Gentle Water Exercise 10am - 11am "PicMenTherapy" 1:00 – 2:30	3/4.
5.	6. Social Barbeque 10-2pm	7. Exercise Fun 10.30am – 11.30am	8. Craft afternoon 1:00 - 3:00pm	9 "PicMenTherapy" 1:00 – 2:30	10/11.
12. Recovery Workshop 10-12pm	13. Xmas Baking 10am – 2pm "Loneliness and connection over Christmas " Lived Experience on line forum 5:30-7:30pm mhaca.saneforums.org	14. Exercise Fun 10.30am – 11.30am Basic Weight Training 1.30-2.30pm	15. Fitness Fun/Boxing 10:30-11:30 Craft afternoon 1:00 - 3:00pm	16. Gentle Water Exercise 10am - 11am "PicMenTherapy" 1:00 – 2:30	17/18.
19. Walking at the Pool 9.30-10.30am	20. Creative Cooking 10am – 2pm "Christmas stress " Carers on line forum 5:30-7:30pm mhaca.saneforums.org	21. Exercise Fun 10am – 11.30am	22. Swimming & Sausage Sizzle at the Pool 10-1pm	23 Xmas Movies 9-2pm	24/25. 
26. MHACA CLOSED  Public Holiday	27. MHACA CLOSED Public Holiday	28. Board Games 9-2pm	29. MHACA Working Bee & BBQ 9-1pm	30. New Year Karaoke/Disco	31/1.
JANUARY 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
2. MHACA CLOSED NEW YEARS DAY	3. Social Barbeque 10-2pm	4. Exercise Fun 10am – 11.30am	5 Craft afternoon 1:00 - 3:00pm	6. Gentle Water Exercise 10am - 11am "PicMenTherapy" 1:00 – 2:30	7/8.
9. Walking at the Pool 8.30am-9.30am Recovery Workshop- Participant/Staff Meeting 10-1pm	10. Creative Cooking 10am – 2pm	11. Exercise Fun 10.30am – 11.30am	12. Craft afternoon 1:00 - 3:00pm	13. Gentle Water Exercise 10am - 11am "PicMenTherapy" 1:00 – 2:30	14/15.
16. Walking at the Pool 8.30am-9.30am	17. Creative Cooking 10am – 2pm	18 Exercise Fun 10.30am – 11.30am Health Checks with Emma 11am-12pm	19. MHACA Working Bee & BBQ 9-1pm Craft afternoon 1:00 - 3:00pm	20. Gentle Water Exercise 10am - 11am "PicMenTherapy" 1:00 – 2:30	21/22.
23. Walking at the Pool 8.30am-9.30am	24. Creative Cooking 10am – 2pm	25. Exercise Fun 10.30am – 11.30am	26. MHACA CLOSED AUSTRALIA DAY 	27. Gentle Water Exercise 10am - 11am Cinema 10-1pm	28/29.
30. MHACA Closed At 12pm Due to Staff Training	31. MHACA Closed 8.30-1pm Due to Staff Training				

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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