

# Day to Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
		<b>1</b> Exercise Fun with Lucinda 10:30am – 11:30am  Participant/Staff Meeting 12-1pm  Terrarium Making 1.30-3.00pm	<b>2</b> Free Style Dance with Reclink 11am – 12.00pm  Craft Afternoon with Craig Curry 12:00pm – 3:00pm	<b>3</b> Gentle Water Exercise at the Town Pool with Reclink 10:00am – 11:00am  Music with Story Teller 12.30-2.30pm	4-5
<b>6</b> DROP IN have a cuppa and a chat   Staff development day 1-4pm	<b>7</b> Pip's Kitchen  10:00am – 2:00pm	<b>8</b> Exercise Fun with Lucinda 10:30am – 11:30am  RECOVERY WORKSHOP 10:00am – 12:00pm With Sarah  International Women's Day	<b>9</b> Free Style Dance with Reclink 11.00am – 12.00pm  Craft Afternoon with Craig Curry 12:00pm – 3:00pm	<b>10</b> Gentle Water Exercise at the Town Pool with Reclink 10:00am – 11:00am  Music with Story Teller 12.30-2.30pm	<b>11-12</b> Araluen Art Gallery 10am – 2.00pm With lunch at the cafe
<b>13</b> DROP IN have a cuppa and a chat  	<b>14</b> Pip's Kitchen  10:00am – 2:00pm	<b>15</b> Exercise Fun with Lucinda 10:30am – 11:30am  Health Checks with Emma 11:00am – 12:00pm  Centerlink-DHS Information Session 1:00pm – 2:30pm	<b>16</b> Free Style Dance with Reclink 11.00am – 12.00pm  Craft Afternoon with Craig Curry 12:00pm – 3:00pm	<b>17</b> Gentle Water Exercise at the Town Pool with Reclink 10:00am – 11:00am  Music with Story Teller 12.30-2.30pm	18-19
<b>20</b> DROP IN have a cuppa and a chat   What is NDIS and Participants Pathway Information session Andy McNeil Room 2-3.30pm	<b>21</b> Pip's Kitchen  10:00am – 2:00pm	<b>22</b> Exercise Fun with Lucinda 10:30am – 11:30am  Drama info session with Diana 1-3pm	<b>23</b> Free Style Dance with Reclink 11.00am – 12.00pm  Craft Afternoon with Craig Curry 12:00pm – 3:00pm	<b>24</b> Gentle Water Exercise at the Town Pool with Reclink 10:00am – 11:00am  Music with Story Teller 12.30-2.30pm	25-26
<b>27</b> DROP IN have a cuppa and a chat  	<b>28</b> Pip's Kitchen  10:00am – 2:00pm	<b>29</b> Exercise Fun with Lucinda 10:30am – 11:30am  Drama info session with Diana 1-3pm	<b>30</b> Free Style Dance with Reclink 11.00am – 12.00pm  Craft Afternoon with Craig Curry 12:00pm – 3:00pm	<b>31</b> Gentle Water Exercise at the Town Pool with Reclink 10:00am – 11:00am  Music with Story Teller 12.30-2.30pm	

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 Tuesday to Friday. 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 or Kingsley on 8950 4600.

Pickups are available for calendar activities (Not Drop-in) MHACA participants only.

Drop offs (at 3pm)

t: (08) 8950 4600  
 f: (08) 8952 1574  
 e: info@mhaca.org.au  
 a: 14 Lindsay Avenue  
 Alice Springs NT  
 0870  
 www.mhaca.org.au

