

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
	1 Social Barbeque 10-2pm Melbourne Cup (Wear your best hat)	2 Exercise Fun 10.30am – 11.30am with Lucinda Moody Basic Weight Training with Reclink at ASYC 1.30-2.30pm	3 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	4 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	5-6
7 Walk Fresh Air Walking with Reclink 8.30-9.30am Yoga with Reclink 11.30-12.30pm ASTC - Andy McNeil Room	8 Creative Cooking  10am – 2pm Rosie Batty – Australian Domestic Violence Campaigner 2-3pm	9 Exercise Fun 10.30am – 11.30am with Lucinda Moody Basic Weight Training with Reclink at ASYC 1.30-2.30pm	10 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	11 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	12-13
14 Freshair Walking with Reclink 8.30-9.30am RECOVERY WORKSHOP 10am -12pm Staff/Participant Meeting 12-1pm with lunch	15 Creative Cooking  10am – 2pm “Perinatal Depression and Anxiety Awareness Week” Lived Experience on line forum 5:30-7:30pm mhaca.saneforums.org	16 Exercise Fun with Lucinda Moody 10.30am – 11.30am Health Checks with Emma 11-12 Basic Weight Training with Reclink at ASYC 1.30-2.30pm	17 Fitness Fun / Boxing 10:30-11:30 Participant Interviews 12-1pm with lunch Craft afternoon with Philomena 1:00 - 3:00	18 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	19-20 Alice Springs Aquatic Centre BBQ included 10-2pm
21 Planning Day/MHACA Review with Lunch 10-1pm	22 Creative Cooking with Craig  10am – 2pm “Setting Boundaries” Carers on line forum 5:30-7:30pm mhaca.saneforums.org	23 Exercise Fun with Lucinda Moody 10.30am – 11.30am Basic Weight Training with Reclink at ASYC 1.30-2.30pm	24 Fitness Fun / Boxing 10:30-11:30 Craft afternoon with Philomena 1:00 - 3:00	25 Gentle Water Exercise At Town Pool with Reclink 10am - 11am “PicMenTherapy” (Photography for Recovery) 1:00 – 2:30	26-27
28 Freshair Walking with Reclink 8.30-9.30am Yoga with Reclink 11.30-12.30pm ASTC - Andy McNeil Room	29 Creative Cooking  10am – 2pm	30 Exercise Fun with Lucinda Moody 10.30am – 11.30am Basic Weight Training with Reclink at ASYC 1.30-2.30pm			

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 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.

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