



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!



APRIL 2016



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
				1 Reclink Swimming with Sharon 1-2pm	2-3
4 Reclink Walking Program 9-10am (ANZAC carpark) Recovery Workshop with Sharon 10-12md	5 Culinary Connections with Pip  10am – 2pm	6 Yoga with Fiona at Lasseters 12.30-1.30pm	7 Craft Theme Movie – How to Make an American Quilt 1-3pm	8 Reclink Gentle Water Exercises with Sharon 10-11am	9-10 Ross River 
11 Reclink Walking Program 9-10am (ANZAC carpark) Participant Planning Day 10-1pm Lunch included	12 Pip's Kitchen  10am – 2pm	13 Exercise Fun with Lucinda Moody 10am – 11am  Health Checks with Emma 11-12 Yoga with Fiona at Lasseters 12.30-1.30pm	14 Community Garden 9-10 am  Music with Be 10-12pm Textile Crafts with Philomena 1-3pm	15 Knitting with Jude 10-12pm Reclink Swimming with Sharon 1-2pm	16-17
18 Participant/Staff & Board Strategic Planning Meeting at Desert Park 9.30-3pm MHACA CLOSED	19 Pip's Kitchen  10am – 2pm	20 Yoga with Fiona at Lasseters 12.30-1.30pm	21 Music with Be 10-12pm  Textile Crafts with Philomena 1-3pm	22 Knitting with Jude 10-12pm Reclink Gentle Water Exercises with Sharon 10-11am	23-24
25 Anzac Day  Lest We Forget. MHACA Closed	26 Participants Strategic Planning Meeting 10.30-1pm including lunch MHACA Closed at 1.30pm	27 Exercise Fun with Lucinda Moody 10am – 11am  Yoga with Fiona at Lasseters 12.30-1.30pm	28 Community Garden 9-10 am  Music with Be 10-12pm Textile Crafts with Philomena 1-3pm	29 Knitting with Jude 10-12pm Reclink Swimming with Sharon 1-2pm	30-1st

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 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 Sharon

Training Opportunities for peers

- Recovery Workshop
- Mental Health 1st Aid
- Accidental Counsellor

Contact Sharon if you are interested