

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



February 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat –Sun |
|--------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------|
| | | 1 Exercise Fun 10.30– 11.30am with Lucinda Moody | 2 Free Style Dance with Reclink 10.30-11.30am Craft afternoon with Craig Curry 12.00 – 3.00pm | 3 Gentle Water Exercise At Town Pool with Reclink 10am - 11am Music with the Story Teller 12.30-2.30pm | 4-5 |
| 6 | 7 Planning Day 10.00am -12.00pm Followed by the Social BBQ 11.00am-2.00pm | 8 Exercise Fun 10.30am – 11.30am with Lucinda Moody Recovery Group 1.00-3.00pm | 9 Free Style Dance with Reclink 10.30-11.30am Craft afternoon with Craig Curry 12.00 – 3.00pm | 10 Gentle Water Exercise At Town Pool with Reclink 10am - 11am Music with the Story Teller 12.30-2.30pm | 11-12 |
| 13 | 14 Pip's Kitchen  10am – 2pm | 15 Exercise Fun with Lucinda Moody 10.30am – 11.30am Health Checks with Emma 11-12pm Centrelink-DHS Information session 1.00-2.30pm | 16 Free Style Dance with Reclink 10.30-11.30am Craft afternoon with Craig Curry 12.00 – 3.00pm | 17 Gentle Water Exercise At Town Pool with Reclink 10am - 11am Music with the Story Teller 12.30-2.30pm | 18-19 |
| 20 | 21 Pip's Kitchen  10am – 2pm | 22 Exercise Fun with Lucinda Moody 10.30am – 11.30am MHACA Outing at the telegraph station (Chicken & Salad) 12.30-2.30pm | 23 Free Style Dance with Reclink 10:30-11:30am Craft afternoon with Craig Curry 12.00 – 3.00pm | 24 Gentle Water Exercise At Town Pool with Reclink 10am - 11am Music with the Story Teller 12.30-2.30pm | 25-26 |
| 27 | 28 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 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)

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