

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
		1 Music 10am – 12pm Exercise Fun with Lucinda Moody 10.00am – 11.00am Yoga with Fiona at Lasseters 12.30-1.30pm	2 Reading Circle 11.00-12.00pm   Textile Crafts with Philomena 1-3pm	3 Community Garden 9:30 -11:00 am Story Telling / Music with Glen 12:30 – 2:30	4-5
6 RECOVERY WORKSHOP Assertive Communication 10am -12pm Participant /Staff Meeting with Lunch 12:30pm – 2pm	7 Culinary Connections  10am – 2pm	8 Music 10am – 12pm Health Checks with Emma 11-12 Yoga with Fiona at Lasseters 12.30-1.30pm 	9 Reading Circle 11.00-12.00pm   Textile Crafts with Philomena 1-3pm	10 Community Garden 9:30 -11:00 am Op Shopping 10-12pm Story Telling / Music with Glen 12:30 – 2:30	11-12
13 MHACA CLOSED-PUBLIC HOLIDAY	14 Pip's Kitchen  10am – 2pm	15 Music 10am – 12pm Exercise Fun with Lucinda Moody 10.00am – 11.00am Yoga with Fiona at Lasseters 12.30-1.30pm 	16 Reading Circle 11.00-12.00pm   Textile Crafts with Philomena 1-3pm	17 Community Garden 9:30 -11:00 am Story Telling / Music with Glen 12:30 – 2:30	18-19
20	21 Pip's Kitchen  10am – 2pm	22 Music 10am – 12pm Yoga with Fiona at Lasseters 12.30-1.30pm 	23  Textile Crafts with Philomena 1-3pm No pick-ups and drop offs today	24 Knitting 10-12pm No pick-ups and drop offs today	25 Beanie Festival  10-2pm
27	28 Pip's Kitchen  10am – 2pm	29 Music 10am – 12pm Yoga with Fiona at Lasseters 12.30-1.30pm 	30 Reading Circle 11.00-12.00pm  Textile Crafts 1-3pm		

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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