



# Mental Health Association of Central Australia (MHACA)



## Day to Day Living Calendar

### July 2010








Connect with people in a friendly environment ... A range of activities are on offer, with some by Reclink & the Salvation Army. Do some craft or painting, use the computer, checkout our library or if you feel like getting active come & play Nintendo Wii or do some Yoga for relaxation ...



Something for everyone! Meet new people, learn some skills & enjoy yourself. New ideas are always welcome ...

Our friendly drop-in centre is a welcoming place where you can chill out, watch a movie, or just have a cuppa & relax

MHACA, 65 Hartley St, Alice Springs NT 0870 - (08) 8950 4600 - info@mhaca.org.au - www.mhaca.org.au

Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun	Drop-In Centre activities include:
			1 Bushwalk 11:00 - 12:30pm	2 <b>SHOW DAY</b> Showgrounds roster	3 <b>SHOW DAY</b> Showgrounds roster	
5 Mandala 11:00 - 1:00 pm	6 MHACA movie. Meet at MHACA. Book by Monday 5 <sup>th</sup> . Guitar @ Salvos 10:00 - 12:00pm	7 Art and Craft 1:30 - 2:30pm 	8 Gym Session: Body Pump 12:00 - 1:30pm 	9 Urban Encounters @ Salvos 11:00 - 1:00 pm Reclink: See calendar	10/11	<p>All activities held at MHACA, 65 Hartley St, Alice Springs - unless otherwise listed</p> <p><b>Book in for Activities with D2DL on 8950 4612</b></p> <p><i>(If you need help with transport call us prior to the event)</i></p> <p>Drop Off @ 3pm</p>
12 Healthy living (catering) 10:30-11:30 am 	13 Reclink Yoga. 10:00 Meet at MHACA or YMCA Guitar @ Salvos 10:00 - 12:00pm	14 Bushwalk 11:00 - 12:30pm 	15 Healthy Living Checks 10:00 - 11:30 am Prep for Xmas in July 10:00 - 2:00 pm	16 Urban Encounters @ Salvos 11:00 - 1:00 pm Healthy living for Xmas in July 10-2pm	17 <b>XMAS in JULY</b> Family Event MHACA 6 - 9:00pm	
19	20 Writing / Poetry workshop. 1:30 - 2:30pm Guitar @ Salvos 10:00 - 12:00pm	21 Men's group 11:30 - 12:30pm Art and Craft 1:30 - 2:30pm	22 Gym Session: Body Pump 12:00 - 1:00 pm	23 Urban Encounters @ Salvos 11:00 - 1:00 pm Reclink: See calendar	24/25	
26 Mandala 11:00 - 1:00 pm	27 Reclink Yoga. 10:00 Meet at MHACA or YMCA Guitar @ Salvos 10:00 - 12:00pm Participant Forum 5:30 - 7:00pm	28 Staff Meeting 9:00 - 12:00 pm Making Pickles and Chutneys 1:30 - 3pm	29 Shared BBQ @ MHAC 12:30 - 1:30pm 	30 Urban Encounters @ Salvos 11:00 - 1:00 pm Reclink: See calendar	31	