



# Mental Health Association of Central Australia (MHACA)



## Day to Day Living Calendar

### FEBRUARY 2012

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 Massage Chair! Or if you feel like getting active come & play Nintendo Wii, do some Yoga for relaxation or join the daily activity....








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

Something for everyone! Meet new people... 8950 4614

Drop-in Centre OPEN 8.30am - 3.00pm Weekdays @ MHACA

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	<p><b>Drop-In Centre activities include:</b></p> <ul style="list-style-type: none"> <li>Creative Arts/Crafts</li> <li>Nintendo Wii &amp; Wii Fit</li> <li>Table Tennis</li> <li>Fitness Activities</li> <li>Games/puzzles</li> <li>Socializing/BBQ's</li> <li>Movies</li> </ul> <p><b>All activities held at MHACA, 65 Hartley St, Alice Springs - unless otherwise listed</b></p> <p><b>Book in for Activities with D2DL on 8950 4612</b> (If you need help with transport call us prior to the event)</p> <p><b>Drop Off @ 3pm</b></p>
		1. <b>Reclink</b> : Zumba 10.30 @ Alice Springs Youth Centre	2. <b>Creative Pathways to Wellness</b> 10.30am- 12.00pm	3. Swimming @ the town pool 1pm 	4/5	
6.	7. <b>Guitar @ Salvos</b> 10am- 11.30am Swimming @ Town Pool 	8. <b>Reclink</b> : Zumba 10.30 @ Alice Springs Youth Centre	9. <b>Creative Pathways to Wellness</b> 10.30am- 12.00pm	10. Movie @ the Cinema. Book your ticket with D2DL by Wed 8 <sup>th</sup> . 	11/12	
13.	14. <b>Guitar @ Salvos</b> 10am- 11.30am Health Checks @ MHACA 1:30pm.	15. <b>Reclink</b> : Zumba 10.30 @ Alice Springs Youth Centre  Indigenous Males Health Shed Talk by Jeremy 1pm	16. <b>Creative Pathways to Wellness</b> 10.30am- 12.00pm	17. <b>National Apology Anniversary Activity</b>	18/19 <b>Weekend Activity</b> Olive Pink Botanical Gardens and Hill walk. 11am til 1pm Café 4 lunch 1pm-2.30pm	
20.	21. <b>Guitar @ Salvos</b> 10am- 11.30am	22. <b>Reclink</b> : Zumba 10.30 @ Alice Springs Youth Centre	23. MHACA Clean Up 11:30am BBQ @ MHACA 12:30-1:30pm 	24. 10 Pin Bowling at the Dustbowl 1pm 	25/26	
27.	28. <b>Guitar @ Salvos</b> 10am- 11.30am	29. <b>Reclink</b> Zumba 10.30 @ Alice Springs Youth Centre Women's Group Sexual Health & Wellbeing NTAHC 1pm				

The D2DL & Peer Drop-In Centre is open 8.30am-3.00pm Monday to Friday @ MHACA, 65 Hartley Street. We offer a range of activities & a friendly space for you to drop-in anytime for a cuppa and a chat ... We look forward to seeing you!