



Mental Health Association of Central Australia
(MHACA)



Day to Day Living Calendar

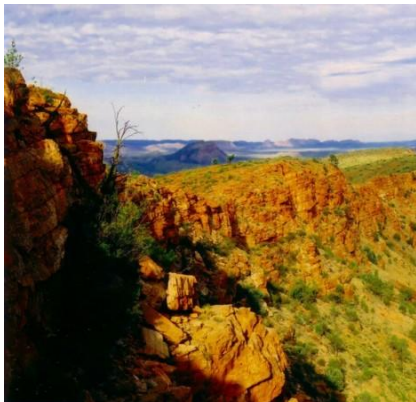
June 2009

Come & get fit at the "Y" , play guitar or join in "Singing for Recording." Activities are always changing so be sure to have a good look. New ideas always welcome - come & let us know...

Something for everyone! Meet new people, learn some skills & have some fun



Our friendly drop-in centre -
a welcome place to chill out,
have a cuppa & relax



Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
1 • GROW Meeting 5.00-7.00pm	2 • Playing Guitar @ Salvos 10.00am-2pm • Mandala drawing 1.30pm	3 • Gym at YMCA 11am-12pm (see Sean) • Singing for Recording 2-4pm	4	5 • Gym at YMCA 11am-12pm (see Sean)	6-7
8 Queens Birthday Public Holiday	9 • Playing Guitar – @ Salvos 10.00am-2pm • Mandala drawing 1.30pm • Consumer Action Group Lunch 12pm – 1.30pm @ Café TBA	10 • Gym at YMCA 11am-12pm (see Sean) • Singing for Recording 2-4pm	11 • Computer Basics 1.00-2.30pm (see Sean)	12 • Gym at YMCA 11am-12pm (see Sean) • MHACA BBQ 11-1pm • Show at Araluen <i>The Kransky Sisters</i> – Must book - See D2DL	13-14
15 • GROW Meeting 5.00-7.00pm	16 • Playing Guitar – @ Salvos 10.00am-2pm • Mandala drawing 1.30pm • 5.15pm Free 1-hr Forum <i>'Walking Through Grief'</i> Gumtree Rm, AS Resort	17 • Gym at YMCA 11am-12pm (see Sean)	18	19 • Gym at YMCA 11am-12pm (see Sean)	20-21
22 • GROW Social 5.00-7.00pm	23 • Playing Guitar – @ Salvos 10.00am-2pm • Mandala drawing 1.30pm • Consumer Forum & Dinner 6.00-8.00pm	24 • MHACA Staff Meeting 9.30-12pm • Gym at YMCA 11am-12pm (see Sean)	25 • Money Matters 11.00-1.00pm	26 • Gym at YMCA 11am-12pm (see Sean)	27-28
29 • GROW Meeting 5.00-7.00pm	30 • Playing Guitar – @ Salvos 10.00am-2pm • Mandala drawing 1.30pm	The D2DL & GROW 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 ☺			

All activities held at MHACA, 65 Hartley St, Alice Springs - unless otherwise listed

Contact Sean or Lynne on 8950 4614



A GROW Group meets every Monday 5.00 - 7.00pm

Contact Sean on 8950 4614 to find out more

(If you need help with transport call us prior to the event)