

ABOUT THE ACTIVITY CENTRE

MIFSA Activity Programs are run by staff and volunteers in conjunction with participants. No referral is required.

The Activity Program promotes wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community.

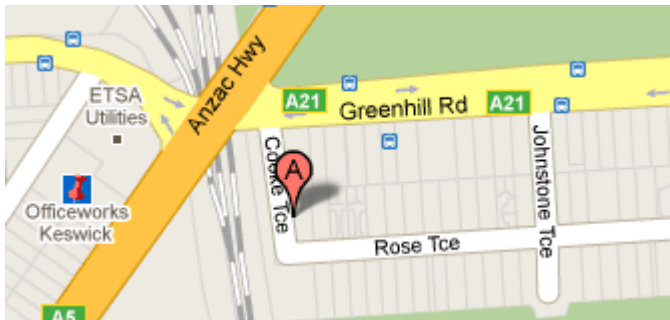
The Activity Program provides a flexible and supportive environment in which individuals can choose to participate in structured activities whilst socializing and meeting new people. Staff are friendly and approachable and will support and assist people to participate in the range of programs available.

MEMBERSHIP IS AVAILABLE

An annual fee of \$10.00 concession entitles you to membership of MIFSA.

ENQUIRIES

For further information or to arrange an appointment for an orientation of the Program please contact us on 8378 4100 .



Wednesday February 8th

1.00 - 2.30pm

Wayville Conference Room

REWIREE

Everyday Mindfulness:
When we are mindful of the present moment we let go of our old stories and open up to life as it is happening.



SOUND MINDS

A Group Supporting People Who Hear Voices
Every Thursday, 1.30 - 3.00pm
Wayville Conference Room

Funded by SA Dept of Health & Commonwealth Dept of Health and Ageing:
Support for Day to Day Living in the Community - a Structured Activity Program



mifsa | MENTAL ILLNESS FELLOWSHIP SOUTH AUSTRALIA

WAYVILLE ACTIVITY PROGRAM

February
2012

**5 Cooke Terrace
WAYVILLE**

**PO Box 310
Marleston SA 5033
phone: 8378 4100**

OPENING HOURS

**Tuesday - Friday
10:00am - 4:00pm**

MAPs and Orientation available by appointment only on Monday.

"Act - Belong - Commit"

- * Build & maintain your mental health
- * How to dedicate time to wellness
- * Achieving the balance

**Wednesday 1st February
1 - 3.00pm**

**Healthy Living Group
Workshop**

Wayville Conference Room

DRAMA - DRAMA - DRAMA

ROLL	SCENE	TAKE
	Conference	Room

Director *Drama*

Camera

Date FRIDAYS, 2 - 4pm

Computer Skills

**Thursday
10.30am - 1.30pm**

Lunch Program DAILY

10.00am - 1.00pm

Bowling

Alternate Wednesdays, 1 - 3.30pm

Monday	Fishing ONLY: 13th and 27th February: 10.00am - 3.30pm	
Tuesday		
Lunch Program	10.00am - 1.00pm	Enjoy the opportunity to "make your own" sandwich.
Out There:	10.00am - 3.00pm	7th February: Golf at Adelaide Par 3 (moderate) TBC 14th February: Walking at Aldinga Beach (easy)
Meet at Wayville at 10.00am		21st February: Meet at Wayville at 11.30am, then walk at Tusmore Park (easy) 28th February: Bike Riding at Semaphore or walking at Belair (moderate)
Art	12.00am - 3.30pm	Come along and learn ways to improve well-being through participation in art.
Wednesday		
Lunch Cooking Program	10.00am - 1.00pm	Participants & staff work together to prepare a hot lunch.
"Prep Meeting"	11.00am - Noon	1st February: Come along and enjoy the opportunity to contribute to the work of the Participant Meeting Group.
Bowling Activity or Coffee Outing	1.00pm - 3.30pm	1st February: Bowling (cost of \$6.00) 8th February: Coffee (pay for your own) 15th February: Bowling (cost of \$6.00) 22nd February: Coffee (pay for your own) 29th February: Bowling (cost of \$6.00)
Participant Meeting	11.00am - Noon	15th February: Within the Activity Space (see staff for more details)
Come and try Cooking (5 weeks)	1.00pm - 3.00pm	Contact Activity Program staff for details. Cost \$2.00
Thursday:		
Lunch Program	10.00am - 1.00pm	Participants & staff work together to prepare a "make your own" sandwich.
Computer Skills	10.30 - 1.30pm	Learn new skills or update your current I.T. skills.
Music	1.00pm - 3.30pm	Participants can express themselves through music : play an instrument, sing along; or listen to the wonderful sounds
Friday:		
Lunch Cooking Program	10.00am - 1.00pm	Participants and staff work together to prepare a cooked lunch.
Cultural Adventure	10.30am - 3.30pm	3rd February: Adelaide Airport & Brighton Jetty Classic Sculptures Exhibition 17th February: TBA
Drama:	2.00pm - 4.00pm Conference Room	Come along and express yourself through drama.

Some activities may change without prior notice due to unforeseen circumstances....Sorry for any inconvenience.