

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



December 2018 - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
3 Drop-in 8.30-12pm 	4 Putting up Xmas Tree with Niheta 10am onwards	5 Recovery Workshop with Sharon 11.00am-1.00pm	6 Craft with Hellen 10am -12pm	7 Gentle Water Exercise with Toni 10-11am	8-9
10 Drop-in 8.30-12pm 	11 Xmas Crafts with Niheta 1:00 – 3:00pm	12 Jam Session with Bosco 1.30-2.30pm	13 Crafts 10am – 12pm	14 Gentle Water Exercise with Toni 10-11am	15-16
17 Drop-in 8.30-12pm 	18 Xmas Treats with Niheta 1:00 – 3:00pm	19 Jam Session with Bosco 1.30-2.30pm	20 Xmas Baking with Hellen 9.30- 1.30	21 Christmas Lunch at MHACA 11.30-2pm	22-23
24 Drop-in 9am – 2pm 	25 MHACA CLOSED MERRY XMAS 	26 MHACA CLOSED Boxing Day	27 Drop-in 9am-2pm Crafts 10am – 12pm	28 Drop-in 9am-12pm Inhouse Movies at MHACA with Toni 9am-12pm	29-30
31 Drop-in 9am-12pm  NEW YEAR'S EVE					
JANUARY 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
	1 MHACA CLOSED New Year's Day	2 Drop-in 9am-2pm Jam Session w/ Bosco 1:00 – 2:00pm	3 Drop-in 9am-2pm Crafts 10am – 12pm	4 Drop-in 9am-12pm Karaoke with Toni 9am-12pm	5-6
7 Drop-in 8.30-12pm 	8 Getting Ready.... With Niheta 1-3pm	9 Jam Session with Bosco 1.30-2.30pm	10 Craft with Hellen 10am -12pm	11 Gentle Water Exercise with Toni 10-11am	12-13
14 Drop-in 8.30-12pm 	15 "REIMAGINE MY LIFE" WORKING GROUP w/ Mandy 10am – 12pm Getting Ready.... With Niheta 1-3pm	16 Health Checks with Com. Health Nurse 11am.-12pm Jam Session with Bosco 1.30-2.30pm	17 Craft with Hellen 10am -12pm	18 Gentle Water Exercise with Toni 10-11am	19-20
21 Drop-in 8.30-12pm 	22 Getting Ready.... With Niheta 1-3pm	23 Staff/ Participant Meeting w/ Lunch 11:00am – 12:00pm Centrelink Info Session 1.00-2.30pm	24 Craft with Hellen 10am -12pm	25 Gentle Water Exercise with Toni 10-11am	26-27
28 MHACA CLOSED AUSTRALIA DAY public holiday	29 Getting Ready.... With Niheta 1-3pm	30 Jam Session with Bosco 1.30-2.30pm	31 Craft with Hellen 10 am -12 pm		

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 Tuesday to Friday. Come along, have fun, learn new skills and stay connected!

Some activities are run at MHACA and some at other venues in the community.

How to join in:
Please respond to daily text or by calling/texting D2DL Living phone on 0439 844 146 or Reception on 8950 4600

Pickups are available for calendar activities (Not Drop-in) MHACA participants only. Drop offs at 12pm Mon & Fri and 3pm Tues-Thurs.
t: (08) 8950 4600
f: (08) 8952 1574
e: info@mhaca.org.au
a: 14 Lindsay Avenue Alice Springs NT 0870
www.mhaca.org.au