

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat -Sun
2 Drop-in 8.30-12pm  Drama Rehearsal 4pm-6pm	3 Centrelink Information Session 12.30-1.30pm Participant Study Group 1:00pm – 2:00pm	4 Peer Group Conversation Meeting 1.30-2.30pm Drama Rehearsal 4pm-6pm	5 “Everyday Meals” with Sarah 10.00am-12:00pm Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	6 MHACA CLOSED ALICE SPRINGS ANNUAL SHOW	7-8
9 Drop-in 8.30-12pm  Drama Rehearsal 4pm-6pm	10 NAIDOC MOVIE DAY 10:00am – 2:00pm	11 Recovery Workshop 11am-1pm Cultural Crafts 1:00pm – 3:00pm Drama Rehearsal 4pm-6pm	12 NAIDOC COOK UP 10:00am – 2:00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	13 Damper Morning Tea and Award ceremony 10:00am – 12:00pm DROP-IN CLOSED 12PM	14-15
NAIDOC WEEK CELEBRATION 9TH - 15TH JULY “Because of Her we Can”					
16 Drop-in 8.30-12pm  Drama Rehearsal 4pm-6pm	17 NDIS INFO SESSION For Participants 10am – 12pm with Morning Tea Participant Study Group 1:00pm – 2:00pm	18 Health Checks 11-12pm Centrelink-DHS Information session 1.00-2.30pm Drama Rehearsal 4pm-6pm	19 “Everyday Meals” with Sarah 10.00-12pm Craft afternoon with Sarah 1.00– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	20 Community Garden with Sarah 9.30-11.30am DROP-IN CLOSED 12PM	21-22
23 Drop-in 8.30-12pm  Drama Rehearsal 4pm-6pm	24 Participant Study Group 1:00pm – 2:00pm	25 Participant/Staff Meeting 12-1pm (with lunch) Drama Rehearsal 4pm-6pm	26 MHACA CLOSED STAFF TRAINING	27 MHACA CLOSED STAFF TRAINING	28-29
30 Drop-in 8.30-12pm  Drama Rehearsal 4pm-6pm	31 NDIS INFO SESSION For Participants 10am – 12pm with Morning Tea Participant Study Group 1:00pm – 2:00pm				

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.

Sharon and Sarah will be working on individual recovery plans/stay strong plans with participants and collecting relevant information regarding NDIS.

How to join in: Please book at least one week in advance by calling/texting Sharon or Sarah on 8950 4600 or 0439 844 146.

Pickups are available for calendar activities (Not Drop-in) MHACA participants only. Drop offs (at 3pm)
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