

# Day to Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
				1 <b>Community Garden with Sarah</b> 9.30-11.30am  “Sounds Good to Me” Music and sound program 12pm-1pm	2-3
4 Drop-in 8.30-2.15pm  	5 <b>MHACA Closed due to Staff Training</b>	6 <b>Recovery Workshop</b> 11am-1pm  Assertiveness Workshop with Diana 1.15pm-2.45pm	7 <b>“Everyday Meals” with Sarah</b> 10.00-12pm  Craft farewell afternoon tea for Philomena 1.00– 3.00pm	8 <b>Community Garden with Sarah</b> 9.30-11.30am  “Sounds Good to Me” Music and sound program 12pm-1pm	9-10
11 <b>MHACA CLOSED</b>  <b>QUEEN’S BIRTHDAY PUBLIC HOLIDAY</b>	12  Peer Group Conversation Meeting 10am-11.30am	13 <b>Health Checks</b> 11-12pm  <b>Centrelink-DHS Information session</b> 1.00-2.30pm  Assertiveness Workshop with Diana 1.15pm-2.45pm	14 <b>“Everyday Meals” with Sarah</b> 10.00-12pm  Craft afternoon with Sarah 1.00– 3.00pm	15 <b>Community Garden with Sarah</b> 9.30-11.30am  “Sounds Good to Me” Music and sound program 12pm-1pm	16-17  <b>Weekend Activity Free Games Leadership Activity with Reclink at Town Pool</b> 9.30am-11.30am
18 Drop-in 8.30-2.15pm  	19  NDIS INFO SESSION For Participants 10am – 12pm with Morning Tea	20  <b>Participant/Staff Meeting</b> 12-1pm (with lunch)  Assertiveness Workshop with Diana 1.15pm-2.45pm	21 <b>“Everyday Meals” with Sarah</b> 10.00-12pm  Craft afternoon with Sarah 1.00– 3.00pm	22 <b>Community Garden with Sarah</b> 9.30-11.30am  “Sounds Good to Me” Music and sound program 12pm-1pm  <b>Communication games with Rick</b> 1.30-2.30pm	23-24
25 Drop-in 8.30-2.15pm  	26  NDIS INFO SESSION For Participants 10am – 12pm with Morning Tea	27  <b>Participant Planning Day with Pathways &amp; D2DL Staff! (with Lunch)</b> 10am-1pm  Assertiveness Workshop with Diana 1.15pm-2.45pm	28  <b>“Everyday Meals” BAKING DAY with Sarah</b> 10.00-12pm  Craft afternoon with Sarah 1.00– 3.00pm	29 <b>“Sounds Good to Me”</b> Music and sound program 12pm-1pm  <b>Beanie Festival at Araluen</b> 4pm-8pm	30-1st

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)  
t: (08) 8950 4600  
f: (08) 8952 1574  
e: info@mhaca.org.au  
a: 14 Lindsay Avenue Alice Springs NT 0870  
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