

# Day to Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat - Sun
			1 Craft afternoon with Philomena 1.00 – 3.00pm	2 Gentle Water Exercise At Town Pool with Reclink 10am - 11am  Drama with Diana 1pm-3pm	3-4
5 Drop-in 8.30-2.15pm 	6 NDIS INFO SESSION For Participants 10am – 11am with Morning Tea	7 Recovery Workshop 11.00-1.00pm	8 Craft afternoon with Philomena 1.00 – 3.00pm	9 Gentle Water Exercise At Town Pool with Reclink 10am - 11am  Drama with Diana 1pm-3pm	10-11
12 Drop-in 8.30-2.15pm 	13	14 Health Checks 11-12pm  Centrelink-DHS Information session 1.00-2.30pm	15 Craft afternoon with Philomena 1.00 – 3.00pm	16 Gentle Water Exercise At Town Pool with Reclink 10am - 11am  Drama with Diana 1pm-3pm	17-18 Weekend Activity Ten Pin Bowling 10-2pm
19 Drop-in 8.30-2.15pm 	20	21 Participant/Staff Meeting 12-1pm (with lunch)	22 Craft afternoon with Philomena 1.00 – 3.00pm	23 Gentle Water Exercise At Town Pool with Reclink 10am - 11am  Drama with Diana 1pm-3pm	24-25
26 Drop-in 8.30-2.15pm 	27	28 Participant Planning Day 10am-1pm	29 Craft afternoon with Philomena 1.00 – 3.00pm	30 MHACA CLOSED Easter Good Friday Public Holiday	31-1st

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 Sharon or Sarah on 8950 4600.

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  
www.mhaca.org.au