

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
	1 Peer Group Conversation Meeting 10am – 11:30am	2 Drama with Diana 1pm-3pm	3 “Everyday Meals” 10.00-12pm Craft afternoon with Philomena 1.00– 3.00pm Basketball with Reclink 1.30-2.30pm At Traeger Stadium	4 Community Garden 9.00-11am “Sounds Good to Me” Music and sound program 12.00-1.00pm	5-6
7 MHACA CLOSED MAY DAY!	8 NDIS INFO SESSION For Participants 10am – 11am with Morning Tea	9 Recovery Workshop 11.00-1.00pm Drama with Diana 1pm-3pm	10 “Everyday Meals” 10.00-12pm Craft afternoon with Philomena 1.00– 3.00pm Basketball with Reclink 1.30-2.30pm At Traeger Stadium	11 Community Garden 9.00-11am “Sounds Good to Me” Music and sound program 12.00-1.00pm	12-13
14 Drop-in 8.30-2.15pm 	15	16 Health Checks 11-12pm Centrelink-DHS Information session 1.00-2.30pm Drama with Diana 1pm-3pm	17 “Everyday Meals” 10.00-12pm Craft afternoon with Philomena 1.00– 3.00pm Basketball with Reclink 1.30-2.30pm At Traeger Stadium	18 Community Garden 9.00-11am “Sounds Good to Me” Music and sound program 12.00-1.00pm	19-20 Weekend Activity Ten Pin Bowling 10-2pm
21 Drop-in 8.30-2.15pm 	22 NDIS INFO SESSION For Participants 10am – 11am with Morning Tea	23 Participant/Staff Meeting 12-1pm (with lunch) Drama with Diana 1pm-3pm	24 “Everyday Meals” 10.00-12pm Craft afternoon with Philomena 1.00– 3.00pm Basketball with Reclink 1.30-2.30pm At Traeger Stadium	25 OPEN DAY 10:00am – 2:00pm “Sounds Good to Me” Music and sound program 12.00-1.00pm	26-27
SCHIZOPHRENIA AWARENESS WEEK 20 TH – 27 OF MAY			MHACA OPEN DAY FRIDAY 25TH		
28 Drop-in 8.30-2.15pm 	29	30 Drama with Diana 1pm-3pm	31 “Everyday Meals” 10.00-12pm Craft afternoon with Philomena 1.00– 3.00pm Basketball with Reclink 1.30-2.30pm At Traeger Stadium		

Services Development group Meeting on Tuesday 15th of May 10:00am – 12:00pm

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 Sharon or Sarah on 8950 4600.

Please note “Everyday Meals” is a closed group, 8 participants per activity.

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