

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sat - Sun
		1 Participant Planning Day! 10am-1pm Beginners Weight Training with Reclink 1.30-2.30pm	2 Community/MHACA Garden 9am-10.30am Women's Group 11am-12.30pm Craft Afternoon 1pm-3pm	3 Gentle Water Exercise with Reclink 10am-11am In-house Movie 1pm-3pm	4-5
6 DROP IN have a cuppa and a chat 	7 Melbourne Cup Crazy Hat Day! With prizes 12pm-3pm	8 Move & Eat 10am-12pm Health Checks 11.00am-12pm Centrelink DHS Information Session 1.30pm-2.30pm	9 Community/MHACA Garden 9am-10.30am Women's Group 11am-12.30pm Craft Afternoon 1pm-3pm	10 Gentle Water Exercise with Reclink 10am-11am Music Trivia 1pm-3pm	11-12
13 DROP IN have a cuppa and a chat 	14 NDIS Information Session (Online) 10am-11am Morning Tea Included	15 Participant/Staff Meeting 12-1pm Beginners Weight Training with Reclink 1.30-2.30pm	16 Community/MHACA Garden 9am-10.30am Women's Group 11am-12.30pm Craft Afternoon 1pm-3pm	17 Gentle Water Exercise with Reclink 10am-11am Mind Teasers 1pm-3pm	18-19 Weekend Activity Cinema "Justice League" Time TBA
20 DROP IN have a cuppa and a chat 		22 Move & Eat 10am-12pm Recovery Workshop 11am-1pm Beginners Weight Training with Reclink 1.30-2.30pm	23 Community/MHACA Garden 9am-10.30am Women's Group 11am-12.30pm Craft Afternoon 1pm-3pm	24 Gentle Water Exercise with Reclink 10am-11am Karaoke 1pm-3pm	25-26
27 DROP IN have a cuppa and a chat 	28 NDIS Information Session (Some concepts of what will be different from services now) 10am-11am Morning Tea Included	29 Beginners Weight Training with Reclink 1.30-2.30pm MHACA ANNUAL GENERAL MEETING 4.30pm	30 Community/MHACA Garden 9am-10.30am Women's Group 11am-12.30pm Craft Afternoon 1pm-3pm		

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 Kingsley on 8950 4600.

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

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