

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
			1 Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	2 Gentle Water Exercise with Reclink 10-11am DROP-IN CLOSED 12PM	3-4
5 Drop-in 8.30-12pm 	6 Staying Safe Workshop ABUSE and NEGLECT is Not Okay... 10am-12pm Melbourne Cup Lunch 1.00-3pm	7 Recovery Workshop with Sharon 11.00am-1.00pm Jam Session with Bosco 1.30-2.30pm	8 Cricket with Reclink Ross Park Oval 9am-11am Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	9 Gentle Water Exercise with Reclink 10-11am DROP-IN CLOSED 12PM	10-11
12 MHACA CLOSED DUE TO STAFF TRAINING	13 MHACA CLOSED DUE TO STAFF TRAINING	14 Jam Session with Bosco 1.30-2.30pm	15 Craft with Sarah 1.00– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	16 Gentle Water Exercise with Reclink 10-11am DROP-IN CLOSED 12PM	17-18 Cinema with Niheta & Sharon 10am-2pm
19 Drop-in 8.30-12pm 	20 “REIMAGINE MY LIFE” WORKING GROUP w/ Mandy 10am – 12pm Getting Ready... with Niheta 1pm-2pm	21 Participant/Staff Meeting 12-1pm (with lunch) Centrelink-DHS Information session 1.00-2.30pm Annual General Meeting @ MHACA 4.30pm	22 Health Checks with Community Health Nurses 11-12pm Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	23 Gentle Water Exercise with Reclink 10-11am DROP-IN CLOSED 12PM	24-25
26 Drop-in 8.30-12pm 	27 Getting Ready... with Niheta 1pm-2pm	28 Jam Session with Bosco 1.30-2.30pm	29 Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium 1.30-2.30pm	30 Gentle Water Exercise with Reclink 10-11am DROP-IN CLOSED 12PM	

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.

How to join in:
Please respond to daily text or by calling/texting D2DL Living phone on 0439 844 146 or Reception on 8950 4600

Pickups are available for calendar activities (Not Drop-in) MHACA participants only. Drop offs at 12pm Mon & Fri and 3pm Tues-Thurs.
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