

# Day 2 Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



**November 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
				1 <b>PEACEFUL PATHWAYS WORKSHOP</b> NO ACTIVITIES TODAY	2-3
4 <b>DROP-IN</b> 8.30AM -1:30PM  <b>DANCE / EXERCISE</b> 10AM – 11AM	5 <b>HEALTHY COOKING</b> 9:30AM – 12PM  <b>GETTING READY</b> 1:30PM – 2:30PM	6 <b>THE BIG PICTURE BBQ</b> 10AM – 1PM <i>(please refer to flyer)</i>  <b>HEALTH CHECKS WITH COMMUNITY NURSES</b> 11AM – 12PM	7 <b>HEARING VOICES GROUP</b> 10AM – 12PM  <b>MEN'S YARNING CIRCLE</b> 1PM – 2:30PM	8 <b>WATER ACTIVITIES @ THE POOL</b> 10AM – 11AM  <b>MUSIC PROGRAM</b> 11AM – 1PM	9-10
11 <b>DROP-IN</b> 8.30AM -1:30PM  <b>DANCE / EXERCISE</b> 10AM – 11AM	12 <b>HEALTHY COOKING</b> 9:30AM – 12PM  <b>CREATIVE WRITING</b> 1:30 – 2:30PM	13 <b>BOARD GAMES/PUZZLES</b> 10AM-12PM  <b>CENTRELINK – DHS</b> 1PM – 2PM	14 <b>HEARING VOICES GROUP</b> 10AM – 12PM  <b>CRAFT</b> 1PM – 3PM  <b>MEN'S YARNING CIRCLE</b> 1PM – 2:30PM  <b>NIGHT MARKETS</b> 5PM	15 <b>WATER ACTIVITIES @ THE POOL</b> 10AM – 11AM  <b>MUSIC PROGRAM</b> 11AM – 1PM	16-17
18 <b>DROP-IN</b> 8.30AM -1:30PM  <b>DANCE / EXERCISE</b> 10AM – 11AM	19 <b>HEALTHY COOKING</b> 9:30AM – 12PM  <b>GETTING READY</b> 1:30PM – 2:30PM	20 <b>BOARD GAMES/PUZZLES</b> 10AM-12PM  <b>PARTICIPANT / STAFF MEETING</b> 12PM – 1PM	21 <b>HEARING VOICES GROUP</b> 10AM – 12PM  <b>MEN'S YARNING CIRCLE</b> 1PM – 2:30PM	22 <b>WATER ACTIVITIES @ THE POOL</b> 10AM – 11AM  <b>MUSIC PROGRAM</b> 11AM – 1PM	23-24
25 <b>DROP-IN</b> 8.30AM -1:30PM  <b>DANCE / EXERCISE</b> 10AM – 11AM	26 <b>HEALTHY COOKING</b> 9:30AM – 12PM  <b>CREATIVE WRITING</b> 1:30 – 2:30PM	27 <b>BOARD GAMES/PUZZLES</b> 10AM-12PM	28 <b>HEARING VOICES GROUP</b> 10AM – 12PM  <b>CRAFT</b> 1PM – 3PM  <b>MEN'S YARNING CIRCLE</b> 1PM – 2:30PM	29 <b>WATER ACTIVITIES @ THE POOL</b> 10AM – 11AM  <b>MUSIC PROGRAM</b> 11AM – 1PM	30

MHACA is a welcoming place that offers a Drop-In Centre and facilitated activities. You can chat to other participants, watch a movie, have a cuppa or do some painting and crafts.

Activities are offered daily Monday 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 book at least one week in advance by calling/texting Sharon on 8950 4600 or 0439 844 146.

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

t: (08) 8950 4600  
f: (08) 8952 1574  
e: [info@mhaca.org.au](mailto:info@mhaca.org.au)  
14 Lindsay Avenue  
Alice Springs NT 0870  
[www.mhaca.org.au](http://www.mhaca.org.au)

### DROP IN HOURS

**Monday**  
8:30am – 1:30pm

**Tuesday - Friday**  
8:30am – 3pm



**NDIS PRICE GUIDE:**

If you are a MHACA Participant and also have an NDIS Plan, please ensure you RSVP to all activities you wish to attend by 3PM the day before for pick-up and attendance purposes.

If you cannot make an activity, please cancel your attendance by 3PM the day before. If you cancel after 3PM the day prior, or do not show up for an activity that is in your plan, MHACA will charge you at 90% of the activity rate.

If you have any questions, please discuss these with your Support Coordinator.

Support Items	Activities	Hourly Rate
Weekday - Group activities in the Community 04_120_0136_6_1_T	<ul style="list-style-type: none"> <li>Gentle Water Exercise @ The Pool</li> <li>Men's Yarning Circle</li> </ul>	\$32.87 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> <li>Drop-in</li> <li>Dance / Exercise</li> <li>Music program</li> <li>Craft Group</li> <li>Creative Writing</li> </ul>	\$35.81 per hour
Weekday Evening -Group Activities in the Community 04_123_0136_6_1_T	<ul style="list-style-type: none"> <li>Any special weekday evening activities (Ie, Movie nights etc).</li> </ul>	\$36.28 per hour
Weekend Activities - Group activities in the Community 04_121_0136_6_1_T	Monthly weekend activities range from cinema, Tenpin bowling, Simpson's Gap, Camping etc.	\$45.22 per hours
Increase Social and Community Participation, Skills development in a group 09_007_0117_6_3	<ul style="list-style-type: none"> <li>Women's Group</li> <li>Getting Ready</li> <li>Hearing Voices</li> <li>Healthy Cooking</li> </ul>	\$40.96 per hour
Increase Social and Community Participation Individual Skills Development And Training 09_009_0117_6_3	Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation.	\$81.93 per hour
Transport	Will be charged at 10 minutes per trip at the rate of the activity in which you are involved.	