

# Day to Day Living Calendar



**MHACA**  
Mental Health  
Association of  
Central Australia



October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Sat -Sun
1 <b>Drop-in 8.30-12pm</b> 	2 <b>“Everyday Meals” w/ Sarah 10.00am-12:00pm</b> <b>“REIMAGINE MY LIFE” WORKING GROUP w/ Mandy 10am – 12pm</b> <b>Getting Ready... with Niheta 1pm-2pm</b>	3 <b>Recovery Workshop with Sarah I./Niheta 11.00am-1.00pm</b> <b>Stories for Mental Health Week with Toni 1:30 – 3pm</b>	4 <b>Craft with Sarah 1.00– 3.00pm</b> <b>Basketball with Reclink at Traeger Stadium w/ Sharon 1.30-2.30pm</b>	5 <b>Community Garden with Sarah 9.30-11.00am</b> <b>Gentle Water Exercise with Reclink 10-11am</b> <b>DROP-IN CLOSED 12PM</b>	6-7
8  <b>DROP-IN CLOSED 12PM</b>	9-11 <b>COMMUNITY EVENT'S DAILY FROM 10AM – 3PM</b> <i>*SEE EVENT FLYER FOR DETAILS AT THE RESIDENCY 8<sup>TH</sup> – 11<sup>TH</sup> OF OCTOBER</i>			12 <b>STRESS LESS IN THE PARK 11AM – 1PM</b> <b>“CARING FOR CARERS”</b> <b>DROP-IN CLOSED 11AM</b>	13-14
<b>WORLD MENTAL HEALTH WEEK 8<sup>th</sup> – 13<sup>th</sup> OF OCTOBER</b>			<b>“ TALK, SUPPORT &amp; RECOVER ”</b>		
15 <b>Drop-in 8.30-12pm</b> 	16 <b>“Everyday Meals” w/ Sarah *Nutritionist info session* 10am-12pm</b> <b>“REIMAGINE MY LIFE” WORKING GROUP w/ Mandy 10am-12pm</b> <b>Getting Ready... with Niheta 1pm-2pm</b>	17 <b>Centrelink-DHS Information session 1.00-2.30pm</b>	18 <b>Craft with Sarah 1.00– 3.00pm</b> <b>Basketball with Reclink at Traeger Stadium w/ Sharon 1.30-2.30pm</b>	19 <b>Community Garden with Sarah 9.30-11.00am</b> <b>Gentle Water Exercise with Reclink 10-11am</b> <b>DROP-IN CLOSED 12PM</b>	20-21 <b>BBQ and ball games at the telegraph station 10:00am – 2:00pm</b>
<b>CARERS WEEK 14<sup>TH</sup> – 20<sup>TH</sup> OF OCTOBER</b>			<b>“ WHY WE CARE ”</b>		
22 <b>Drop-in 8.30-12pm</b> 	23 <b>“Everyday Meals” with Sarah 10am-12pm</b> <b>Getting Ready... with Niheta 1pm-2pm</b>	24 <b>Health Checks 11–12noon</b> <b>Participant/Staff Meeting 12-1pm (with lunch)</b> <b>Singing/Jam Session with Bosco 1.30pm-2.30pm</b>	25 <b>Craft with Sarah 1pm– 3pm</b> <b>Basketball with Reclink at Traeger Stadium w/ Sharon 1.30-2.30pm</b>	26 <b>Community Garden w/ Sarah 9.30-11am</b> <b>Gentle Water Exercise w/ Reclink 10-11am</b> <b>DROP-IN CLOSED 12PM</b>	27-28
29 <b>Self-Advocacy workshop “Keys to Success” time TBA</b> <b>Drop-in 8.30-12pm</b> 	30 <b>Self -Advocacy workshop “Keys to Success” time TBA</b>	31 <b>Participant Planning Day and BBQ lunch at MHACA 11am – 1:30pm</b>			

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/texting Sharon or Sarah on 8950 4600 or 0439 844 146.

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  
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