

Day 2 Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
30 September DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM	1 HEALTHY COOKING 9:30AM – 12PM CREATIVE WRITING 1:30 – 2:30PM	2 BOARD GAMES/PUZZLES 10AM-12PM	3 HEARING VOICES GROUP 10AM – 12PM CRAFT 1PM – 3PM MEN'S YARNING CIRCLE 1PM – 2:30PM	4 WATER ACTIVITIES @ THE POOL 10AM – 11AM MUSIC PROGRAM 11AM – 1PM	5-6
7	8	9	10	11	12-13
MENTAL HEALTH WEEK 7th – 12th OF OCTOBER “ Mental Health starts with where you live, learn, work and play ”					
DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM MENTAL HEALTH WEEK	Cooking for Healthy Minds 9:30AM – 12PM GETTING READY... 1:30PM – 2:30PM EVENING FILM SCREENING – “Mental” @ Cinema 6PM	HEALTH CHECKS WITH COMMUNITY NURSES 11AM – 12PM Morning Tea 10AM @ MHACA	HEARING VOICES GROUP 10AM – 12PM MEN'S YARNING CIRCLE 1PM – 2:30PM Stretch and Relax for Mental Health 10AM + 12PM @ The Pool	WATER ACTIVITIES @ THE POOL 10AM – 11AM STRESS LESS IN THE PARK 9AM. Drop-In CLOSED from 11AM – 1PM	
14 DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM	15 HEALTHY COOKING 9:30AM – 12PM CREATIVE WRITING 1:30 – 2:30PM	16 BOARD GAMES/PUZZLES 10AM-12PM PARTICIPANT / STAFF MEETING 12PM – 1PM CENTRELINK – DHS 1PM – 2PM	17 HEARING VOICES GROUP 10AM – 12PM CRAFT 1PM – 3PM MEN'S YARNING CIRCLE 1PM – 2:30PM	18 WATER ACTIVITIES @ THE POOL 10AM – 11AM MUSIC PROGRAM 11AM – 1PM	19-20
21 DROP-IN 8.30AM -1:30PM PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	22 PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	23 BOARD GAMES/PUZZLES 10AM-12PM	24 PEACEFUL PATHWAYS WORKSHOP MEN'S YARNING CIRCLE 1PM – 2:30PM	25 PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	26-27
28 DROP-IN 8.30AM -1:30PM PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	29 PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	30 BOARD GAMES/PUZZLES 10AM-12PM	31 PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	1 ST NOVEMBER PEACEFUL PATHWAYS WORKSHOP NO ACTIVITIES TODAY	

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 offs (at 3pm)
t: (08) 8950 4600
f: (08) 8952 1574
e: info@mhaca.org.au
a: 14 Lindsay Avenue
Alice Springs NT
0870
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"> • Gentle Water Exercise @ The Pool • Men's Yarning Circle 	\$32.87 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> • Drop-in • Dance / Exercise • Music program • Craft Group • Creative Writing 	\$35.81 per hour
Weekday Evening -Group Activities in the Community 04_123_0136_6_1_T	<ul style="list-style-type: none"> • Any special weekday evening activities (Ie, Movie nights etc). 	\$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"> • Women's Group • Getting Ready • Hearing Voices • Healthy Cooking 	\$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.	