

Day to Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



September **2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
					1-2
3 Drop-in 8.30-12pm 	4 “Everyday Meals” with Sarah 10.00am-12:00pm Getting Ready... with Niheta 1.00pm-2.00pm	5 Recovery Workshop with Sarah I./Niheta 11.00am-1.00pm Singing/Jam Session with Bosco 1.30pm-2.30pm	6 Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium with Sharon 1.30-2.30pm	7 Community Garden with Sarah 9.30-11.00am DROP-IN CLOSED 12PM	8-9
10 Drop-in 8.30-12p 	11 “Everyday Meals” with Sarah 10.00am-12:00pm NDIS INFO SESSION For Participants with Mandy 10am – 12pm Getting Ready... with Niheta 1.00pm-2.00pm	12 Suicide Prevention and R U OK? Day 11am - 1pm Town Council lawns DROP IN CLOSED 10:30 – 1:30 Stories for Mental Health Week with Toni 1:30 – 3pm	13 Craft with Sarah 1.00– 3.00pm Basketball with Reclink at Traeger Stadium with Sharon 1.30-2.30pm	14 Community Garden with Sarah 9.30-11.00am DROP-IN CLOSED 12PM	15-16
17 Drop-in 8.30-12pm 	18 “Everyday Meals” with Sarah 10.00am-12:00pm Getting Ready... with Niheta 1.00pm-2.00pm	19 Participant/Staff Meeting 12-1pm (with lunch) Centrelink-DHS Information session 1.00-2.30pm Singing/Jam Session with Bosco 1.30pm-2.30pm	20 Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium with Sharon 1.30-2.30pm	21 Community Garden with Sarah 9.30-11.00am DROP-IN CLOSED 12PM	22-23 Barefoot Bowls Golf Club 10-2pm with Niheta and Bosco
24 Drop-in 8.30-12pm 	25 “Everyday Meals” with Sarah 10.00am-12:00pm NDIS INFO SESSION For Participants with Mandy 10am – 12pm Getting Ready... with Niheta 1.00pm-2.00pm	26 Stories for Mental Health Week with Toni 1:30 – 3pm	27 Craft with Sarah 1.00pm– 3.00pm Basketball with Reclink at Traeger Stadium with Sharon 1.30-2.30pm	28 Community Garden with Sarah 9.30-11.00am DROP-IN CLOSED 12PM	29-30

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
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