

Day 2 Day Living Calendar



MHACA
Mental Health
Association of
Central Australia



September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat –Sun
2 September DROP-IN 8.30AM -1:30PM EXERCISE @ THE POOL 10AM – 11AM	3 HEALTHY LUNCH 9:30AM – 12PM CREATIVE WRITING 1:30 – 2:30PM	4 Pathways Team training 8.30-4.00pm BOARD GAMES/PUZZLES 10AM-12PM	5 Pathways Team training 8.30-4.00pm HEARING VOICES GROUP 10AM – 12PM	6 COMMUNITY GARDEN 10AM – 11AM MUSIC PROGRAM 11AM – 1PM	7-8
9 DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM	10 HEALTHY LUNCH 9:30AM – 12PM GETTING READY... 1:30PM – 2:30PM	11 BOARD GAMES/PUZZLES 10AM-12PM HEALTH CHECKS WITH COMMUNITY NURSES 11AM – 12PM	12 HEARING VOICES GROUP 10AM – 12PM R U OK? Day Lunch at MHACA 12-1pm CRAFT 1PM – 3PM	13 COMMUNITY GARDEN 10AM – 11AM MUSIC PROGRAM 11AM – 1PM	14-15
16 DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM	17 HEALTHY LUNCH 9:30AM – 12PM CREATIVE WRITING 1:30 – 2:30PM	18 BOARD GAMES/PUZZLES 10AM-12PM PARTICIPANT / STAFF MEETING 12PM – 1PM CENTRELINK – DHS 1PM – 2PM	19 HEARING VOICES GROUP 10AM – 12PM CRAFT 1PM – 3PM MEN'S YARNING GROUP 1PM – 2:30PM	20 COMMUNITY GARDEN 10AM – 11AM MUSIC PROGRAM 11AM – 1PM	21-22
23 DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM	24 HEALTHY LUNCH 9:30AM – 12PM GETTING READY... 1:30PM – 2:30PM	25 BOARD GAMES/PUZZLES 10AM-12PM	26 HEARING VOICES GROUP 10AM – 12PM CRAFT 1PM – 3PM	27 WATER ACTIVITIES @ THE POOL 10AM – 11AM MUSIC PROGRAM 11AM – 1PM CAMPING TRIP @ ROSS RIVER	28-29 CAMPING TRIP @ ROSS RIVER RETURN SUNDAY
30 DROP-IN 8.30AM -1:30PM DANCE / EXERCISE 10AM – 11AM					

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

