



MHACA
Mental Health
Association of
Central Australia



March/April/May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>EXERCISE</u> with Lucinda 10-11am 4th & 25th March</p>	<p><u>HEALTHY LUNCH</u> with Niheta 9.30-12pm (weekly)</p>	<p><u>PUZZLES & BOARD GAMES</u> 10-12pm (weekly) <u>RECOVERY WORKSHOP</u> 10-12pm with Karyna March 6th April 3rd May 1st</p>	<p><u>WOMEN'S WELLBEING GROUP</u> with Sharon & Karyna 10-12pm (weekly) - March & April</p>	<p><u>GENTLE WATER EXERCISE</u> with Toni 10-11am (March)</p>
<p><u>EXERCISE</u> with Lucinda 10-11am (April weekly)</p>	<p><u>GETTING READY...</u> with Niheta 1-2pm (Fortnightly) - March 12th & 26th - April 9th & 23rd - May 7th & 21st</p>	<p><u>HEALTH CHECKS</u> with Community Health Nurses 11-12pm - March 13th - April 17th - May 15th</p>	<p><u>CRAFT</u> with Vicki 1-3pm (weekly)</p>	<p><u>"SOUNDS GOOD to ME"</u> Music program with Lucia 11-12pm (weekly) Starting March 18th end May 24th</p>
<p><u>EXERCISE</u> with Lucinda 10-11am (May weekly)</p>	<p><u>MENS YARNING GROUP</u> with Kingsley 1-2.30pm (Fortnightly) - March 5th & 19th - April 2nd 16th & 30th - May 14th & 28th</p>	<p><u>PARTICIPANT/STAFF MEETING 12-1pm</u> - March 20th - April 22nd - May 15th</p>	<p><u>HEARING VOICES GROUP</u> with Sharon & Sarah 10-12pm (weekly) Starting May 2nd</p>	<p><u>BOOK CLUB at LIBRARY</u> with Toni 9.30-10.30am (April & May)</p>
<p><u>PLEASE NOTE</u> <u>MHACA CLOSED</u> April: Easter Fri 19th & Mon 22nd ANZAC Day Thurs 25th MAY: May Day Mon 6th</p>		<p><u>CENTRELINK – DHS 1-2pm</u> - March 20th - April 24th - May 22nd</p>		<p><u>SATURDAY ACTIVITIES</u> - March 23rd <u>CINEMA</u> - April 27th <u>STANLEY CHASM</u> - May 18th <u>TELEGRAPH STATION</u></p>

Pickups are available for calendar activities (Not Drop-In) MHACA participants only. Phone/Text 0439 844 146 or Reception 8950 4600 to book in or for a pick up. (It is expected MHACA will be notified if you cancel an activity)

Drop-In Hours: 8.30-12pm Mon & Fri. 8.30-3pm Tues – Thurs. Drop offs available at 12pm Mon & Fri and 3pm Tues-Thurs.

Email: info@mhac.org.au Address: 14 Lindsay Avenue.