

# GROUP ACTIVITIES

## December Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> <b>CHRISTMAS TREE DECORATING</b> 8:30am-10am  <b>HEALTHY COOKING</b> 10am-12pm Free Healthy Lunch 12pm <b>SPORTS AT THE Y</b> 11am-12pm 	<b>3</b> <b>SWIMMING</b> 11:30am-12:30pm  <b>8BALL</b> @ CLUB EASTSIDE 1pm-2:30pm 	<b>4</b> <b>SWIMMING</b> 10am-12pm  <b>CONGRESS FOOT DOCTOR</b> 10am-12pm DROP IN: 8:30am - 1:30pm	<b>5</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>PICKLEBALL</b> 10am-11am	<b>6</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>7</b> <b>Picnic and swim at Town Pool</b> 10am-2pm 
<b>9</b> <b>HEALTHY COOKING</b> 10am-12pm Free Healthy Lunch 12pm <b>SPORTS AT THE Y</b> 11am-12pm 	<b>10</b> <b>SWIMMING</b> 11:30am-12:30pm  <b>8BALL</b> @ CLUB EASTSIDE 1pm-2:30pm 	<b>11</b> <b>SWIMMING</b> 10am-12pm  <b>COMMUNITY NURSES</b> 11am - 12pm DROP IN: 8:30am - 1:30pm	<b>12</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>PICKLEBALL</b> 10am-11am <b>CENTRELINK &amp; LUTHERAN MONEY HUB</b> 9:30am - 12pm	<b>13</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>14</b> <b>Bowling</b> 10am-2pm 
<b>16</b> <b>HEALTHY COOKING</b> 10am-12pm Free Healthy Lunch 12pm <b>SPORTS AT THE Y</b> 11am-12pm 	<b>17</b> <b>SWIMMING</b> 11:30am-12:30pm  <b>8BALL</b> @ CLUB EASTSIDE 1pm-2:30pm 	<b>18</b> <b>SWIMMING</b> 10am-12pm  <b>PARTICIPANT/STAFF MEETING</b> Free healthy lunch provided 12pm - 1pm DROP IN: 8:30am - 1:30pm	<b>19</b> <b>MHACA Christmas Party</b> 11am-1:30pm 	<b>20</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>21</b> <b>Cinema</b> 10am-2pm 
<b>23</b> <b>HEALTHY COOKING</b> 10am-12pm Free Healthy Lunch 12pm <b>SPORTS AT THE Y</b> 11am-12pm 	<b>24</b> <b>SWIMMING</b> 11:30am-12:30pm  DROP IN: 8:30am - 1:30pm	<b>25</b> <b>CLOSED</b> <i>Public Holiday</i> 	<b>26</b> <b>CLOSED</b> <i>Public Holiday</i>	<b>27</b> <b>Movie Day at MHACA</b> 	<b>28</b> <b>No weekend activity</b>
<b>30</b> <b>HEALTHY COOKING</b> 10am-12pm Free Healthy Lunch 12pm 	<b>31</b> <b>Games Day at MHACA</b> 	<b>1 January 2025</b> <b>CLOSED</b> <i>Public Holiday</i> 			

**If you would like to participate in any of the activities please RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND**



**MHACA**  
 Mental Health  
 Association of  
 Central Australia

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.

Join by calling/texting 8950 4600 or 0439 844 146

Pickups are available for calendar activities for MHACA participants only (but not Drop-in).



# GROUP ACTIVITIES

## HEARING VOICES GROUP

This group is for those who are voice hearers or people who experience intrusive and disturbing thoughts. This safe and understanding group allows you to share your stories, learn new strategies for coping and make connections with others.

## CRAFT

Come and unleash your creative side! Painting, drawing, sewing, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and enjoy.

## MEN'S YARNING CIRCLE

Join Lachlan and share your experiences in a supportive group with other men. Go on trips to various locations around Alice, meet other men who are also experiencing mental health issues and learn to support one another. Find new strategies for increasing wellbeing.

## HEALTHY COOKING

Come and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you've prepared with other participants afterwards.

## 8BALL @ CLUB EASTSIDE

Join us for a friendly competition of 8Ball at Club East Side. 8Ball is a game that is played on a table with balls, much like pool. All levels of skill are welcome, you don't need to have played before.

## CENTRELINK & LUTHERAN CARE MONEY HUB

This is an opportunity to have a free and confidential chat with a Centrelink representative about any concerns you may have about your situation.

Lutheran Care offers free and confidential financial counselling so you can get advice from a qualified person about your finances, including help with budgeting and managing debts.

## MUSIC CONNECTION

MHACA's Friday morning jam session is a great way to support your wellbeing through music. Join us to play some tunes!

## SPORTS AT THE Y

Join Lucinda for an exercise session at the Y. The exercise activities change every week.

## PICKLEBALL

Join MHACA at the Y to play indoor Pickleball, a racket sport where two or four players hit a perforated, hollow plastic ball with paddles over a net, similar to tennis.

## SWIMMING

Get some gentle exercise at the Alice Springs Town Pool. A perfect way to cool off in the middle of the week. Bring your swimmers and towel and enjoy the water!

---

## NDIS PRICE GUIDE

If you are a MHACA participant and also have an NDIS Plan, please make sure you RSVP to all activities you wish to attend for pick-up and attendance purposes. Be aware that activities have limited spots.

If you can't make it to an activity you have already RSVP for, please cancel a week in advance. If you cancel late or don't show up, MHACA will charge you 100% of the activity cost. Talk to your Support Coordinator if you have questions.

**Centre Capital Costs (CCC):** These are per participant, per hour fee that contributes to the costs providers incur running and maintaining a centre.

**Non-Face-To-Face Support costs:** These are the behind the scene tasks that a provider does while the participant is not present, to ensure that they can participate in the group or centre based support.

### PLEASE NOTE:

You do not need to have an NDIS Plan to access MHACA or any of the daily activities - all participants are welcome and encouraged to attend.

Support Items	Activities	Hourly Rate
Weekday - Group activities in the Community 04_102_0136_6_1	<ul style="list-style-type: none"> <li>Men's Yarning Circle</li> <li>8Ball</li> <li>Pickleball</li> <li>Swimming</li> </ul>	\$31.52 per hour + CCC and non-face-to-face
Weekday - Group activities in the Centre 04_102_0136_6_1	<ul style="list-style-type: none"> <li>Drop-in Centre</li> <li>Hearing Voices Group</li> <li>Music Connection</li> <li>Sports at the Y</li> <li>Healthy Cooking</li> </ul>	\$31.52 per hour + CCC and non-face-to-face
Weekday Evening - Group Activities in the Community 04_103_0136_6_1	Any special weekday evening activities (movie nights, etc)	\$20.84 per hour + CCC and non-face-to-face
Weekend Activities - Group Activities in the Community 04_104_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	\$26.62 per hour + CCC and non-face-to-face
Transport	Will be charged at \$0.99 per km	