

# Lorikeet Centre Lunch & Activities

## May 2017

Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>12.30 Lunch</b></p> <p>10am Gardening 10.30 self-esteem class 1pm Photography</p>	<p>3</p> <p><b>12.30 Lunch</b></p> <p>10am Walking group 11am WA Ombudsman 12.30 Reflexology \$5 2-3pm Cooking Class</p>	<p>4</p> <p><b>12.30 Lunch</b></p> <p>10am Art Therapy 2pm pool comp</p>	<p>5</p> <p><b>Swan Valley Tour</b></p> <p>BBQ lunch \$4.50 Leave 10am</p>
<p>9</p> <p><b>12.30 Lunch</b></p> <p>10am Gardening 10.30 self esteem class 1pm Photography</p>	<p>10</p> <p><b>12.30 Lunch</b></p> <p>10am Walking group 12.30 Reflexology \$5 2-3pm Cooking Class</p>	<p>11</p> <p><b>12.30 Lunch</b></p> <p>10am Art Therapy 2pm pool comp</p>	<p>12</p> <p><b>Ten Pin Bowling</b></p> <p>Cost \$8 for 1 game or \$15 for 2 games <b>Lunch optional at \$7.50</b> <b>Hot dog chips and drink</b> Leaving 11am</p>
<b>SCHIZOPHRENIA</b>	<b>AWARENESS</b>	<b>WEEK</b>	<b>SAW WEEK 15-19<sup>TH</sup> MAY</b>
<p>16</p> <p><b>12.30 Lunch</b></p> <p>10am Gardening 10.30 Self esteem class 1pm Photography</p>	<p>17</p> <p><b>12.30 Lunch</b></p> <p>10am Walking group 11am Suicide Prevention Australia talk 12.30 Reflexology \$5 1pm Women's outing</p>	<p>18</p> <p><b>12.30 Lunch</b></p> <p>10am Art Therapy 2-3pm Cooking Class 2pm pool comp</p>	<p>19</p> <p><b>Lorikeet Open Day</b></p> <p>10am coffee/tea/register 10.30 Tecwyn Jones Awards 11am poetry awards and readings 12 Hearing voices talk 12.30 Lunch 1.30 Members lived experience</p>
<p>23</p> <p><b>12.30 Lunch</b></p> <p>10am Gardening 10.30 Biggest Morning Tea 11.30 self esteem class 1pm photography</p>	<p>24</p> <p><b>12.30 lunch</b></p> <p>10am Walking group 11am Consumers of mental health WA talk 12.30 Reflexology \$5 2-3pm Cooking Class</p>	<p>25</p> <p><b>12.30 Lunch</b></p> <p>10am Art Therapy 2pm pool comp</p>	<p>26</p> <p><b>Movies at Belmont cinema</b> Tickets \$10 Buy or bring your own lunch Leave at around 11am</p>
<p>30</p> <p><b>12.30 Lunch</b></p> <p>10am Gardening 10.30 self esteem class 1pm photography 2.15 members meeting</p>	<p>31</p> <p><b>12.30 lunch</b></p> <p>10am Walking group 11am Diabetes talk (WHC) 2-3pm Cooking Class</p>	<p>June 1</p> <p><b>12.30 lunch</b></p> <p>10am Art Therapy 2pm pool comp</p>	<p>2</p> <p><b>Botanic Golf</b></p> <p>Cost and time to be advised</p>
<p>Lunch is served at 12.30. Lunch must be ordered before 11am In person or on 92378951</p>	<p>All outings are subject to change, depending on weather conditions.</p>	<p><b>Tuesday May 23<sup>rd</sup> 10.30 – 11.30</b> <b>Biggest Morning tea @ Lorikeet – gold coin donation for Cancer council</b></p>	

# Lorikeet Centre Lunch & Activities

## June 2017

Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>12.30 Lunch</p> <p>10am Gardening</p> <p>10.30 self esteem class</p> <p>1pm Photography</p> <p><b>MEN'S WEEK</b></p>	<p>7</p> <p>12.30 Lunch</p> <p>10am Walking Group</p> <p>11am Nutrition talk</p> <p>2-3pm Cooking Class</p> <p><b>MENS WEEK</b></p>	<p>8</p> <p>12.30 Lunch</p> <p>10am Art Therapy</p> <p>2pm pool comp</p> <p><b>MENS WEEK</b></p>	<p>9</p> <p>BBQ at Lake Monger</p> <p>Cost \$4.50</p> <p>Leave 11am</p> <p><b>MENS WEEK</b></p>
<p>13</p> <p>12.30 Lunch</p> <p>10am Gardening</p> <p>10.30 self esteem class</p> <p>1pm Photography</p> <p><b>MENS WEEK</b></p>	<p>14</p> <p>12.30 Lunch</p> <p>10am Walking Group</p> <p>11am Men's talk</p> <p>2-3pm Cooking Class</p> <p><b>MENS WEEK</b></p>	<p>15</p> <p>12.30 lunch</p> <p>10am Art Therapy</p> <p>1pm Men's outing</p> <p>No pool comp today</p> <p><b>MENS WEEK</b></p>	<p>16</p> <p>11.30 Big Breakfast \$4.50</p> <p>Board games</p> <p><b>MENS WEEK</b></p>
<p>20</p> <p>12.30 Lunch</p> <p>10am Gardening</p> <p>10.30 self esteem class</p> <p>1pm Photography</p> <p><b>MENS WEEK</b></p>	<p>21</p> <p>12.30 Lunch</p> <p>9.30 Walking Group</p> <p><b>MENS WEEK</b></p>	<p>22</p> <p>12.30 Lunch</p> <p>10am Art Therapy</p> <p>2-3pm Cooking Class</p> <p><b>MENS WEEK</b></p>	<p>23</p> <p>Lunch at Freo markets</p> <p>Leave 11am</p> <p>Going on train</p> <p><b>MENS WEEK</b></p>
<p>27</p> <p>12.30 lunch</p> <p>10am Gardening</p> <p>10.30 self esteem class</p> <p>1pm Photography</p> <p>2.15 members meeting</p> <p><b>MENS WEEK</b></p>	<p>28</p> <p>12.30 Lunch</p> <p>9.30 Walking group</p> <p>10.30-12 Poetry Group</p> <p>1pm Women's outing to women centre</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p> <p><b>MENS WEEK</b></p>	<p>29</p> <p>12.30 Lunch</p> <p>10am Art Therapy</p> <p><b>MENS WEEK</b></p>	<p>30</p> <p>Movies at Belmont cinema</p> <p>Tickets \$10</p> <p>Buy or bring your own lunch</p> <p><b>MENS WEEK</b></p>
<p>©Reflexology with Dolly</p> <p>Wednesdays 12.30-3.30pm</p> <p>\$5 Per Treatment (30min)</p> <p>bookings recommended</p>		<p><b>Cooking classes:</b></p> <p>Please check planner to find out if cooking classes are on a <u>Wednesday</u> or <u>Thursday</u></p>	<p>Lunch must be ordered before 11am in person or call 9237 8950</p> <p>Lunch is served at 12.30</p>