

Lorikeet Centre Lunch & Activities

| July 2017 | | | |
|---|--|--|--|
| Tuesday | Wednesday | Thursday | Friday |
| <p>4</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem & Art therapy</p> <p>1pm Photography</p> | <p>5</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>12.30 Reflexology</p> <p>1.30 Companion care animal Visit and talk</p> | <p>6</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2-3pm Cooking Class</p> <p>2pm Pool Competition</p> | <p>7</p> <p>Reptile Park Armadale</p> <p>Cost \$12 entry Plus lunch</p> <p>Leave 10.30</p> |
| <p>11</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem & Art therapy</p> <p>1pm Photography</p> | <p>12</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>13</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> | <p>14</p> <p>Stress Less Day</p> <p>Fundraising for Life line Details to be advised</p> |
| <p>18</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem & Art therapy</p> <p>1pm Photography</p> | <p>19</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Audioclinic hearing tests</p> <p>12.30 Reflexology</p> <p>1pm Women's outing</p> | <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2-3pm Cooking Class</p> <p>2pm Pool Competition</p> | <p>Ten Pin Bowling</p> <p>\$8 per game or 2 for \$15 Lunch at venue \$7.50 hotdog, drink and chips</p> <p>Leaving approx. 11.30 Must pay day before</p> |
| <p>25</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem & Art therapy</p> <p>1pm Photography</p> <p>2.15pm Members Meeting</p> | <p>26</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Poetry group</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>27</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> <p>4-7pm Members Dinner at Lorikeet (must rsvp)</p> | <p>28</p> <p>Movies @ Belmont Cinema \$10</p> <p>Buy your own lunch at Food Hall before movies Or bring your own</p> <p>Leave approx. 11am</p> |

Come and visit Lorikeet's community garden every Tuesday 10am

*(Just a few minutes down the road)
We have a member who would love to show you around the community garden. Just see staff to see if he is available.*



**Lunch is served at 12.30.
Lunch must be ordered before 11am in person or call 92378951**

DON'T FORGET THAT OUTINGS MAY CHANGE DUE TO WEATHER CONDITIONS

Book in with Dolly for reflexology on Wednesdays – Cost \$5

Lorikeet Centre Lunch & Activities

August 2017

| Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|
| <p>1</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem & Art therapy</p> <p>1pm Photography</p> | <p>2</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am PHAMS & Partners in Recovery talk from Uniting Care</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>3</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> | <p>4</p> <p>WA Maritime</p> <p>Museum Fremantle</p> <p>Entry \$7.50 concession</p> <p>Fish and chips at Fremantle beforehand</p> |
| <p>8</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>1pm Photography</p> | <p>9</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Beyond Blue talk</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>10</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> | <p>11</p> <p>Soup competition</p> <p>12.30 Tastings</p> <p>**See Claudia if you would like to cook a soup</p> |
| <p>15</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>1pm Photography</p> | <p>16</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>12.30 Reflexology</p> <p>1pm Women's outing</p> | <p>17</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> <p>2-3pm Cooking Class</p> | <p>18</p> <p>WA Poetry Week</p> <p>WA Poets Inc visit Lorikeet</p> <p>11am Poetry readings</p> <p>12.30 light lunch</p> |
| <p>22</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>1pm Photography</p> | <p>23</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Health and Disability Services Talk</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>24</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> | <p>25</p> <p>Movies @ Belmont Cinema \$10</p> <p>Buy your own lunch at Food Hall before movies or bring your own</p> <p>Leave approx. 11am</p> |
| <p>29</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>1pm Photography</p> <p>2.15 Members Meeting</p> | <p>30</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Credit Care talk</p> <p>12.30 Reflexology</p> <p>2-3pm Cooking Class</p> | <p>31</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool Competition</p> | <p>Sept 1</p> <p>Araluen Tulip Festival</p> <p>Approx \$15 entry</p> <p>Plus \$4.50 BBQ lunch</p> <p>Leaving 10am</p> |