

Lorikeet Centre Lunch & Activities

November 2017

Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Lunch 12.30</p> <p>10am Gardening No self esteem group today</p> <p>11am Gym</p> <p>1-3.30 Photography Group Outing</p>	<p>8</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am Camp Meeting</p> <p>12.30 Reflexology \$5</p> <p>1.30 Animal Companion visit</p>	<p>9</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool competition</p> <p>3.15 Remedial massage \$5</p> <p>2-3pm Cooking Class</p>	<p>10</p> <p>Movies At Belmont</p> <p>Cost \$10 for ticket Buy or bring your own lunch</p>
<p>14</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p>1.30 Budgeting/Finances</p>	<p>15</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p> <p>Note also: Homeless connect Day – see staff for details</p>	<p>16</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool competition</p>	<p>17</p> <p>Fish and Chips at Mandurah</p> <p>Going on train Leave Lorikeet 10am</p>
<p>21</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p>1pm Photography</p>	<p>22</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am WA Ombudsman presentation</p> <p>12.30 Reflexology \$5</p> <p>1pm Women's outing</p>	<p>23</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>24</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>28</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p>2pm Members Meeting</p>	<p>29</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>10.30 Poetry group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>30</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>2pm Pool competition</p>	<p>1 December</p> <p>Escape from Pompei Exhibition At WA Maritime Museum Fremantle</p> <p>Cost \$15 concession plus buy or bring your own lunch Leave approx. 10am</p>

Come and visit Lorikeets community garden every Tuesday 10am

*(Just a few minutes down the road)
Member Glen would love to show you around the community garden.*



Book in with Dolly for reflexology on Wednesday afternoon \$5
or Haidar for massage on Thursday afternoon \$5.

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

Please order lunch by 11am

Lorikeet Centre Lunch & Activities

December 2017

Tuesday	Wednesday	Thursday	Friday
5 Lunch 12.30 10am Gardening 10.30 Self esteem group 11am Gym 1-3.30 Photography Group Outing	6 Lunch 12.30 10am Walking group 11am Credit Care presentation 12.30 Reflexology \$5 2-3pm Cooking Class	7 Lunch 12.30 10-12.30 Art Therapy 2pm Pool competition 3.15 Remedial massage \$5	8 Christmas Lunch Need to rsvp Lorikeet centre will be closed
Camp	CAMP	Camp	Camp
12 Lunch 12.30 Lorikeet Open but no activities due to camp	13 Lunch 12.30 Lorikeet Open but no activities due to camp	14 Lunch 12.30 Lorikeet Open but no activities due to camp	15 Lorikeet closed Due to camp
19 Lunch 12.30 10am Gardening 10.30 Self esteem group 11am Gym 1pm Photography 2pm Members Meeting	20 Lunch 12.30 10am Walking group 12.30 Reflexology \$5 1pm Women's outing	21 Lunch 12.30 10-12.30 Art Therapy 2pm Pool competition 2-3pm Cooking Class 3.15 Remedial massage \$5	22 Kayaking /Catamaraning South Perth foreshore Details to be advised
26 LORIKEET CLOSED BOXING DAY PUBLIC HOLIDAY	27 Meat/Salad sandwiches 10am Walking group 10.30 Poetry Group 2-3pm Cooking Class	28 Lunch 12.30 10-12.30 Art Therapy 2pm Pool competition 3.15 Remedial massage \$5	29 BBQ at Lake Monger Cost \$4.50 Leaving 11ish

Lorikeet is open over the Christmas period except for Tuesday 26th December which is Boxing Day public holiday.

Have a safe Christmas