

Lorikeet Centre Lunch & Activities

September 2017

September 2017			
Tuesday	Wednesday	Thursday	Friday
<p>5</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>6</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Asthma WA Talk</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>7</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>8</p> <p>Mandurah</p> <p>On train</p> <p>Fish and Chips</p> <p>Leave at 10am</p>
<p>12</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>1.30 Budgeting/Finances</p>	<p>13</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am GROW presentation</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>14</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>15</p> <p>BBQ Kings Park</p> <p>Birthday bash celebration</p> <p>Cost \$4.50</p> <p>Leave Lorikeet 11am</p>
<p>19</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>20</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Neami presentation</p> <p>12.30 Reflexology \$5</p> <p>1pm Women's outing</p>	<p>21</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>3.15 Remedial massage \$5</p>	<p>22</p> <p>Ten Pin Bowling</p> <p>\$8 per game or 2 for \$15</p> <p>Lunch at venue \$7.50</p> <p>hotdog, drink and chips</p> <p>Leaving approx. 11.30</p> <p>Must pay day before</p>
<p>26</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>2.15 pm Members Meeting</p>	<p>27</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Poetry group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>28</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>29</p> <p>Big Breakfast 10.30</p> <p>Royal Show</p> <p>Details to be advised</p>
<p><i>Come and visit Lorikeets community garden every Tuesday 10am</i></p> <p><i>(Just a few minutes down the road)</i></p> <p><i>Member Glen would love to show you around the community garden.</i></p> 		<p>Book in with Dolly for reflexology on Wednesday afternoon \$5</p> <p>or Haidar for massage on Thursday afternoon \$5. Must book</p>	
<p>DON'T FORGET THAT OUTINGS MAY CHANGE DUE TO WEATHER CONDITIONS</p>		<p>Please order lunch by 11am</p>	

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October 2017

Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>1-3.30 Photography Group Outing</p> <p>Mental Health</p>	<p>4</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Befriend presentation</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p> <p>Week</p>	<p>5</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>Mental Health</p>	<p>6</p> <p>Movies @ Belmont Cinema \$10</p> <p>Buy your own lunch at Food Hall before movies</p> <p>Or bring your own</p> <p>Leave approx. 11am</p> <p>Week</p>
<p>10</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>Or meet Ernie at Murray Street Mall</p>	<p>11</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Black Dog presentation</p> <p>12.30 Lunch at community garden</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>12</p> <p>Graylands</p> <p>Festival</p> <p>Lorikeet</p> <p>Closed</p>	<p>Mental Health</p> <p>Awareness Day</p> <p>10.30 Pharmacy 777</p> <p>11.30 Lifeline services</p> <p>12.30 Lunch \$4.50</p> <p>1.30 Borderline Personality lived experience</p>
<p>17</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>1pm Photography</p>	<p>18</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>11am Health Consumers Council presentation</p> <p>12.30 Reflexology \$5</p> <p>1pm Women's outing</p>	<p>19</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>3.15 Remedial massage \$5</p>	<p>20</p> <p>AQUA – Hillarys</p> <p>Member pay \$12 plus</p> <p>\$4.50 BBQ</p>
<p>24</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>2.15pm Members meeting</p>	<p>25</p> <p>Meat/Salad sandwiches</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>26</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>27</p> <p>Zoo</p> <p>Cost \$24</p> <p>Leave 10am</p>
<p>31</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>4.30-7pm Halloween dinner @ Lorikeet</p>	<p>1 nov</p> <p>Meat/Salad sandwiches</p> <p>10am Walking group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>2 nov</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>3 nov</p> <p>BBQ at Crawley Beach</p> <p>Cost \$4.50</p> <p>Leave 11am</p>