

Lorikeet Centre Lunch & Activities

March 2017

Tuesday	Wednesday	Thursday	Friday
(February) 28	1	2	3
12.30 Lunch	12.30 Lunch	12.30 Lunch	Yanchep
10am Gardening 10.30 self esteem class 11am Gym class	10am Walking group 11am Employment talk from IPS 12.30 Reflexology \$5	10am Art Therapy	\$4.50 BBQ \$15 cave tour (optional)
1pm Photography	2-3pm Cooking Class	1.30 Gym class or swimming at Beatty Park	Leaving 10am
7	8	9	10
12.30 Lunch	12.30 Lunch	12.30 Lunch	Sculptures by the Sea
10am Gardening 10.30 self esteem class 11am Gym class	10am Walking group 11am Fire drill	10am Art therapy	Entry is free Buy or bring your own lunch
1pm Photography	12.30 Reflexology \$5 2-3pm Cooking Class	1.30 Gym at Lorikeet or swimming at Beatty Park	Leaving 10.30
14	15	16	17
12.30 Lunch	12.30 Lunch	12.30 Lunch	Adventure World
10am Gardening 10.30 Self esteem class 11am Gym class	10am Walking group 12.30 Reflexology \$5 1pm Women's outing	10am Art Therapy 1.30 Gym at Lorikeet or swimming at Beatty Park 2-3pm Cooking Class	\$23(subsidized) Bring or buy lunch Bring swimming gear Leaving 10am
1pm Photography			
21	22	23	24
12.30 Lunch	12.30 lunch	12.30 Lunch	Ten Pin Bowling
10am Gardening 10.30 self esteem class 11am Gym class	10am Walking group 11am Mental Health Advocacy Service talk 12.30 Reflexology \$5	10am Art Therapy 1pm Pool Comp 1.30 Gym at Lorikeet or swimming at Beatty Park	Cost \$8 for 1 game or \$15 for 2 games Lunch optional at \$7.50 Hot dog chips and drink Leaving 11am
1pm photography	2-3pm Cooking Class		
28	29	30	31
12.30 Lunch	12.30 lunch	12.30 lunch	Lorikeet Centre Health Day
10am Gardening 10.30 self esteem class 11am Gym class	10am Walking group 11am Hepatitis WA talk 12.30 Reflexology \$5	10am Art Therapy	10am Hearing tests – free 11.30 Fitness/Health talk 12.30 Healthy Brunch 1.30 presentations
1pm photography 2pm members meeting	2-3pm Cooking Class	1.30 Gym at Lorikeet or swimming at Beatty Park	
Lunch is served at 12.30. Lunch must be ordered before 11am In person or on 92378951	All outings are subject to change, depending on weather conditions.	Book your free hearing test for Friday March 31 st between 10 and 11.30 at Lorikeet	

Lorikeet Centre Lunch & Activities

April 2017

Tuesday	Wednesday	Thursday	Friday
4	5	6	7
12.30 Lunch	12.30 Lunch	12.30 Lunch	BBQ at Lake Monger Cost \$4.50
10am Gardening	10am Walking Group 11am Asthma WA talk	10am Art Therapy	Cost \$4.50
10.30 self esteem class	12.30 Reflexology \$5	1.30 Gym at Lorikeet or swimming at pool	Leave 10am
11am Gym	2-3pm Cooking Class		
1pm Photography			
11	12	13	14
12.30 Lunch	12.30 Lunch	12.30 lunch	LORIKEET
10am Gardening	10am Walking Group	10am Art Therapy	CLOSED
10.30 self esteem class	11am Poetry group – come and join in or listen	1.30 Gym at Lorikeet or swimming at pool	Good Friday
11am Gym	12.30 Reflexology \$5 1pm women's outing	2-3pm Cooking Class	
1pm Photography			
18	19	20	21
12.30 Lunch	12.30 Lunch	12.30 Lunch	Fremantle Prison approx. cost \$15 Lunch – buy at food hall or bring along
10am Gardening	9.30 Walking Group 11am Pharmacy 777 talk	10am Art Therapy	Leave 10am
10.30 self esteem class	12.30 Reflexology \$5	1.30 Gym at Lorikeet Or swimming at pool	
11am Gym	2-3pm Cooking Class		
1pm Photography			
2pm members meeting			
25	26	27	28
LORIKEET CLOSED	12.30 Lunch	12.30 Lunch	Movies at Belmont cinema
Anzac Day	9.30 Walking group 11am Workpower talk	10am Art Therapy	Tickets \$10
	12.30 Reflexology \$5	1.30 Gym at Lorikeet Or swimming at pool	Buy your lunch Or bring you own
	2-3pm Cooking Class		
<p>©Reflexology with Dolly Wednesdays 12.30-3.30pm \$5 Per Treatment (30min) bookings recommended</p>		<p>Cooking classes: Please check planner to find out if cooking classes are on a <u>Wednesday or Thursday</u></p>	<p>Lunch must be ordered before 11am in person or call 9237 8950 Lunch is served at 12.30</p>