

# Lorikeet Centre Lunch & Activities

## March 2018

Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p>11.30 Photography</p> <p>Group Outing</p>	<p>7</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am Befriend presentation</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>8</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool Competition</p> <p>2pm Spanish Class</p>	<p>9</p> <p>Sculptures by the sea</p> <p>Cottesloe Beach</p> <p>Bring or buy your own lunch</p> <p>Leaving approx. 10.30</p> <p>(Cost to be advised)</p>
<p>13</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem)</p> <p>11am Gym</p> <p>11.30 Photography</p>	<p>14</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am Claudia's healthy Eating Group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p>15</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool Competition</p> <p>2pm Spanish Class</p>	<p>16</p> <p>Wellbeing Day</p> <p>Includes art therapy, self esteem class, healthy eating sessions.</p> <p>Subway for lunch 1pm</p> <p>Must order and pay before the day</p> <p>Cost \$5-\$10</p>
<p>20</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p>11.30 photography</p> <p>Art therapy 1.30 – 2.30</p> <p>3 to 4pm</p>	<p>21</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am</p> <p>12.30 Reflexology \$5</p> <p>1pm Women's outing</p>	<p>22</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool Competition</p> <p>2pm Spanish Class</p> <p>2-3pm Cooking Class</p>	<p>23</p> <p>Movies</p> <p>at BelmontCinema</p> <p>\$10 for ticket and bring or buy your own lunch</p> <p>Leaving approx. 11am</p>
<p>27</p> <p>Lunch 12.30</p> <p>10am Gardening</p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p>11.30 photography</p> <p>2pm Members Meeting</p>	<p>28</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>29</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool competition</p> <p>2pm Spanish Class</p>	<p>30</p> <p>Easter Friday</p> <p>Lorikeet Closed</p>
<p>Book in with Dolly for reflexology on Wednesday \$5</p>		<p>Please order lunch by 11am</p>	

Tuesdays afternoon after 1pm

Make a time with Lorikeet Volunteer Adrian if you need help with budgeting, finances, resumes or interviewing skills.

# Lorikeet Centre Lunch & Activities

## April 2018

Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Lunch 12.30</p> <p><b>10am Gardening</b></p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p><b>11.30 Photography Group Outing</b></p> <p>Art therapy 1.30 – 2.30 3 – 4pm</p>	<p style="text-align: right;">4</p> <p>Lunch 12.30</p> <p>10am Walking group</p> <p>11am Claudia's healthy Eating group</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p style="text-align: right;">5</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool competition</p> <p>2pm Spanish Class</p>	<p style="text-align: right;">6</p> <p><b>Putt Putt Golf Wembley</b></p> <p>Cost \$14</p> <p>Leaving 10.30 approx</p>
<p style="text-align: right;">10</p> <p><b>10am Gardening</b></p> <p>10.30 Self esteem group</p> <p>11am Gym</p> <p><b>11.30 Photography</b></p> <p>Art therapy 1.30 – 3.30 3 – 4pm</p>	<p style="text-align: right;">11</p> <p>Lunch 12.30</p> <p>10am assertiveness</p> <p>10am Walking group</p> <p>11am MIFWA talk</p> <p>12.30 Reflexology \$5</p> <p>2-3pm Cooking Class</p>	<p style="text-align: right;">12</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool competition</p> <p>2pm Spanish Class</p>	<p style="text-align: right;">13</p> <p><b>AQWA Hillarys</b></p> <p>\$12 concession plus \$4.60 for BBQ lunch</p> <p>Leaving approx. 11am</p>
<p style="text-align: right;">17</p> <p>Lunch 12.30</p> <p><b>10am Gardening</b></p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p><b>11.30 photography</b></p> <p>Art therapy 1.30 – 2.30 3 TO 4pm</p>	<p style="text-align: right;">18</p> <p>Lunch 12.30</p> <p>10am assertiveness</p> <p>10am Walking group</p> <p>11am Asthma foundation talk</p> <p>12.30 Reflexology \$5</p> <p>1pm Women's outing</p>	<p style="text-align: right;">19</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool competition</p> <p>2-3pm Cooking Class</p> <p>2pm Spanish Class</p>	<p style="text-align: right;">20</p> <p><b>Ten Pin Bowling</b></p> <p>or \$8 per game 2 for \$15</p> <p>Lunch at venue \$7.50 hotdog, drink and chips</p> <p>Must pay day before</p> <p>Leaving approx. 11.30</p>
<p style="text-align: right;">24</p> <p>Lunch 12.30</p> <p><b>10am Gardening</b></p> <p>10.30 Self-esteem</p> <p>11am Gym</p> <p><b>11.30 photography</b></p> <p>2pm Members Meeting</p> <p>NO ART THERAPY</p>	<p style="text-align: right;">25</p> <p><b>ANZAC DAY PUBLIC HOLIDAY</b></p> <p><b>LORIKEET CLOSED</b></p>	<p style="text-align: right;">26</p> <p>Lunch 12.30</p> <p>10-12.30 Art Therapy</p> <p>1.30 Pool competition</p> <p>2pm Spanish Class</p>	<p style="text-align: right;">27</p> <p><b>Rockingham Fish and Chips</b></p> <p>Leaving 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.



**DON'T FORGET THAT OUTINGS MAY CHANGE DUE TO WEATHER CONDITIONS**  
Bring a hat, sunscreen and water bottle on outings also