

LORIKEET CENTRE ACTIVITY PLANNER

MAY 2018

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography Outing 12.30pm Lunch 2pm Yoga	10am Walking group OR assertiveness class 11am GROW talk 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	BBQ At KINGS PARK Leaving @ 11am \$4.60 for BBQ
8	9	10	11
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography Outing 12.30pm Lunch 2pm Yoga	10am Walking group OR assertiveness class 10.30am Pharmacy 777 11am Claudia's Healthy Eating group 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	SWAN VALLEY TOUR BYO or buy your own lunch Leaving approx. @ 10am
15	16	17	18
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography 12.30pm Lunch 2pm Yoga	10am Walking group OR assertiveness class 11am COMHWA talk 12.30pm Reflexology \$5 12.30pm Lunch 1pm Women's Outing	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	MOVIES AT BELMONT CINEMA \$10 for ticket and buy or BYO lunch Leaving Approx. @ 11am
SCHIZOPHRENIA AWARENESS WEEK			
22	23	24	25
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography 12.30pm Lunch 2pm Yoga	10am Walking group OR assertiveness class 11am Claudia's Healthy Eating group 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	LORIKEET OPEN DAY Light Lunch @ 12.30pm Poetry Awards
29	30	31	1 JUNE
10am Gardening 10.30am Self Esteem with Denise 11am Gym 11.30am Photography 12.30pm Lunch 2pm Members Meeting	10am Walking group OR assertiveness class 10.30am Poetry Group 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	ART GALLERY WA CORSINI EXHIBITION \$15 plus buy or BYO lunch Leave 10.15am

LORIKEET CENTRE ACTIVITY PLANNER

JUNE 2018

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography Outing 12.30pm Lunch	10am Walking group OR assertiveness class 11am Claudia's Healthy eating Group 12.30pm Reflexology \$5 12.30pm Lunch	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	FREMANTLE LUNCH AT MARKETS Leaving @ 11am On Public Transport
MENS WEEK			
12	13 Men's Health Day	14	15
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography Outing 12.30pm Lunch	10am Walking group OR assertiveness class 11am Men's Shed 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	9am Men's Health Festival Graylands (See Ernie) OR Lorikeet Open 10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	MOVIES AT BELMONT CINEMA \$10 For ticket and buy or BYO lunch Leaving approx. 11am
19	20	21	22
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography 12.30pm Lunch 2pm Yoga	10am Walking group OR assertiveness class 11am COMHWA talk 12.30pm Reflexology \$5 12.30pm Lunch 1pm Women's Outing	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class 2-3pm Cooking Class	TEN PIN BOWLING \$8 per game OR 2 for \$15 Lunch at venue \$7.50 Must pay day before Leaving Approx. 11.30am
26	27	28	29
10am Gardening 10.30am Self Esteem Group 11am Gym 11.30am Photography 12.30pm Lunch	10am Walking group OR assertiveness class 11am Claudia's Healthy Eating group 12.30pm Reflexology \$5 12.30pm Lunch 2pm-3pm Cooking Class	10am-12:30pm Art Therapy 12.30pm Lunch 1.30pm Pool Competition 2pm Spanish Class	BIG BREAKFAST BOOGIE BINGO At Lorikeet

COME AND VISIT LORIKEETS COMMUNITY GARDEN EVERY

TUESDAY @ 10AM

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



DON'T FORGET THAT OUTINGS MAY CHANGE DUE TO

WEATHER CONDITIONS

Bring a hat, sunscreen and water bottle on outings also

