





































| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>Open to groups only 6</p> <p>Final week of Reduce Smoking Group Cooking Class (closed group)</p> | <p>7</p> <p>Vegetarian</p> <p> 10am Gardening</p> <p>1-3 Music</p> | <p>8</p> <p>Mary's choice</p> <p> 10am Walking group <i>Relaxation with Dolly</i></p> <p>2pm Painting for Act Belong Commit</p> | <p>9</p> <p>Stevo's special</p> <p> 10am Art Therapy ✓ goal setting 1pm</p> <p> 2-3pm cooking Class*</p> | <p>10</p> <p>Buy own lunch at food court</p> <p>10 pin bowling \$7.50 per game Leaving 1030am</p> |
| <p>Lorikeet closed 13</p> <p>Except to those in Cooking class</p> | <p>14</p> <p> Michelle's Chicken Curry</p> <p> 10am Gardening 1pm Photography 1-3 Music</p> | <p>15</p> <p><i>Food Sensations</i></p> <p> 2pm Walking group <i>Relaxation with Dolly</i></p> | <p>16</p> <p>Beef Surprise</p> <p> 10am Art Therapy ✓ goal setting 1pm</p> <p> 2-3pm Cooking Class*</p> | <p>17</p> <p>11am Big breakfast \$4 Movies cost approx. \$11</p> |
| <p>Lorikeet closed 20</p> <p>Except to those in Cooking class</p> | <p>21</p> <p> Chicken Stirfry</p> <p> 10am Gardening 1-3 Photography (outing) 1-3 Music</p> | <p>22</p> <p>Byron's Tacos</p> <p> 10am Walking group <i>Relaxation with Dolly</i> 1pm Women's outing</p> | <p>23</p> <p>Spaghetti Bolognese</p> <p> 10am Art Therapy ✓ goal setting 1pm</p> <p> 2-3pm Cooking Class*</p> | <p>24</p> <p>Stress Down Day Pizza for lunch Movie at the centre</p> |
| <p>Lorikeet closed 27</p> <p>Cooking Class (closed group)</p> | <p>28</p> <p> Chef's choice</p> <p> 10am Gardening 1pm Photography 1-3 Music</p> | <p>29</p> <p>Fish Chips & Salad</p> <p>10am Walking group <i>Relaxation with Dolly</i> 2pm Painting for Act Belong Commit</p> | <p>30</p> <p>Chicken Cacciatore</p> <p> 10am Art Therapy ✓ goal setting 1pm</p> <p> 2-3pm Cooking Class*</p> | <p>31</p> <p>Christmas in July \$6 for lunch</p> |
| <p>Painting sessions - for Mental Health Week Act Belong Commit theme Paints and canvases supplied</p> | | <p>Please be aware to get the movies at a discounted price we must pre order and pay for them in the morning so you must pre pay the day before or by 10am on the day (or pay full price)</p> | | <p>We will be re-introducing Music between 1-3 Tuesdays.</p> |
| <p>Lunch is now served at 12.30</p> | | | | |
| <p>©Relaxation with Dolly 1-3pm Wednesday & *Reflexology* Each Treatment 30mins, bookings recommended \$5 Per Treatment Lunch must be ordered before 11am in person or call 9237 8951 Lunch at 1230 All outings and meals are subject to change due to unforeseen circumstances, weather etc. *Book in for the cooking classes with Claudia</p> | | | | |



Lorikeet Centre Lunch & Activities

August 2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|--|
| Centre closed | 4 Spaghetti Bolgonaise  10am Gardening 1-3 Music | 5 Beef Stirfry  10am Walking group | 6 Glen's Apricot Chicken  10am Art Therapy ✓ goal setting 1pm  2-3pm Cooking Class* | 7 Lorikeet Soup Cook off For Homeless Prevention Week 12pm Free |
| 10 Centre closed | 11 Chicken surprise  10am Gardening 1-3 Music | 12 Owen's Canneloni  10am Walking group  1pm Women's outing | 13 Tom's pasta special  10am Art Therapy ✓ goal setting 1pm  2-3pm Cooking Class* | 14 West Australian Poetry Inc Lunch 12.30 gold coin donation Poetry reading 1pm |
| 17 Centre closed | 18 Vegetarian  10am Gardening 1-3 Music  | 19 Byron's chicken wraps  10am Walking group | 20 Chef's Choice  10am Art Therapy ✓ goal setting 1pm  2-3pm Cooking Class* | 21 Big Breakfast 11am \$4 Movie at Innaloo Time TBA Pre pay for this price* \$11 |
| 24 Centre closed | 25 Beef Stir fry  10am Gardening 1-3 Music | 26 Food Sensations  2pm Walking group | 27 Chicken Bake  10am Art Therapy ✓ goal setting 1pm  2-3pm Cooking Class* | 28 BBQ and walk @ Kings Park \$4 Weather permitting |

©Relaxation with Dolly 1-3pm Wednesday & *Reflexology * Each Treatment 30mins, bookings recommended \$5 Per Treatment

Lunch must be ordered before 11am in person or call 9237 8950 Lunch at 1230 Remember we are closed on Fridays if there is an outing. All outings and meals are subject to change due to unforeseen circumstances, weather etc. *Book in for the cooking classes with Claudia.

Lorikeet address: 104 Cambridge Street West Leederville. Come and have a look and see if you would like to become a member and join in some of these activities.