

Lorikeet Centre Lunch & Activities

January 2017			
Tuesday	Wednesday	Thursday	Friday
3	4	5	6
12.30 Lunch 10am Gardening 10.30 Hep WA talk NO SELF ESTEEM GROUP 1pm photography	12.30 Lunch 9.30 Walking Group 11am Society and Environment with Deb 12.30 Reflexology 2-3pm Cooking Class	12.30 Lunch 10am Art Therapy 1.30 Swimming	BBQ at City Beach Cost \$4.50 Leave 10am
10	11	12	13
10am Gardening NO SELF ESTEEM GROUP 11am Gym 1pm Photography	12.30 Lunch 9.30 Walking Group 11am Consumers of Mental Health WA talk 1pm women's outing	12.30 lunch 10am Art Therapy 1.30 Swimming 2-3pm Cooking Class	Aviation Museum Cost \$4 entry plus lunch (to be decided) Meet a lorikeet 10.30
17	18	19	20
12.30 Lunch 10am Gardening 10.30 self esteem class 11am Gym 1pm Photography	12.30 Lunch 9.30 Walking Group 1pm Birds of Prey 3PM LORIKEET CLOSING	12.30 Lunch 10am Art Therapy 1.30 Gym	Kayaking/ Catamaraning Approx. cost \$15 Lunch – rolls \$4.50 Leave Lorikeet 11am
24	25	26	27
12.30 Lunch 10am Gardening 10.30 self esteem 11-12 gym class 1pm photography 2pm members meeting	12.30 Lunch 9.30 Walking group 11am Essential Personal Service talk re talk Relaxation with Dolly 2-3pm Cooking Class	LORIKEET CLOSED FOR Australia Day Public holiday	Movies at Belmont cinema Tickets price \$10 Buy your lunch Or bring you own
☺ Relaxation with Dolly 1-3.30pm Wednesday & *Reflexology Each Treatment 30mins, bookings recommended \$5 Per Treatment		Cooking classes: Please check planner to find out whether cooking classes are on a Wednesday or Thursday	Lunch must be ordered before 11am in person or call 9237 8950 Lunch is served at 12.30

Lorikeet Centre Lunch & Activities

February 2017

Tuesday	Wednesday	Thursday	Friday
31(Jan)	1	2	3
12.30 Lunch	12.30 Lunch	12.30 Lunch	Fish and Chips
10am Gardening 10.30 self esteem class 11am Gym class NO PHOTOGRAPHY 1pm Lifeline presentation	9.30 Walking group <i>Relaxation with Dolly</i> 2-3pm Cooking Class	10am Art Therapy 1.30 Get fit in the pool	Mandurah Leave 10am Buy your own
7	8	9	10
Day at Rottnest Cost: only \$20 (subsidised by donation) Details to be advised LORIKEET WILL BE CLOSED	12.30 Lunch 9.30am Walking group 11am Pharmacy 777 <i>Relaxation with Dolly</i> 2-3pm Cooking Class	12.30 Lunch 10am Art therapy 1.30 Get fit in the pool	Day at Lorikeet 11.30 Big Breakfast 10am Mooro Drive medical centre talk
14	15	16	17
12.30 Lunch	12.30 Lunch	12.30 Lunch	Movies
10am Gardening NO SELF ESTEEM GROUP 11am Gym class 1pm Photography	9.30am Walking group 11am Workpower talk <i>Relaxation with Dolly</i> 1pm Women's outing	10am Art Therapy 1.30 Get fit in the pool 2-3pm Cooking Class	at Belmont cinema Tickets price \$10
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 1pm photography	9.30am Walking group <i>Relaxation with Dolly</i> 2-3pm Cooking Class	10am Art Therapy 1pm Pool Comp 1.30 Get fit in the pool	Cost \$8 for 1 game or \$15 for 2 games Lunch optional at \$7.50 Hot dog chips and drink
28	1	2	3
12.30 Lunch	MARCH	MARCH	MARCH
10am Gardening 10.30 self esteem class 1pm photography 2pm members meeting	SEE NEXT MONTHS	SEE NEXT MONTHS	SEE NEXT MONTHS
	PLANNER	PLANNER	PLANNER
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.	The centre is closed on Fridays for outings	