

Lorikeet Centre Activity Planner

October 2024 final

Tuesday	Wednesday	Thursday	Friday
1	2	3	School holidays 4
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Pool Comp 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Intro to Spanish 12.30 Lunch 1.30 Art and craft group	Symphony Outing and Art Gallery outing We are still open but limited groups on today	Caversham \$35 adult or \$26 concession First 3 people with CC will get half price Leaving 10am
8	9	10	11
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Boogie Bingo and scatergies	10am Walking Group 10.15 Meditation 11am Healthy eating 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair Yoga 11.15 Financial wellbeing 12.30 Lunch 1.15 Italian group	Mental Health Week Event See flyer
up15	16	17	18
10am Gardening 10.30 Health and Wellbeing 11.15 Self Esteem group 12.30 Lunch 1.15 Photography with Uli 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Intro to Spanish 12.30 Lunch 1pm Womens outing 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11.15 Sound Healing with Jasmin 12.30 Lunch 1.15 Italian group	Day at Mandurah Fish and chips for lunch Details closer to the day
22	23	24	25
10am Gardening 10.30 Health and Wellbeing 11.15 Self Esteem group 12.30 Lunch 1.30 Boogie Bingo and Scatergies	10am Walking Group 10.15 Meditation 11.15 Poetry group 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11.15 Sound Healing with Jasmin 12.30 Lunch 1.15 Italian group	Zoo Go over on ferry 27.50 conc/34.50 adult Free on WA app possibly (see Uli) Leaving time to be decided

Lorikeet have our morning meeting each day at 9.45 -

Everyone is welcome to attend to find out what is happening for the day

We are still practicing physical distancing at the centre to keep everyone safe.

Remember to stay home if you are sick. If weather is not suitable for BBQ/outside activities then we will postpone

Phone 92378951

Lorikeet Centre Activity Planner

November 2024							
Tuesday	29 Oct	Wednesday	30 Oct	Thursday	31	Friday	1
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Members meeting 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 healthy eating 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.40 Chair yoga 11.15 Sound Healing with Jasmin 12.30 Lunch 1.15 Italian group		Lavender Farm Yanchep Limited spaces Leaving time and lunch to be decided closer to the time	
	5		6		7		8
10am Gardening 10.30 Health and Wellbeing 11.15 Self Esteem group 12.30 Lunch 1.30 Pool Comp		10am Walking Group 10.15 Meditation 11.15 Intro to Spanish 12.30 Lunch 1.30 Art and craft group		10am meditation 10.40 Chair yoga 11.15 Financial wellbeing 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Swan Paddle place Approx \$30 Details and leaving time to be decided closer to the time	
	12		13		14		15
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Art therapy with Renita Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 healthy eating 12.30 Lunch 1.30 Art and craft group		10am Chair Yoga 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Movies Belmont Forum Movie cost approx. \$14 Plus lunch Leaving time to be advised depending on movie	
	19		20		21		22
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.15 Photography with Uli		10am Walking Group 10.15 Meditation 11.15 Intro to Spanish 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.30 Chair yoga 11.15 Laughter Yoga 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Day at fremantle Details closer to the time	
	26		27		28		29
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Members meeting 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 Poetry workshop 12.30 Lunch 1.30 Art and craft group		10am Chair Yoga 10.30 Art therapy with Renita 12.30 Lunch 1pm Meditation 1.15 Italian group 2.15 "Stuff you want to know about" with Renita		Ten Pin Bowling \$5 per game \$8 for hot dog chips and drink Leaving time 11.30	

If weather is not suitable for BBQ/outside activities then we will postpone to the following week.

Don't forget to confirm details of the Friday outings the day before Phone 92378951

Lorikeet Centre Activity Planner

December 2024

December 2024						
Tuesday	3	Wednesday	4	5	Friday	6
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Pool Comp		10am Walking Group 10.15 Meditation 11.15 healthy eating gorup 12.30 Lunch 1.30 Art and craft group		10am Chair Yoga 10.30 Laughter yoga 12.30 Lunch 1pm Meditation 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Pamper day Cost \$10 Must book – centre not open during this time to others
	10		11	12		13
Christmas party today Staff in claudia, Clayton, Denise, Jasmin,		10am Walking Group 10.15 Meditation 11.15 Christmas Spanish 12.30 Lunch 1.30 Art and craft group		10am Chair Yoga 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		High Tea with Jasmin Cost \$10 Limited numbers Must book – centre not open during this time to others
	17		18	19		20
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 Boogie Bingo 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.30 Chair yoga 11.15 Laughter yoga 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Wellbeing With Renita and Jasmin With activities like: Sound healing Meditation Art therapy Chair yoga Tea ceremony
	24		25	26		27
Christmas Games and other activities Usual groups not on in morning		CLOSED DUE TO CHRISTMAS DAY PUBLIC HOLIDAY		CLOSED DUE TO BOXING DAY PUBLIC HOLIDAY		Day with CEO Moniques

Tuesday 31st we are open – activities to be decided

Lorikeet have our morning meeting each day at 9.45

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