

Lorikeet Centre Activity Planner

April 2025

April 2025			
Tuesday	Wednesday	Thursday	Friday
1	2	3	4
10am Gardening 10.30 Wellbeing Quiz 11.15 Self esteem with Jo 12.30 Lunch 1.30 Pool Comp 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Spanish 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Financial Wellbeing 12.30 Lunch 1.15 Italian group 2.15 Art with Ainsley 3.30 Learn to crochet	Swan Valley Day tour Lunch -Pasta in the valley We will postpone if weather is really bad Deposit \$5 Meet at lorikeet 9.15
8	9	10	11
		WASO CONCERT OUTING– leaving at 12.15	
10am Gardening 10.30 Wellbeing Quiz 11.15 Self esteem group 12.30 Lunch 1.30 Boogie Bingo 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 10.40 Chair Yoga 11.15 COMHWA talk 12 early lunch (wraps only) 2.15 Art with Ainsley 3.30 Learn to crochet	Whiteman park (not Caversham wild life park) Motor museum Conc \$13 Tractor museum \$5 Train \$10 BBQ \$5 or wraps
15	16	17	18
10am Gardening 10.30 Wellbeing Quiz 11.15 Self esteem 12.30 Lunch 1.15 Photography with Uli 3.30 Singalong with Danny	Fremantle outing to sculptures exhibit 10am Walking Group 10.15 Meditation No activity due to outing 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11.15 WA Ombudsman and HADSCO talk 12.30 Lunch 1.15 Italian group 2.30 Activity 3.30 Learn to crochet	Closed Due to easter
22	23	24	25
10am Gardening 10.30 Pharmacy 777 11.15 Boogie bingo 12.30 Lunch 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Karaoke 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Closed for ANZAC DAY
29	30	1 st May	2 nd May
10am Gardening 10.30 Wellbeing Quiz 11.15 Self Esteem group 12.30 Lunch 1.30 Members Meeting 2.15 CEO update 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Poetry group 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with Renita	Art exhibition – at either Fremantle, Moores building , WA Art gallery etc depending what is on Lunch

Lorikeet have our morning meeting each day at 9.45 -

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

Phone 92378951

Lorikeet Centre Activity Planner

May 2025			
Tuesday 6	Wednesday 7	Thursday 8	Friday 9
10am Gardening 10.30 Health and Wellbeing 11.15 Boogie Bingo 12.30 Lunch 1.30 Art group 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 Charades/Boogie Bingo 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	Woodbridge House House visit and lunch Rickshaw ride available on day Details to be advised
13	14	15	16
10am Gardening 10.30 Health and Wellbeing 11.15 Self Esteem group 12.30 Lunch 1.30 Art Group 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Spanish 12.30 Lunch 1.30 Art and craft group 1.30 Womens outing	10am Meditation 10.30 Financial wellbeing 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	Mandurah fish and chips and maybe museum Leaving time to be advised
20	21	22	23
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Photography Class 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 Art therapy 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	Challenging Stigma week Details to closer to the time
27	28	29	30
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.15 Members meeting 2.15 Boogie Bingo 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Poetry 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Chair yoga 11.15 Presentation 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	To be decided Closer to the time

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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 events the day before Phone 92378951

Art therapy with Renita once a month on Mondays – Limited spaces

(Center is not open for any other activities or attendance). See Denise for dates each month and to book.

Lorikeet Centre Activity Planner

June 2025			
Tuesday 3	Wednesday 4	Thursday 5	Friday 6
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Pool Comp 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Spanish class 12.30 Lunch 1.30 Art and craft group	10am Meditation 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	Wellbeing Day with Renita and Uli Details to come
10	11	12	13
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Boogie Bingo 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Healthy eating group 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Chair Yoga 1.15 Financial wellbeing 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	Big Brekky Time 11.30 Cost \$5 Must book Activity afternoon
17	18	19	20
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Photography 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Spanish class 12.30 Lunch 1.30 Art and craft group 3pm Lorikeet closes due to information session	10 Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with Renita	AQWA (cost \$17) Normal cost is \$27 but it will be subsidized by \$10 Lunch there also Leaving time 9.45
24	25	26	27
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Members meeting 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Poetry Group 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Chair Yoga 11.15 Charades/Boogie Bingo 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita	Day at the centre morning: 10.30 Healthy eating group 11.30 Living well group Lunch 12.30 Art after lunch

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We are still practicing physical distancing at the centre to keep everyone safe. Remember to stay home if you are sick.