

Longridge Aged Care

Well-being Program- Week Beginning 19th of June 2022

Monday 20th June

11:00am– Exercises & Word Game– New Lounge

1:30pm– Cooking– Rec Room



4:00pm– Wind Down– New Lounge

THURSDAY 23rd June

10:30am - Tai Chi, Newspaper, Quiz– New Lounge

1:30pm– Resident Meeting- New Lounge



4:00pm- Wind Down-

TUESDAY 21st June

10:30am– Men's Meet up– LA Lounge

Catch up

11:00am– Church–New Lounge

1:30pm– Bingo – LA Lounge

FRIDAY 24th June

10.00am- Craft- Rec Room

1.30pm– Singalong– Elva Thompson- New Lounge



3.00pm- Happy Hour- New Lounge



WEDNESDAY 22nd June

10:00am- Bus Trip

1:15pm- Bus Trip