

Longridge Aged Care



Well-being Program- Week Beginning 1st August 2022



Monday 1st August

11:00am– Tai chi exercise and quiz– New Lounge

1:30pm– Activity–New Lounge



THURSDAY 4th August

10:00am - Commonwealth Games Games– New Lounge

11:00 Anglican Church-Rec Room

12:00pm– Ladies Outing

1:30pm– Movie - New Lounge



TUESDAY 2nd August

10:30– Men's Meet Up– LA Lounge



11:00am– Church– Rec Room

1:30pm– Bingo – LA Lounge

FRIDAY 5th August

10.00am- Craft- Rec Room



1.30pm– Singalong– Viv Johns- New Lounge

3.00pm– Happy Hour- New Lounge



HAPPY HOUR

WEDNESDAY 3rd August

10:00am- Bus Trip

1:15pm- Bus Trip