

Longridge Aged Care



Well-being Program- Week Beginning 7th August 2022



Monday 8th August

11:00am– Tai chi & exercises –
New Lounge

1:30pm– Activity–New
Lounge

THURSDAY 11th August

10:30am– Quiz–New Lounge



12:00pm– Ladies Outing



1:30pm– Movie - New Lounge



TUESDAY 9th August

10:30– Men's Meet Up– LA
Lounge



11:00am– Church– Rec Room

1:30pm– Bingo – LA Lounge

FRIDAY 12th August

10.00am- Craft- Rec Room

1.30pm– Singalong- New
Lounge

3.00pm– Happy Hour- New
Lounge



WEDNESDAY 10th August

10:00am- Bus Trip

1:15pm- Bus Trip