



Longridge Aged Care



Well-being Program- Week Beginning 18th September 2022

MONDAY 19th September

11:00am–Walking Groups



1:30pm–Coffee Outing



1:30pm–Movie– New Lounge

THURSDAY 22nd September

PUBLIC HOLIDAY



FRIDAY 23rd September

10.00am- Craft- Rec Room

12:00pm- AFL Grand Final &

Footy Tip BBQ– ALL

RESIDENTS– Hinze Dinning

Room-

(Wear your footy Colours)



1.30pm– Singalong– Dennis

Edwards- New Lounge

3.00pm– Happy Hour- New
Lounge

TUESDDAY 20th September

10:30am- Men's Group– LA
Lounge

11:00am– Reflections– Ann
Nolan & Ericka Vickery – Rec
Room

1:30pm– Bingo – LA Lounge

WEDNESDAY 21st September

10:00am- Bus Trip

1:15pm- Bus Trip