

# Longridge Aged Care

Well-being Program- Week Beginning 25th September 2022

MONDAY 26th September

11:00am–Walking Groups



1:30pm–Cooking– Rec Room



1:30pm–Movie– New Lounge

THURSDAY 29th September

10:30am– Quiz– New Lounge



1:30pm– Coffee Outing



TUESDDAY 27th September

10:30am- Men's Group– LA Lounge

11:00am– Church– Rec Room

1:30pm– Bingo – LA Lounge



FRIDAY 30th September

10.00am- Craft- Rec Room

1.30pm– Singalong– Merylin Jardine- New Lounge

3.00pm– Happy Hour- New Lounge



WEDNESDAY 28th September

10:00am- Bus Trip

1:15pm- Bus Trip