

# Longridge Aged Care

Well-being Program- Week Beginning 20th November 2022

## MONDAY 21st November

11:00am– Exercises– New Lounge



1:30pm– Movie- New Lounge

## THURSDAY 24th November

9:00am– Good Country Physio Exercises– New Lounge

10:30– Quiz & Walking Groups– New Lounge

1:30pm– Movie & Christmas Set up – New Lounge

## TUESDAY 22nd November

10:00am– Men's Group-LA Lounge

11:00am– Phyllis Gale– Max Life Church - Rec Room

1:30pm– Phillip Wilson– New Lounge



## FRIDAY 25th November

10:00am–Craft– Rec Room

1.30pm– Movie- New Lounge

4.30pm– Resident and Family

### Christmas Drinks



🎄 Eat, 🎄  
🎄 Drink and  
🎄 Be Merry

## WEDNESDAY 23rd November

10:00am- Bus Trip

1:15pm- Bus Trip