

Longridge Aged Care

Well-being Program- Week Beginning 27th November 2022

MONDAY 28th November

11:00am– Walking Groups–
New Lounge

1:30pm– Ladies Coffee Outing



THURSDAY 1st December

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

11:00am– Anglican Church- Rec
Room

1:30pm– Activity- Rec Room

TUESDAY 29th November

10:30am– Men's group– LA
Lounge

11:00am- Church Yvonne
Hogarth & Otto Modra - Rec
Room

1:30pm– Christmas Craft– Rec
Room



FRIDAY 2nd December

10:00am–Craft– Rec Room

1.30pm– Movie- New Lounge



4:30pm– Naracoorte
Christmas pageant–

RESIDENTS TO BE SELECTED



WEDNESDAY 30th November

10:00am- Bus Trip

1:15pm- Bus Trip