

MILFORD HOUSE NURSING HOUSE

Activity Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				International Day of Older Persons 9.30 Current affairs / Newspaper 10.00 Music appreciatio 10.30 Morning tea 11.15 Relaxation music 12.00 Lunch club 1.30 Colouring 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	Gandhi's Birthday 9.30 Current affairs / Newspaper 10.00 Music appreciatio 10.30 Morning tea 11.15 Chakra Meditation 12.00 Lunch Club 1.30 Documentary 2.30 Afternoon tea 3.00 Classic TV show 4.00 1.1 therapy	NRL Grand Final (TBC) 10.00 Room Visit 10.30 Morning tea 11.00 Church service 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy
World Animal Day, Feast of St Francis of Assisi, World Habitat Day. 9.30 Room Visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch Club 1.30 Games / Ladies Group 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	Footy Tipping Presentation 9.30 Current affairs / Newspaper 10.00 Music appreciation 10.30 Morning tea 11.00 GF Footy 12.00 Lunch 1.30 Highlight GF Footy 2.00 Footy Presentation 3.00 reminiscing Footy of 1976 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Music appreciation 10.30 Morning tea 11.15 Virtual pet therapy 12.00 Lunch Club 1.30 Cards 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Painting 2.30 Afternoon tea 3.00 Classic Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Music appreciation 10.30 Morning tea 11.15 Games 12.00 Lunch club 1.30 Reading short stories 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Music appreciation 10.30 Morning tea 11.15 Seated dance exercise 12.00 Lunch Club 1.30 Bingo 2.30 Afternoon tea 3.00 Classic TV show 4.00 1.1 therapy	10.00 Room Visit 10.30 Morning tea 11.00 Church service 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy
9.30 Room Visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch Club 1.30 Games / Ladies Group 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Resident & Relative meeting 12.00 Lunch Club 1.30 Music Appreciation 2.00 Entertainment 3.00 Movie + Afternoon tea 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch Club 1.30 Karaoke sing along 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Ladies group / Documentary 2.30 Afternoon tea 3.00 Classic Movie 4.00 1.1 therapy	Hawaiian Theme 9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Balloon Games 12.00 Lunch club 1.30 Craft 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated dance exercise 12.00 Lunch Club 1.30 Bingo 2.30 Afternoon tea 3.00 Classic TV show 4.00 1.1 therapy	10.00 Room Visit 10.30 Morning tea 11.00 Church service 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy
9.30 Room Visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch Club 1.30 Games / Ladies Group 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch Club 1.30 Music Appreciation 2.00 Entertainment 3.00 Movie + Afternoon tea 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Virtual Dance 12.00 Lunch Club 1.30 Games 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Documentary / Ladies Group 2.30 Afternoon tea 3.00 Classic Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Games 12.00 Lunch club 1.30 Flower arrangement 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated dance exercise 12.00 Lunch Club 1.30 Bingo 2.30 Afternoon tea 3.00 Classic TV show 4.00 1.1 therapy	United Nations Day 10.00 Room Visit 10.30 Morning tea 11.00 Church service 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy
9.30 Room Visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch Club 1.30 Games / Ladies Group 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch Club 1.30 Music Appreciation 2.00 Entertainment 3.00 Movie + Afternoon tea 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 DVD concert 12.00 Lunch Club 1.30 Movie Time with Refreshment 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Documentary / Ladies Group 2.30 Afternoon tea 3.00 Classic Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Games 12.00 Lunch club 1.30 Sorting & Pairing 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs / Newspaper 10.00 Room visit 10.30 Morning tea 11.15 Seated dance exercise 12.00 Lunch Club 1.30 Bingo 2.30 Afternoon tea 3.00 Classic TV show 4.00 1.1 therapy	Halloween, Grandparents Day (AU) 10.00 Room Visit 10.30 Morning tea 11.00 Church service 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy

NOTE: Milford House have a range of activities to choose that our residents will enjoy. Residents can choose the activities they prefer to participate. We are looking for volunteer because of all the activities we are planning. If you would like to volunteer, please talk to Faye, Raquel or Sue. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board

