




Milford House

Monthly Activities January 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 th	31 st					1 st
9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Pedals 13:30 Jigsaw 14:30 Afternoon Tea 15:00 Movie of your choice	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 DIY 14:30 Afternoon Tea 15:00 Classic Movie					New Year's Day 10:30 Morning Tea 11:15 Celebrating New Year 13:30 Piano music 14:30 Afternoon Tea 15:00 Movie of your choice
2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Ring Toss 13:30 Bingo 14:30 Afternoon Tea 15:00 Movie of your choice	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Move your Body 13:30 Painting 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Physiotherapy 13:30 Bus Trip/ Travel World 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Chair Yoga 13:30 Colouring 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Reading Club 13:30 Bus Trip/ Balloon Tennis 14:30 Happy Hour 15:00 Concert-DVD	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 Beauty Therapy 14:30 Afternoon Tea 15:00 Comedy Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Church service online 13:30 Harmonica music 14:30 Afternoon Tea 15:00 Movie of your choice
9 th	10 th	11 th	12 th	13 th	14 th	15 th
9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Pedals 13:30 Jigsaw 14:30 Afternoon Tea 15:00 Movie of your choice	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 DIY 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Physiotherapy 13:30 Bus Trip/ Sensory 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Chair Yoga 13:30 Colouring 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Reading Club 13:30 Bus Trip/ Balloon Tennis 14:30 Happy Hour 15:00 Concert-DVD	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 Bingo 14:30 Afternoon Tea 15:00 Comedy Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Church service online 13:30 Piano Music 14:30 Afternoon Tea 15:00 Movie of your choice
16 th	17 th	18 th	19 th	20 th	21 st	22 nd
9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Ring Toss 13:30 Bingo 14:30 Afternoon Tea 15:00 Movie of your choice	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Move your Body 13:30 Painting 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Physiotherapy 13:30 Bus Trip/ Travel World 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Chair Yoga 13:30 Colouring 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Reading Club 13:30 Bus Trip/ Balloon Tennis 14:30 Happy Hour 15:00 Concert-DVD	9:30 Walk /Talk & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 Beauty Therapy 14:30 Afternoon Tea 15:00 Comedy Movie	Chinese New Year- Spring Festival 9:30 Walk /Talk & Music Therapy 10:30 Morning Tea 11:15 Church service online 13:30 Harmonica music 14:30 Afternoon Tea 15:00 Movie of your choice
23 rd	24 th	25 th	26 th	27 th	28 th	29 th
9:30 Walk /Talk & Music Therapy 10:30 Morning Tea 11:15 Pedals 13:30 Jigsaw 14:30 Afternoon Tea 15:00 Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Move your Body 13:30 DIY 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Physiotherapy 13:30 Bus Trip/ Sensory 14:30 Afternoon Tea 15:00 Classic Movie	Australia Day 10:30 Morning Tea 11:15 Australia Day Celebration 13:30 Australia Quiz 14:30 Afternoon Tea 15:00 Classic Movie	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Reading Club 13:30 Bus Trip/ Balloon Tennis 14:30 Happy Hour 15:00 Concert-DVD	9:30 Current Affairs & Music Therapy 10:30 Morning Tea 11:15 Seated Exercise 13:30 Bingo 14:30 Afternoon Tea 15:00 New Year's Movie	9:30 Walk /Talk & Music Therapy 10:30 Morning Tea 11:15 Church service online 13:30 Piano Music 14:30 Afternoon Tea 15:00 Movie of your choice