	Milford House Nursing House Monthly Activity				
HEALTH CARE	THEODAY	WEDNESDAY			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				rch ?	
220					
	Shrove Tuesday	1 Ash Wednesday.	2	3	4
	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Curi
	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Mu
Harmony Day	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Mo
	11.15 Physio exercise	11.30 Relaxation & Meditation	11.15 Seated exercise	11.00 Seated golf	11.00 Sea
21 March	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	12.00 Lun
Celebrating cultural	1.30 Performance Art therapy	1.30 Bus trip / Jigsaw	1.30 Music Appreciation	1.30 Bus trip / Documentary	1.30 Bing
diversity	2.30 Afternoon tea	2.30 Afternoon tea	2.00 Entertainment	2.30 Happy hour	2.30 After
	3.00 Movie 4.00 1.1 therapy	3.00 Musical movie 4.00 1.1 therapy	3.00 Movie + Afternoon tea 4.00 1.1 therapy	3.00 Classic Comedy Movie 4.00 1.1 therapy	3.00 Clas 4.00 1.1 t
	7 Int. Women's Day	8	9	10 1	
9.30 Room Visit	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Curr
0.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation 10.30 Morning tea	10.00 Music appreciation 10.30 Morning tea	10.00 Music appreciation 10.30 Morning tea	10.00 Mu 10.30 Mo
10.30 Morning tea 11.15 Exercise	10.30 Morning tea 11.15 Physio exercise	11.30 Relaxation & Meditation	11.15 Seated exercise	11.00 Ball games	11.00 Col
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	12.00 Lun
1.30 Balloon tennis	1.30 Performance Art therapy	1.30 Bus trip / Craft	1.30 Music Appreciation	1.30 Bus trip / Documentary	1.30 Bing
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.00 Entertainment	2.30 Happy hour	2.30 After
3.00 Movie	3.00 Movie	3.00 Musical movie	3.00 Movie + Afternoon tea	3.00 Classic Comedy Movie	3.00 Clas
4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 t
	14	15	16 St Patrick's Day, Purim	17 1	8
9.30 Room Visit	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Curr
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Mu
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Mo
11.00 Craft / Colouring	11.15 Physio exercise	11.30 Relaxation & Meditation	11.15 Seated exercise	11.00 Games - Crosswords	11.00 Gar
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	12.00 Lun
1.30 Carpet bowls 2.30 Afternoon tea	1.30 Performance Art therapy 2.30 Afternoon tea	1.30 Bus trip / Sort & Pair 2.30 Afternoon tea	1.30 Music Appreciation 2.00 Entertainment	1.30 Bus trip / Documentary 2.30 Happy hour	1.30 Bing 2.30 After
3.00 Movie	3.00 Movie	3.00 Musical movie	3.00 Movie + Afternoon tea	3.00 Classic Comedy Movie	3.00 Clas
4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 t
Harmony Day,	21	22	23	24 Greek Independence Day 2	1
9.30 Room Visit	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	9.30 Curr
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Mu
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Mo
11.15 Exercise	11.15 Physio exercise	11.30 Relaxation & Meditation	11.15 Seated exercise	11.00 Online Brazilian Dance	11.00 Stor
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	12.00 Lun
1.30 Carpet bowls	1.30 Performance Art therapy	1.30 Bus trip / Colouring	1.30 Music Appreciation	1.30 Bus trip / Documentary	1.30 Bing
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.00 Entertainment	2.30 Happy hour	2.30 After
3.00 Movie	3.00 Movie	3.00 Musical movie	3.00 Movie + Afternoon tea	3.00 Classic Comedy Movie	3.00 Clas
4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 t
	28	29	30	³¹ NOTES:	3
9.30 Room Visit	9.30 Current affairs	9.30 Current affairs	9.30 Current affairs	Activities will run in small group	
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	subject to COVID restrictions.	
10.30 Morning tea 11.15 Exercise	10.30 Morning tea 11.15 Physio exercise	10.30 Morning tea 11.30 Relaxation & Meditation	10.30 Birthday celebration 11.15 Seated exercise	Due to unforseen circumstances,	Cal
11.15 Exercise 12.00 Lunch Club	11.15 Physic exercise 12.00 Lunch Club	11.30 Relaxation & Meditation 12.00 Lunch Club	11.15 Seated exercise 12.00 Lunch Club		State -
1.30 Carpet bowls	1.30 Ball games	1.30 Bus trip / Reading	1.30 Music Appreciation	some activities may be subject to	de la
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.00 Entertainment	change or cancellation.	ace
3.00 Movie	3.00 Movie	3.00 Musical movie	3.00 Movie + Afternoon tea		
4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy	4.00 1.1 therapy		

