

Milford House Nursing House

Monthly Activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>March 2022</i>						
	Shrove Tuesday 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Performance Art therapy 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	Ash Wednesday. 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.30 Relaxation & Meditation 12.00 Lunch Club 1.30 Bus trip / Jigsaw 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 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 10.00 Music appreciation 10.30 Morning tea 11.00 Seated golf 12.00 Lunch club 1.30 Bus trip / Documentary 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.00 Seated 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 Hymns songs 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 Balloon tennis 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	Int. Women's Day 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Performance Art therapy 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.30 Relaxation & Meditation 12.00 Lunch Club 1.30 Bus trip / Craft 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 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 10.00 Music appreciation 10.30 Morning tea 11.00 Ball games 12.00 Lunch club 1.30 Bus trip / Documentary 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.00 Colouring 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 Songs of Praise 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 11.00 Craft / Colouring 12.00 Lunch Club 1.30 Carpet bowls 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Performance Art therapy 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.30 Relaxation & Meditation 12.00 Lunch Club 1.30 Bus trip / Sort & Pair 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	St Patrick's Day, Purim 9.30 Current affairs 10.00 Music appreciation 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 10.00 Music appreciation 10.30 Morning tea 11.00 Games - Crosswords 12.00 Lunch club 1.30 Bus trip / Documentary 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.00 Gardening 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 Songs of Praise 11.30 Exercise 12.00 Lunch club 1.30 Games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy
Harmony Day, 9.30 Room Visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch Club 1.30 Carpet bowls 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Performance Art therapy 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.30 Relaxation & Meditation 12.00 Lunch Club 1.30 Bus trip / Colouring 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 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	Greek Independence Day 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.00 Online Brazilian Dance 12.00 Lunch club 1.30 Bus trip / Documentary 2.30 Happy hour 3.00 Classic Comedy Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.00 Story telling 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 Songs of Praise 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 Carpet bowls 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Physio exercise 12.00 Lunch Club 1.30 Ball games 2.30 Afternoon tea 3.00 Movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.30 Relaxation & Meditation 12.00 Lunch Club 1.30 Bus trip / Reading 2.30 Afternoon tea 3.00 Musical movie 4.00 1.1 therapy	9.30 Current affairs 10.00 Music appreciation 10.30 Birthday celebration 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	NOTES: Activities will run in small group subject to COVID restrictions. Due to unforeseen circumstances, some activities may be subject to change or cancellation.		