



# Milford House Nursing House

## Activity Program August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> 9.30 Room visit 1-1 10.00 Balloon tennis 10.30 Morning tea 11:00 News & current affairs 12.00 Lunch club 1.30. Bullseye comp prizes. 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	<b>2</b> 9.30 Room visit 1-1 10.00 music exercise 10.30 Morning tea 11.00 squishy bags. 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	<b>3</b> 9.30 Room visit 1-1 10:00 Stretching 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! <b>2:30 Happy Hour</b> 3:00 Concert TV & 1-1 therapy	<b>4</b> 9.30 Room visit 1-1 10:00 Bucket Toss Competition 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Harmonica 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
<b>5</b> 9.30 Room visit 1-1 10:00 Pin Bowling 10.30 Morning tea 11:00 Speaking Card 12.00 Lunch club 1:30 Flowers/plants arrange 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	<b>6</b> 9.30 Room visit 1-1 10:00 Music Appreciation 10.30 Morning tea 11:00 Badminton 12.00 Lunch club 1:30 Craft 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	<b>7</b> 9.30 Room visit 1-1 10:00 Puzzle 10.30 Morning tea 11:00 Watercolor stencils 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	<b>8</b> 9.30 Room visit 1-1 10.00 Current affairs 10.30 Morning tea 11.00 Quick quiz 12.00 Lunch club 1.30 marbling bottles. 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	<b>RED NOSE DAY 9</b> 9.30 Room visit 1-1 10.00 dance exercise . 10.30 Morning tea 11.00 whiteboard games . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	<b>10</b> 9.30 Room visit 1-1 10:00 Face and Neck Yoga 10.30 Morning tea 11:00 Painting 12.00 Lunch club 1:30 Bingo! <b>2:30 Happy Hour</b> 3:00 Concert TV & 1-1 therapy	<b>11</b> 9.30 Room visit 1-1 10:00 Seated stretching 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Piano 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
<b>12</b> 9.30 Room visit 1-1 10:00 Traditional Quoits 10.30 Morning tea 11:00 Toss/ Talk Ball 12.00 Lunch club 1:30 Art Therapy 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	<b>13</b> 9.30 Room visit 1-1 10:00 Balloon game 10.30 Morning tea 11:00 Hoop ring toss 12.00 Lunch club 1:30 Question game 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	<b>14</b> 9.30 Room visit 1-1 10:00 Snakes and leader 10.30 Morning tea 11:00 Abstract heart 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	<b>15</b> 9.30 Room visit 1-1 10.00 catholic mass. 10.30 Morning tea 11.00 Who am I board game. 12.00 Lunch club 1.30 Shot put . 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	<b>16</b> 9.30 Room visit 1-1 10.00 reading news . 10.30 Morning tea 11.00 crafts galore . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	<b>17</b> 9.30 Room visit 1-1 10:00 Zumba 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! <b>2:30 Happy Hour</b> 3:00 Concert TV & 1-1 therapy	<b>18</b> 9.30 Room visit 1-1 10:00 Bullseye 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Harmonica 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
<b>19</b> 9.30 Room visit 1-1 10:00 Pin Bowling 10.30 Morning tea 11:00 Table Games 12.00 Lunch club 1:30 Creative Work 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	<b>20</b> 9.30 Room visit 1-1 10:00 Matching game 10.30 Morning tea 11:00 Sensory toy maker 12.00 Lunch club 1.30 Volley ball comp . 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	<b>21</b> 9.30 Room visit 1-1 10:00 Breathing exercise 10.30 Morning tea 11:00 Indoor Petanque game 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	<b>22</b> 9.30 Room visit 1-1 10.00 news paper reading . 10.30 Morning tea 11.00 Table games galore . 12.00 Lunch club 1.30 painting jars . 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	<b>23</b> 9.30 Room visit 1-1 10.00 Balloon tennis . 10.30 Morning tea 11.00 Volley ball . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	<b>24</b> 9.30 Room visit 1-1 10:00 Catch ball 10.30 Morning tea 11:0) What am I? 12.00 Lunch club 1:30 Bingo! <b>2:30 Happy Hour</b> 3:00 Concert TV & 1-1 therapy	<b>25</b> 9.30 Room visit 1-1 10:00 Brain Gym 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Piano 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
<b>26</b> 9.30 Room visit 1-1 10:00 Traditional Quoits 10.30 Morning tea 11:00 Memory Gems 12.00 Lunch club 1:30 Putting Cup 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	<b>27</b> 9.30 Room visit 1-1 10:00 Board games 10.30 Morning tea 11:00 Maze 12.00 Lunch club 1:30 find -a - word puzzle 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	<b>28</b> 9.30 Room visit 1-1 10:00 Meditation 10.30 Morning tea 11:00 Tissue paper painting 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	<b>29</b> 9.30 Room visit 1-1 10.00 Balloon tennis . 10.30 Morning tea 11.00 Cash poker , 12.00 Lunch club 1.30 quiz & trivia . 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	<b>30</b> 9.30 Room visit 1-1 10.00 stack cup battle prizes . 10.30 Morning tea 11.00 stack cup continues . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	<b>31</b> 9.30 Room visit 1-1 10:00 Upper body Exercise 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! <b>2:30 Happy Hour</b> 3:00 Concert TV & 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 Emilia, Junia, Maria, Sue, and Kathy. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.

