

## MILFORD HOUSE ACTIVITY PLANNER May-22



|  |   |  |  |   |   |  |
|--|---|--|--|---|---|--|
| <b>Monday 30</b>   | <b>Tuesday 31</b>   |  |  |   |   | <b>Sunday 1</b>  |
| 10:00 Room visit & 1:1 therapy<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Games<br>2:30 Afternoon tea<br>3:00 Movie                     | 10:00 Room visit & 1:1 therapy<br>10:30 Morning tea & chat & music appreciation<br>11:00 Physiotherapy<br>1:30 Documentary<br>2:30 Afternoon tea<br>3:00 Movie Classic<br><br><b>World No Tobacco Day</b> |  |  |   |   | 10:00 Music appreciation<br>10:30 Morning tea & chat<br>11:30 Seated exercise<br>1:30 Creativity therapy<br><br>2:30 Afternoon tea<br>3:00 Movie   |
| <b>Monday 2</b>  | <b>Tuesday 3</b>  | <b>Wednesday 4</b>   | <b>Thursday 5</b>  | <b>Friday 6</b>   | <b>Saturday 7</b>   | <b>Sunday 8</b>  |
| 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Games<br>2:30 Afternoon tea<br>3:00 Movie                    | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:00 Physiotherapy<br>1:30 Documentary<br><br>3:00 Movie Classic   | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Art therapy & Bus trip<br>2:30 Afternoon tea<br>3:00 Watching cooking show | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 DVD Concert<br>2:30 Afternoon tea<br>3:00 Movie Theatre                          | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Movie & Bus trip<br>2:30 Happy Hour & singalong<br>3:00 Classic TV Series | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Bingo<br>2:30 Afternoon tea<br>3:00 Movie Theatre | 10:00 Current affairs/Newspaper<br><b>10:30 Morning tea &amp; Celebrating Mother's Day</b><br>11:30 Seated exercise<br>1:30 Art therapy<br>2:30 Afternoon tea<br>3:00 Movie Theatre<br><br><b>Mother's Day</b> |
| <b>Monday 9</b>  | <b>Tuesday 10</b>   | <b>Wednesday 11</b>  | <b>Thursday 12</b>   | <b>Friday 13</b>  | <b>Saturday 14</b>  | <b>Sunday 15</b>   |
| 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Games<br>2:30 Afternoon tea<br>3:00 Watching DVD music       | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:00 Physiotherapy<br>1:30 Documentary<br>3:00 Movie Classic   | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Art therapy & Bus trip<br>2:30 Afternoon tea<br>3:00 Watching cooking show | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 DVD Concert<br>2:30 Afternoon tea<br>3:00 Movie Theatre<br><br><b>Nurses Day</b> | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Movie & Bus trip<br>2:30 Happy Hour & singalong<br>3:00 Classic TV Series | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Bingo<br>2:30 Afternoon tea<br>3:00 Movie         | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Rosemary Therapeutic<br>1:30 Reminiscing<br>2:30 Afternoon tea<br>3:00 Movie Theatre                                 |
| <b>Monday 16</b>   | <b>Tuesday 17</b>   | <b>Wednesday 18</b>  | <b>Thursday 19</b>   | <b>Friday 20</b>  | <b>Saturday 21</b>  | <b>Sunday 22</b>   |
| 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Memory Games<br>2:30 Afternoon tea<br>3:00 Movie             | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:00 Physiotherapy<br>1:30 Documentary<br>2:30 Afternoon tea<br>3:00 Sensory therapy                                 | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Art therapy & Bus trip<br>2:30 Afternoon tea<br>3:00 Watching cooking show | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 DVD Concert<br>2:30 Afternoon tea<br>3:00 Movie Theatre                          | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Movie & Bus trip<br>2:30 Happy Hour & singalong<br>3:00 Classic TV Series | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Bingo<br>2:30 Afternoon tea<br>3:00 Movie         | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Piano music therapy<br>2:30 Afternoon tea<br>3:00 Movie Theatre                              |
| <b>Monday 23</b>   | <b>Tuesday 24</b>   | <b>Wednesday 25</b>  | <b>Thursday 26</b>   | <b>Friday 27</b>  | <b>Saturday 28</b>  | <b>Sunday 29</b>   |
| 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Garden walk<br>2:30 Afternoon tea<br>3:00 Watching DVD music | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:00 Physiotherapy<br>1:30 Documentary<br>2:30 Afternoon tea<br>3:00 Movie Classic                                   | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Art therapy & Bus trip<br>2:30 Afternoon tea<br>3:00 Watching cooking show | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 DVD Concert<br>2:30 Afternoon tea<br>3:00 Movie theatre                          | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Movie & Bus trip<br>2:30 Happy Hour & singalong<br>3:00 Classic TV Series | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Bingo<br>2:30 Afternoon tea<br>3:00 Movie         | 10:00 Current affairs/Newspaper<br>10:30 Morning tea & chat & music appreciation<br>11:30 Seated exercise<br>1:30 Craft<br>2:30 Afternoon tea<br>3:00 Movie Theatre  |