



THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		9.30 Room visit 1-1 10:00 Quizz brain teasers 10.30 Morning tea 11:00 News paper reading 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Table games 10.30 Morning tea 11:00 Exercise therapy 12.00 Lunch club 1:30 Tile painting 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Whiteboard games 10.30 Morning tea 11:00 Matching games 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Chair yoga 10.30 Morning tea 11:00 Mind and memory game 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Arm Stretching 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Arts and crafts 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
6	7	8	9	10	11	MOTHER'S DAY 12
9.30 Room visit 1-1 10:00 Balloon tennis 10.30 Morning tea 11:00 Word Puzzle 12.00 Lunch club 1:30 Craft for Mother's day 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Yoga 10.30 Morning tea 11:00 Cooking 12.00 Lunch club 1:30 Work backwards game 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Sensory books 10.30 Morning tea 11:00 Photo collage 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Board Games 10.30 Morning tea 11:00 Newspaper reading 12.00 Lunch club 1:30 Group painting . 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Group Poker 10.30 Morning tea 11:00 Exercise therapy 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Zumba 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Mother's day celebration 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 International Nurses Day 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
13	14	15	16	17	18	19
9.30 Room visit 1-1 10:00 Ring Toss 10.30 Morning tea 11:00 Matching Game 12.00 Lunch club 1:30 Sing Along 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Meditation 10.30 Morning tea 11:00 Dancing 12.00 Lunch club 1:30 Reminiscing box 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Painting 10.30 Morning tea 11:00 Checkers/ Dominoes 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Arts and Crafts 10.30 Morning tea 11:00 Exercise therapy 12.00 Lunch club 1:30 Party Time 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10,00 Music Therapy, 10.30 Morning tea 11:00 Newspaper reading 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Mindfulness 10.30 Morning tea 11:00 What am I? 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Chair Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Sing Along 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
20	21	22	23	24	25	26
9.30 Room visit 1-1 10:00 Table Golf 10.30 Morning tea 11:00 Memory Game 12.00 Lunch club 1:30 String instruments 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Identify country game 10.30 Morning tea 11:00 Horse shoe game 12.00 Lunch club 1:30 Play doh/ clay 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Story time 10.30 Morning tea 11:00 Bracelet making 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Card games galore 10.30 Morning tea 11:00 Newspaper reading 12.00 Lunch club 1.30 Crafts men & Ladies 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Who am I? 10.30 Morning tea 11:00 Exercise therapy 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Shoulder & hand joint exercise 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Breathing Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Jigsaw 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
27	28	29	30	31		
9.30 Room visit 1-1 10:00 Chair Dance 10.30 Morning tea 11:00 Travelling to Italy 12.00 Lunch club 1:30 Word Search 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Spelling bee 10.30 Morning tea 11:00 Finish nursery rhymes 12.00 Lunch club 1:30 Beauty therapy day 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Toss a ball game 10.30 Morning tea 11:00 Pictionary 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Brainteasers Whiteboard. 10.30 Morning tea 11:00 Exercise therapy 12.00 Lunch club 1:30 Arts and crafts 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Quiz Games 10.30 Morning tea 11:00 Newspaper reading 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 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.

