

MILFORD HOUSE NURSING HOME

HEALTH CARE							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1221111		ê.	1	2
		I FUL	00	the second secon	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	
		1 100	-HCADIO-10-10-10	seaster	10.00 Music appreciation	10.00 Music appreciation	
I O		~			10.30 Morning tea	10.30 Morning tea	
74	A Martin		All and a start	A STATE	Ū	e e e e e e e e e e e e e e e e e e e	
出 日本 二人 日本 美		and the second second	Rig Toiz	200 000	11.15 Dance seated exercise	11.15 Church service Online	
the second has	41- 12-		100 M	A SUBAL STAR	12.00 Lunch Club	12.00 Lunch club	
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	A Deve Black	See 2	AT AN A A A A A A A A A A A A A A A A A		1.30 Cards	1.30 Art Therapy	
Charles and M	A NTZ	AC DAY	Constant of the	and a second	2.30 Afternoon tea	2.30 Afternoon tea	
·····································	ANZ	ACDAI	1111111		3.00 Movie & 1.1 therapy	3.00 Movie of your choice	
	3	1 5		6 Good Firday	7 Easter Saturday	8 Easter Sunday	9
9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	
11.15 Stretching Exercise	11.15 Origami	11.15 Beauty therapy	11.15 Current news discussion	11.15 Dance seated Exercise	11:15 Armchair travel	11.15 Church service Online	
12.00 Lunch Club	12.00 Lunch club	12.00 Lunch club	12.00 Lunch club	12.00 Lunch club	12.00 Lunch Club	12.00 Lunch club	
1.30 Colouring	1.30 Board games	1.30 Sensory /Bus trip	1:30 Spelling bee	1.30 Geography quiz /Bus trip	1.30 - Dominoe	1.30 Easter quiz	
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Happy hour	2.30 Afternoon tea	
3.00 Movie & 1.1 therapy	3.00 Movie of your choice	3.00 Movie of your choice	3.00 Movie of your choice	3.00 Movie of your choice	3.00 Documentary	3.00 Movie of your choice	
Easter Mondav	10 1 [.]	12		13 14	4	15	16
9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	
11.15 Chair yoga	11.15 mini basketball	11.15 Games indoor active	11.15 Family Feud	11.15 Current News Discussion	11.15 Dance seated exercise	11.15 Church service Online	
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	
1.30 Craft	1.30 Art therapy	1.30 Story telling /Bus trip	1.30 General Knowledge quiz	1.30 Geography quiz /Bus trip	1.30 Bingo	1.30 Word game	
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Happy hour	2.30 Afternoon tea	
3.00 Movie & 1.1 therapy	3.00 Musical Movie & 1.1 therapy	3.00 Classic Movie & 1.1 therapy	3.00 Concert DVD & 1.1 therapy	3.00 Comedy Movie & 1.1 therapy	3.00 Documentary	3.00 Movie of your choice	
	17 18	3 19		20 2	4	22	23
9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	23
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	
11.15 Brain gym	11.15 cognitive games	11.15 Karaoke	11.15 Family Feud	11.15 Dance seated exercise	11.15 Geography guiz	11.15 Church service Online	
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch club	
1.30 Colouring	1.30 Photography craft	1.30 Sensory /Bus trip	1.30 Colouring	1.30 Sensory/Bus trip	1.30 Word game	1.30 Harp music	
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Happy hour	2.30 Afternoon tea	
3.00 Movie & 1.1 therapy	3.00 Musical Movie & 1.1 therapy	3.00 Classic Movie & 1.1 therapy	3.00 Concert DVD & 1.1 therapy	3.00 Comedy Movie & 1.1 therapy	3.00 Documentary	3.00 Movie of your choice	
	24 Anzac Day 25	5 26		27 23	в	29	30
9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	9.30 Room Visit/Walk /Talk	
10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	
10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	10.30 Morning tea	
11.15 Chair zumba	11.15 Guided meditation	11.15 Painting	11.15 Current News discussion	11.15 Dance seated exercise	11.15 armchair travel	11.15 Church service Online	
12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12.00 Lunch Club	12:00 Lunch club	12.00 Lunch Club	12.00 Lunch club	
1.30 Craft	1.30 Dancing	1.30 Story telling /Bus trip	1:30 Word game	1.30 Math quiz /Bus trip	1.30 Greneral knowledge quiz	1.30 Piano music	
2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2.30 Afternoon tea	2:30 Afternoon tea	2.30 Happy hour	2.30 Afternoon tea	
3.00 Movie & 1.1 therapy	3.00 Musical Movie & 1.1 therapy	3.00 Classic Movie & 1.1 therapy	3.00 Concert DVD & 1.1 therapy	3:00 Comedy series	3.00 Documentary	3.00 Movie of your choice	
New Mile of Deve have a second of a strict	s to choose that our residents will enjoy. Residents car						

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 Emila, Anne, Maria and Sue. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.

