


## MILFORD HOUSE NURSING HOME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Stretching Exercise 12.00 Lunch Club 1.30 Colouring 2.30 Afternoon tea 3.00 Movie &amp; 1.1 therapy</p> <p><b>Easter Monday</b></p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Chair yoga 12.00 Lunch Club 1.30 Craft 2.30 Afternoon tea 3.00 Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Origami 12.00 Lunch club 1.30 Board games 2.30 Afternoon tea 3.00 Movie of your choice</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 mini basketball 12.00 Lunch Club 1.30 Art therapy 2.30 Afternoon tea 3.00 Musical Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Beauty therapy 12.00 Lunch club 1.30 Sensory /Bus trip 2.30 Afternoon tea 3.00 Movie of your choice</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Games indoor active 12.00 Lunch Club 1.30 Story telling /Bus trip 2.30 Afternoon tea 3.00 Classic Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Current news discussion 12.00 Lunch club 1.30 Spelling bee 2.30 Afternoon tea 3.00 Movie of your choice</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Family Feud 12.00 Lunch Club 1.30 General Knowledge quiz 2.30 Afternoon tea 3.00 Concert DVD &amp; 1.1 therapy</p>	<p><b>Good Friday</b></p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Dance seated Exercise 12.00 Lunch club 1.30 Geography quiz /Bus trip 2.30 Afternoon tea 3.00 Movie of your choice</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Dance seated exercise 12.00 Lunch Club 1.30 Bingo 2.30 Happy hour 3.00 Documentary</p>	<p><b>Easter Saturday</b></p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Armchair travel 12.00 Lunch Club 1.30 - Dominoe 2.30 Happy hour 3.00 Documentary</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Geography quiz 12.00 Lunch Club 1.30 Word game 2.30 Happy hour 3.00 Documentary</p>	<p><b>Easter Sunday</b></p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Easter quiz 2.30 Afternoon tea 3.00 Movie of your choice</p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Harp music 2.30 Afternoon tea 3.00 Movie of your choice</p>
<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Brain gym 12.00 Lunch Club 1.30 Colouring 2.30 Afternoon tea 3.00 Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 cognitive games 12.00 Lunch Club 1.30 Photography craft 2.30 Afternoon tea 3.00 Musical Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Karaoke 12.00 Lunch Club 1.30 Sensory /Bus trip 2.30 Afternoon tea 3.00 Classic Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Family Feud 12.00 Lunch Club 1.30 Colouring 2.30 Afternoon tea 3.00 Concert DVD &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Dance seated exercise 12.00 Lunch Club 1.30 Sensory/Bus trip 2.30 Afternoon tea 3.00 Comedy Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Geography quiz 12.00 Lunch Club 1.30 Word game 2.30 Happy hour 3.00 Documentary</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Harp music 2.30 Afternoon tea 3.00 Movie of your choice</p>
<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Chair zumba 12.00 Lunch Club 1.30 Craft 2.30 Afternoon tea 3.00 Movie &amp; 1.1 therapy</p>	<p><b>Anzac Day</b></p> <p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Guided meditation 12.00 Lunch Club 1.30 Dancing 2.30 Afternoon tea 3.00 Musical Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Painting 12.00 Lunch Club 1.30 Story telling /Bus trip 2.30 Afternoon tea 3.00 Classic Movie &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Current News discussion 12.00 Lunch Club 1.30 Word game 2.30 Afternoon tea 3.00 Concert DVD &amp; 1.1 therapy</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Dance seated exercise 12.00 Lunch club 1.30 Math quiz /Bus trip 2.30 Afternoon tea 3.00 Comedy series</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 armchair travel 12.00 Lunch Club 1.30 General knowledge quiz 2.30 Happy hour 3.00 Documentary</p>	<p>9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Piano music 2.30 Afternoon tea 3.00 Movie of your choice</p>

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, 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.

