

MILFORD HOUSE NURSING HOME

Activity Program MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Autumn Colours week 1 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch Club 1.30 Reminiscing Artwork 2.30 Afternoon tea 3.00 Movie & 1.1 therapy	2 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch Club 1.30 Word Game 2.30 Afternoon tea 3.00 Musical Movie & 1.1 therapy	3 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Physio Therapy 12.00 Lunch Club 1.30 Colouring/Bus trip 2.30 Afternoon tea 3.00 Classic Movie & 1.1 therapy	4 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch Club 1.30 Dominos 2.30 Afternoon tea 3.00 Classic Movie & 1.1 therapy	5 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Memory Game 12.00 Lunch Club 1.30 Pairing & Sorting/Bus trip 2.30 Afternoon tea 3.00 Comedy Movie & 1.1 therapy	6 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Seated Exercise 12.00 Lunch Club 1.30 Bingo 2.30 Happy hour 3.00 Documentary	7 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 Seasonal Garden Work 2.30 Afternoon tea 3.00 Movie of your choice
Autumn Colours week 8 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Ball Toss Game 12.00 Lunch Club 1.30 Art Therapy 2.30 Afternoon tea 3.00 Movie & 1.1 therapy	9 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Guided meditation 12.00 Lunch Club 1.30 Basketball 2.30 Afternoon tea 3.00 Musical Movie & 1.1 therapy	10 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Physio Therapy 12.00 Lunch Club 1.30 Seasonal Garden Work 2.30 Afternoon tea 3.00 Classic Movie & 1.1 therapy	11 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Armchair Travel 12.00 Lunch Club 1.30 Colouring 2.30 Afternoon tea 3.00 Concert DVD & 1.1 therapy	12 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Toss in Talk 12.00 Lunch Club 1.30 Sensory/Bus trip 2.30 Afternoon tea 3.00 Comedy Movie & 1.1 therapy	13 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Seated Exercise 12.00 Lunch Club 1.30 Bingo 2.30 Happy hour 3.00 Documentary	14 Mother's Day 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 <i>Mother's Day Celebration</i> 2.30 Afternoon tea 3.00 Movie of your choice
Multicultural day 15 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 <i>Multicultural Day Celebration</i> 12.00 Lunch Club 1.30 Card Game 2.30 Afternoon tea 3.00 Movie & 1.1 therapy	16 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch Club 1.30 Word Game 2.30 Afternoon tea 3.00 Musical Movie & 1.1 therapy	17 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Physio Therapy 12.00 Lunch Club 1.30 Reading/Bus trip 2.30 Afternoon tea 3.00 Classic Movie & 1.1 therapy	18 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch Club 1.30 Word Games 2.30 Afternoon tea 3.00 Concert DVD & 1.1 therapy	19 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Memory Game 12.00 Lunch Club 1.30 Pairing & Sorting/Bus trip 2.30 Afternoon tea 3.00 Comedy Movie & 1.1 therapy	20 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Seated Exercise 12.00 Lunch Club 1.30 Bingo 2.30 Happy hour 3.00 Documentary	21 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
22 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Ball Toss Game 12.00 Lunch Club 1.30 Word Game 2.30 Afternoon tea 3.00 Movie & 1.1 therapy	23 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Guided meditation 12.00 Lunch Club 1.30 Basketball 2.30 Afternoon tea 3.00 Musical Movie & 1.1 therapy	24 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Physio Therapy 12.00 Lunch Club 1.30 Cards /Bus trip 2.30 Afternoon tea 3.00 Classic Movie & 1.1 therapy	25 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Armchair Travel 12.00 Lunch Club 1.30 Colouring 2.30 Afternoon tea 3.00 Concert DVD & 1.1 therapy	26 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Toss in Talk 12.00 Lunch Club 1.30 Sensory/Bus trip 2.30 Afternoon tea 3.00 Comedy Movie & 1.1 therapy	27 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Seated Exercise 12.00 Lunch Club 1.30 Bingo 2.30 Happy hour 3.00 Documentary	28 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 Animal Video 2.30 Afternoon tea 3.00 Movie of your choice
29 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch Club 1.30 Jigsaw 2.30 Afternoon tea 3.00 Movie & 1.1 therapy	30 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch Club 1.30 Word Game 2.30 Afternoon tea 3.00 Musical Movie & 1.1 therapy	31 9.30 Room Visit/Walk /Talk 10.00 Music appreciation 10.30 Morning tea 11.15 Physio Therapy 12.00 Lunch Club 1.30 Reading/Bus trip 2.30 Afternoon tea 3.00 Classic 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 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.
						

Autumn Colours weeks
1st--14th
Multicultural week 15--21th



