

Milford House Nursing House

Activity Program June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			International Children's Day for Communist Countries 1 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch club 1:30 Picture - word matching/ memory games 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	2 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Colouring 12.00 Lunch club 1.30 Bus Trip / Reading group 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	3 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Dancing 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	4 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Piano Appreciation 2.30 Afternoon Tea 3.00 Movie of your choice
		5 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Draw Zentangle Patterns 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	6 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Game : Thinking & Talking 12.00 Lunch club 1.30 Card Games 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	7 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Spelling bee 12.00 Lunch club 1.30 Bus trip / Documentary travel 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	8 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch club 1.30 Art therapy / Reminiscing 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Karaoke 12.00 Lunch club 1.30 Bus Trip / Picture book 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy
Queen's Birthday 12	13	14	15	16	17	18
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Art Gallery Video 12.00 Lunch club 1.30 Origami Heart 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Pin Bowls Game 12.00 Lunch club 1.30 Memory Game 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Cognitive Games 12.00 Lunch club 1.30 Bus trip / Documentary 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch club 1.30 Ladies group / Sensory 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Indoor game: catch ball 12.00 Lunch club 1.30 Bus Trip / Card Game 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Dancing 12.00 Lunch club 1.30 Table Games 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Bingo 2.30 Afternoon Tea 3.00 Movie of your choice
19	20	21	22	23	24	25
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Tai chi 12.00 Lunch club 1.30 Putting Cup Game 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Ring Toss 12.00 Lunch club 1.30 Card Games 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Spelling bee 12.00 Lunch club 1.30 Bus trip / Armchair travel 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch club 1.30 Sensory activity/ General Knowledge Games 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 TV - Olympic games 10.30 Morning tea 11.15 Dominoes 12.00 Lunch club 1.30 Bus Trip / Jigsaw 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair yoga 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Table Games 2.30 Afternoon Tea 3.00 Movie of your choice
26	27	28	29	30	 <small>shutterstock.com - 1952032960</small>	
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Noodle Exercise 12.00 Lunch club 1.30 Football 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 11.15 TV - Olympic games 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch club 1.30 Trick Sticks 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Cognitive Games 12.00 Lunch club 1.30 Bus trip / Sensory activity, Trivia 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Seated exercise 12.00 Lunch club 1.30 Bean bag toss 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Karaoke 12.00 Lunch club 1.30 Bus Trip / Reading group 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy		

