



THOMPSON  
HEALTH CARE

# Milford House Nursing House

## Activity Program June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><b>International Children's Day</b></p>	 <p><b>Queen's Birthday</b></p>	<p><b>International Children's Day for Communist Countries 1</b></p>		<p><b>2 3</b></p>		<p><b>4</b></p>
		<p>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 &amp; 1-1 therapy</p>	<p>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 &amp; 1-1 therapy</p>	<p>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 &amp; 1-1 therapy</p>	<p>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</p>	
<p><b>5</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>6</b></p> <p>9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Game : Thinking &amp; Talking 12.00 Lunch club 1.30 Card Games 2.30 Afternoon Tea 3.00 Comedy Movie &amp; 1-1 therapy</p>	<p><b>7</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>8</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>9</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>10</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>11</b></p> <p>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 Animal Documentary 2.30 Afternoon Tea 3.00 Movie of your choice</p>
<p><b>Queen's Birthday 12</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>13</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>14</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>15</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>16</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>17</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>18</b></p> <p>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</p>
<p><b>19</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>20</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>21</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>22</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>23</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>24</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>25</b></p> <p>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</p>
<p><b>26</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>27</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>28</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>29</b></p> <p>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 &amp; 1-1 therapy</p>	<p><b>30</b></p> <p>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 &amp; 1-1 therapy</p>		

