




THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 9.30 Current affairs/ Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Matching game 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Movie of your choice					1 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise to Music 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	2 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
3 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Seated Exercise 12.00 Lunch club 1:30 Table games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	4 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Balloons and Bubbles 12.00 Lunch club 1.30 Play dough craft 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	5 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Two of a kind Massage 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	6 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Coloring 12.00 Lunch club 1.3 Catch ball 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	7 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 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	8 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch club 1.3 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9 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
10 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Pin Bowls Game 12.00 Lunch club 1.30 card games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	11 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mistery sensory 12.00 Lunch club 1.30 Paint along 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	12 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Nature Mandala 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	13 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise to music 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	14 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Ballooon Tennis 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	15 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Coloring 12.00 Lunch club 1.3 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	16 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
17 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Ring Toss 12.00 Lunch club 1.30 Seated exercise 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	18 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Stained Glass window 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	19 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Pick me up Jars 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	20 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Karaoke 12.00 Lunch club 1.30 Pairs 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	21 9.30 Current affairs / Room visit 10.00 TV - Olympic games 10.30 Morning tea 11:15 Sensory 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	22 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair dancing 12.00 Lunch club 1.3 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	23 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 Board games 2.30 Afternoon Tea 3.00 Movie of your choice
24 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Seasonal Craft 12.00 Lunch club 1.30 dancing 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	25 9.30 Current affairs / Room visit 11.15 TV - Olympic games 10.30 Morning tea 11.15 Hand massage and nail care 12.00 Lunch club 1.30 Puzzles 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	26 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Semsory Pouches 12.00 Lunch club 1.30 Bus trip / Armchair travel 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	27 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Ring and bean bag toss 12.00 Lunch club 1.3 Memory game 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	28 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Jengga 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	29 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 General Knowledge 12.00 Lunch club 1.3 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	30 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 Dominoes 2.30 Afternoon Tea 3.00 Movie of your choice

