




THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 9.30 Current affairs/ Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mini basketball 12.00 Lunch club 1.30 Exercise 2.30 Afternoon Tea 3.00 Movie of your choice	2 9.30 Current affair/ Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Group dancing 12.00 Lunch club 1.30 Bus trip/ Sensory time 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 bean bag toss 12.00 Lunch club 1.30 Who Am I? game 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	4 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Jenga 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	5 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Dance exercise 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	6 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
	7 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 AM Memory game 12.00 Lunch club 1:30 Dominoes 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	8 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Celebrate romance 12.00 Lunch club 1.30 Craft 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Let's make a smoothie 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	10 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Colouring 12.00 Lunch club 1.30 Sensory 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	11 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Balloon Tennis 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	12 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
14 9.30 Current affairs 10.00 Music appreciation 10.30 General knowledge quiz 11.15 Pin Bowls Game 12.00 Lunch club 1.30 Spot it! 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	15 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mystery sensory 12.00 Lunch club 1.30 Paint along 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	16 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 All about romance 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	17 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Crosswords 12.00 Lunch club 1.30 Catch ball 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	18 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Pairs 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	19 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Colouring 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	20 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
21 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Hand and back massage 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	22 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 The price is right (game) 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	23 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Reminiscing quiz 12.00 Lunch club 1.30 Bus trip / Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	24 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Word search 12.00 Lunch club 1.30 This day in history 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	25 9.30 Current affairs / Room visit 10.00 TV - Olympic games 10.30 Morning tea 11.15 seated exercise 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	26 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Karaoke 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	27 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
28 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise to music 12.00 Lunch club 1.3 Maths quizzes 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	29 9.30 Current affairs / Room visit 11.15 Fishing game 10.30 Morning tea 11.15 Sudoku 12.00 Lunch club 1.30 Board games 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Riddles 12.00 Lunch club 1.30 Bus trip/ Sensory time 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	31 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair yoga 12.00 Lunch club 1.30 Poetry 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	