



Milford House Nursing House

Activity Program September 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 AM Memory game 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	2 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Guessing game 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	3 9.30 Current affairs / Room visit 10.00 Karaoke 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.30 Father's day/ colouring 2.30 Afternoon Tea 3.00 Reminiscing
4 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch club 1.30 Dominos/ Card games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	5 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Hooky Game 12.00 Lunch club 1.30 Ping Pong 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	6 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Board game 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	7 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch club 1.30 Board games 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	8 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9 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	10 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
11 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Memory games 12.00 Lunch club 1.30 Colouring and Clay games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	12 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Quiz 12.00 Lunch club 1.30 Badminton 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	13 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Riddles and Trivia 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	14 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Quiz 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	15 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	16 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	17 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
18 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Quiz 12.00 Lunch club 1.30 Brain activity games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	19 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Craft 12.00 Lunch club 1.30 Armchair travel 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	20 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Spot the difference game 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	21 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Puzzle games/ Brain activity game 12.00 Lunch club 1.30 Colouring Activities 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	22 9.30 Current affairs / Room visit 10.00 TV Music appreciation 10.30 Morning tea 11.15 Brainiac 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	23 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	24 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
25 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Memory games 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	26 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Cooking activity(Pikelets) 12.00 Lunch club 1.30 Untying knots 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	27 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Fiddle Box 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	28 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	29 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	30 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	