




THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Chair yoga 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	31 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 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy					1 9.30 Current affairs / Room visit 10.00 Karaoke 10.30 Morning tea 11.15 Church service Online 12.00 Lunch club 1.3 Trivia: Name 3 things 2.30 Afternoon Tea 3:15 Documentary
2 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 AM News on current affairs 12.00 Lunch club 1:30:Memory games/ Balloon games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	3 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Seated exercises 12.00 Lunch club 1.30 Watercolor painting 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	4 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Name that tune 12.00 Lunch club 1.30 Bus trip/ documentary <small>This Photo by Unknown Author is licenced under CC BY-SA 4.0</small> 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	5 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga for seniors 12.00 Lunch club 1.30 Board games 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	6 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 Bus Trip 2.30 Afternoon Tea 3.00 Musical 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 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	8 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
9 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Memory games 12.00 Lunch club 1.30 Coloring and Clay games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	10 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 10 pin bowling 12.00 Lunch club 1.30 Dancing session 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	11 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 20 questions game 12.00 Lunch club 1.30 Bus trip/ documentary 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	12 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Coloring and Clay games 12.00 Lunch club 1.30 Quiz 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	13 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Jewellery making 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	14 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 Board games 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	15 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 Art and Craft 2.30 Afternoon Tea 3.00 Movie of your choice
16 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch club 1.30 General Knowledge Quiz 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	17 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 FOOD DAY 12.00 Lunch club 1.30 Cards game 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	18 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Baking activity/ Waffle 12.00 Lunch club 1.30 Bus trip/ documentary 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	19 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Fitness dance for seniors 12.00 Lunch club 1.30 Colouring Activities 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	20 9.30 Current affairs / Room visit 10.00 TV Music appreciation 10.30 Morning tea 11.15 Yahtzee and scrabble game 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	21 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 Board/ Puzzles games 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	22 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 Quiz games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
23 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	24 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Halloween craft 12.00 Lunch club 1.30 Plant a flower/ Gardening 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	25 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Board games 12.00 Lunch club 1.30 Bus trip/ documentary 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	26 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	27 9.30 Current affairs/ Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Catch ball 12.00 Lunch club 1.30 Balloon Tennis 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	28 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 Movie of your choice & 1-1 therapy	29 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 Matching game 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy