



THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15: Beauty Therapy 12.00 Lunch club 1:30:00 AM Bus trip 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Art and craft/ Creativity 12.00 Lunch club 1.30 Table/ Board Games 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	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	9.30 Current affairs / Room visit 10.00 Chair Yoga 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	9.30 Current affairs / Room visit 10.00 Music appreciation 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
6	7	8	9	10	11	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 Board/ Table games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Melbourne Cup 12.00 Lunch club 1.30 Shuffleboard 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Waffle maker 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Yoga 12.00 Lunch club 1.30 Quiz 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Current News 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Breathing Exercise 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	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 and Puzzle games 2.30 Afternoon Tea 3.00 Movie of your choice
13	14	15	16	17	18	19
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise to music 12.00 Lunch club 1.30 Catch ball game 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch club 1.30 Reminiscing activity 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Arts 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Sensory Activity 12.00 Lunch club 1.30 Colouring Activities 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Reminiscing 12.00 Lunch club 1.3 Bus trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Exercise to Music 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	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 Catch ball 2.30 Afternoon Tea 3.00 Movie of your choice
20	21	22	23	24	25	26
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Mindful activities 12.00 Lunch club 1.30 General Knowledge quiz 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Sensory activity 12.00 Lunch club 1.30 Trivia 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Fun Splash 12.00 Lunch club 1.30 Bust trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Chair Exercises 12.00 Lunch club 1.30 Colouring/ Dominoes 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Current affairs / Room visit 10.00 TV Music appreciation 10.30 Morning tea 11.15 Current News 12.00 Lunch club 1.30 Bus Trip 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Seated Exercise 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	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 General Knowledge 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
27	28	29	30			
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Art and craft/ Creativity 12.00 Lunch club 1.30 Jigsaw Puzzle/Word games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Riddles and Jokes 12.00 Lunch club 1.30 Hobby club 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Indoor Tennis 12.00 Lunch club 1.30 Bus trip 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15 Current News 12.00 Lunch club 1.30 Mindful activities 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy			

