



THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program November 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: 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	2 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	3 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	4 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	5 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 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	7 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	8 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 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	10 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	11 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
	13 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	14 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	15 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	16 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	17 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	18 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
	20 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	21 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	22 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	23 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	24 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	25 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
27 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	28 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	29 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	30 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			

