

Milford House Nursing House

Activity Program December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 4	 5	6	7	1 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11:15:00 AM Chair 12.00 Lunch club 1.30 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 Breathing exercise 12.00 Lunch club 1.30 What am I? 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	3 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 Colouring 2.30 Afternoon Tea 3.00 Reminiscing
9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Chair Exercise 12.00 Lunch club 1.30 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 Mini Basketball 12.00 Lunch club 1.30 Upcycled bookmarks 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 Christmas craft 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 Pairs 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 Upper Body Stretching 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 Karaoke 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 Guitar Music 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 Stretching Exercise 12.00 Lunch club 1.30 Word 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 Fishy bingo 12.00 Lunch club 1.30 Seated exercise 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 General Knowledge 12.00 Lunch club 1.3 Reminiscing 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 Breathing exercise 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 Bowling 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 Lyric Piano Music 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 Noodle Exercise 12.00 Lunch club 1.30 Table 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 Trivia 12.00 Lunch club 1.30 Bowling 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	<i>Christmas Party</i> 20 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea <i>Christmas Celebration</i> <i>Christmas lunch</i> 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 11:15:00 AM Memory game 12.00 Lunch club 1.3 Dominoes 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 Chair Yoga 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 2.00 Christmas Party 3.00 Concert DVD & 1-1 therapy	<i>Christmas Eve</i> 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 <i>Christmas Eve Celebration</i> 2.30 Afternoon Tea 3.00 Movie of your choice
<i>Christmas Day</i> 25 9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 <i>Christmas quiz/ video</i> 12.00 Lunch club 1.30 <i>Christmas Celebration</i> 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<i>Boxing Day</i> 26 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Cooking activity waffles 12.00 Lunch club 1.30 Turkey hunt 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 Ginger bread house 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 General Knowledge 12.00 Lunch club Colouring 1.3 Table games 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 Exercise to Music 12.00 Lunch club 1.30 Bus trip 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 Balloon Tennis 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	<i>New Year's Eve</i> 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 <i>New Year's Eve Celebration</i> 2.30 Afternoon Tea 3.00 Movie of your choice

NOTE: Milford House have a range of activities to choose that our residents will enjoy. Residents can choose the activities they prefer to participate. We are looking for volunteer because of all the activities we are planning. If you would like to volunteer, please talk to Emilia, Junia, Maria and Sue. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.



