

Milford House Nursing House Activity Program January 2024

Nous us arda Davi 4	Tuesday	Wednesday		Thursday	Friday		Saturday		Sunday	
New year's Day 1	2	2	3	4	4	5		6		
	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	ç	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	- !	9.30 Current affairs / Room visit		9.30 Current affairs / Room vis	sit
.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation		10.00 Music appreciation	10.00 Music appreciation		10.00 Music appreciation		10.00 Music appreciation	
30 Morning tea	10.30 Morning tea	10.30 Morning tea		10.30 Morning tea	10.30 Morning tea		10.30 Morning tea		10.30 Morning tea	
	11.15 Seated exercise	11.15 Wooden ring toss		11.15 Hands and joints exercise	11.15 Dominoes		11.15 Chair yoga		11.15 Church sevice Online	
.00 Lunch club	12.00 Lunch club	12.00 Lunch club		12.00 Lunch club	12.00 Lunch club		12.00 Lunch club		12.00 Lunch club	
0 New Year's Quiz	1:30 Arcade Duck game	1:30 Bus trip / Sensory		1.30 Bus Trip	1.30 Bus Trip/ Travel World		1.30 Bingo		1.30 Piano Music	
	2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Happy Hour		2.30 Afternoon Tea	
	3.00 Movie of your choice	3.00 Movie of your choice		3.00 Movie of your choice	3.00 Movie of your choice		3.00 Concert DVD & 1-1 therapy		3.00 Reminiscing	
& 1-1 therapy	& 1-1 therapy	& 1-1 therapy		& 1-1 therapy	& 1-1 therapy					
8	<u> </u>		10	11	1 1	2		13		
30 Current affairs / Room visit	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	ç	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	!	9.30 Current affairs / Room visit		9.30 Current affairs / Room vis	sit
.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	- 1	10.00 Music appreciation	10.00 Music appreciation	·	10.00 Music appreciation		10.00 Music appreciation	
.30 Morning tea	10.30 Morning tea	10.30 Morning tea		10.30 Morning tea	10.30 Morning tea		10.30 Morning tea		10.30 Morning tea	
.15 Stretching Exercise	11.15 Cards games/ UNO	11.15 Dominoes and checkers		11.15 Breathing exercise	11.15 Coloring / armchair travel		11.15 Karaoke		11.15 Church sevice Online	
.00 Lunch club	12.00 Lunch club	12.00 Lunch club		12.00 Lunch club	12.00 Lunch club		12.00 Lunch club		12.00 Lunch club	
30 Art Therapy	1:30 Badminton	1.30 Bus trip / Physiotherapy	4	1.30 Matching and memory game	1.30 Bus Trip / Reading club	ŀ	1.30 Bingo		1.30 Animal documentary	
30 Afternoon Tea	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Happy Hour		2.30 Afternoon Tea	
0 Movie of your choice	3.00 Comedy Movie & 1-1 therapy	3.00 Classic Movie & 1-1 therapy	3	3.00 Documentary & 1-1 therapy	3.00 Musical Movie & 1-1 therapy		3.00 Concert DVD & 1-1 therapy		3.00 Movie of your choice	
& 1-1 therapy										
15	16	5	17	18	3 1	9		20		
30 Current affairs	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	ç	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit	9	9.30 Current affairs / Room visit		9.30 Current affairs/Room visit	it
0.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation	1	10.00 Music appreciation	10.00 Music appreciation		10.00 Music appreciation		10.00 Music appreciation	
0.30 Morning tea	10.30 Morning tea	10.30 Morning tea	1	10.30 Morning tea	10.30 Morning tea	•	10.30 Morning tea		10.30 Morning tea	
.15 Exercise	11.15 Sensory game	11.15 Puzzles and riddles	4	11.15 Pairs	11.15 Breathing exercise	ŀ	11.15 Jigsaw puzzle		11.15 Church sevice Online	
.00 Lunch club	12.00 Lunch club	12.00 Lunch club		12.00 Lunch club	12.00 Lunch club		12.00 Lunch club		12.00 Lunch club	
30 Word Games	1:30 Shaky shark game	1.30 Bus trip / Physiotherapy		1.30 Reminiscing	1.30 Bus Trip / Travel World		1.30 Bingo		1.30 Piano Music	
	2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Happy Hour		2.30 Afternoon Tea	
	3.00 Comedy Movie & 1-1 therapy	3.00 Classic Movie & 1-1 therapy		3.00 Documentary & 1-1 therapy	3.00 Musical Movie & 1-1 therapy		3.00 Concert DVD & 1-1 therapy		3.00 Movie of your choice	
& 1-1 therapy				beed mentary a 1 millionapy						
22	23	2	24	25	5 Australia Day 2	26		27		
	9.30 Current affairs / Room visit	9.30 Current affairs / Room visit		9.30 Current affairs / Room visit	9.30 Current affairs / Room visit		9.30 Current affairs / Room visit		9.30 Current affairs / Room vis	
0.00 Music appreciation	10.00 Music appreciation	10.00 Music appreciation		10.00 Music appreciation	10.00 TV Music appreciation		10.00 Music appreciation		10.00 Music appreciation	511
	10.30 Morning tea			10.30 Morning tea	10.30 Morning tea		10.30 Morning tea		10.30 Morning tea	
0.30 Morning tea		10.30 Morning tea		·						
.15 Stretching Exercise	11.15 snakes and ladders	11. 15 Play tile	1	11.15 Ballloon Tennis	11.15 Australia Day Celebration/quiz	ſ	11.15 Karaoke		11.15 Church sevice Online	
	12.00 Lunch club	12:00 Lunch	1	12.00 Lunch club	12.00 Lunch club	·	12.00 Lunch club		12.00 Lunch club	
.00 Lunch club				1.30 Catch ball	4.00 Due Trie / Chair Vare		1.30 Bingo		1.30 Art Therapy	
	1:30 Arts and crafts	1.30 Bus trip / Sensory	1		1.30 Bus Trip / Chair Yoga				0 00 A(1 T	
30 Number Games		1.30 Bus trip / Sensory2.30 Afternoon Tea		2.30 Afternoon Tea	2.30 Afternoon Tea		2.30 Happy Hour		2.30 Afternoon Tea	
30 Number Games 30 Afternoon Tea	1:30 Arts and crafts		2			2			3.00 Movie of your choice	
30 Number Games30 Afternoon Tea30 Movie of your choice	1:30 Arts and crafts 2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour			
30 Number Games 30 Afternoon Tea	1:30 Arts and crafts 2.30 Afternoon Tea	2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	2	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 	1:30 Arts and crafts2.30 Afternoon Tea3.00 Comedy Movie & 1-1 therapy	2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	3	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit	2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy 9.30 Current affairs / Room visit	3	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour	(a)		A A A A A A A A A A A A A A A A A A A
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs .00 Music appreciation 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation	2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy 9.30 Current affairs / Room visit 10.00 Music appreciation	3	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs 0.00 Music appreciation 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea	2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy 9.30 Current affairs / Room visit	3	2.30 Afternoon Tea	2.30 Afternoon Tea	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs .00 Music appreciation .30 Morning tea 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation	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	3	2.30 Afternoon Tea	2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs .00 Music appreciation .30 Morning tea .00 Lunch club 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mini golf	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 Karaoke	3	2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	2.30 Afternoon Tea	2	2.30 Happy Hour			
 30 Number Games 30 Afternoon Tea 30 Movie of your choice & 1-1 therapy 29 30 Current affairs .00 Music appreciation .30 Morning tea .00 Lunch club 30 Word Games 	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mini golf 12.00 Lunch club	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 Karaoke 12.00 Lunch club 1.30 Bus trip / Physiotherapy	3	2.30 Afternoon Tea	2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	2	2.30 Happy Hour			
00 Movie of your choice & 1-1 therapy 29 30 Current affairs 0.00 Music appreciation 0.30 Morning tea 2.00 Lunch club 30 Word Games 30 Afternoon Tea	1:30 Arts and crafts 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy 30 9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Mini golf 12.00 Lunch club 1:30 Bucket toss	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 Karaoke 12.00 Lunch club	3	2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	2	2.30 Happy Hour			

and Sue. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.

