

Milford House Nursing House

Activity Program January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b><i>New year's Day</i></b> 1	2	3	4	5	6	7
9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11. 15 <b>New Year's Day Celebration</b> 12.00 Lunch club 1.30 New Year's 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 Seated exercise 12.00 Lunch club 1:30 Arcade Duck 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 Wooden ring toss 12.00 Lunch club 1:30 Bus trip / Sensory 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 Hands and joints exercise 12.00 Lunch club 1.30 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 Dominoes 12.00 Lunch club 1.30 Bus Trip/ Travel World 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 Chair yoga 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church sevice Online 12.00 Lunch club 1.30 Piano Music 2.30 Afternoon Tea 3.00 Reminiscing
8	9	10	11	12	13	14
9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Stretching Exercise 12.00 Lunch club 1.30 Art Therapy 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 Cards games/ UNO 12.00 Lunch club 1:30 Badminton 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 Dominoes and checkers 12.00 Lunch club 1:30 Bus trip / Physiotherapy 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 Breathing exercise 12.00 Lunch club 1:30 Matching and memory game 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 Coloring / armchair travel 12.00 Lunch club 1:30 Bus Trip / Reading club 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 Karaoke 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church sevice Online 12.00 Lunch club 1:30 Animal documentary 2.30 Afternoon Tea 3.00 Movie of your choice
15	16	17	18	19	20	21
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea 11.15 Exercise 12.00 Lunch club 1.30 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 Sensory game 12.00 Lunch club 1:30 Shaky shark game 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 Puzzles and riddles 12.00 Lunch club 1.30 Bus trip / Physiotherapy 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 Reminiscing 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 Breathing exercise 12.00 Lunch club 1.30 Bus Trip / Travel World 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 Jigsaw puzzle 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs/Room visit 10.00 Music appreciation 10.30 Morning tea 11.15 Church sevice Online 12.00 Lunch club 1.30 Piano Music 2.30 Afternoon Tea 3.00 Movie of your choice
22	23	24	25	<b><i>Australia Day</i></b> 26	27	28
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea  11.15 Stretching Exercise 12.00 Lunch club 1.30 Number 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 snakes and ladders 12.00 Lunch club 1:30 Arts and crafts 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 Play tile 12:00 Lunch 1.30 Bus trip / Sensory 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 Balloon Tennis 12.00 Lunch club 1.30 Catch ball 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 <b>Australia Day Celebration</b> /quiz 12.00 Lunch club 1.30 Bus Trip / Chair Yoga 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 Karaoke 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	9.30 Current affairs / Room visit 10.00 Music appreciation 10.30 Morning tea  11.15 Church sevice Online 12.00 Lunch club 1.30 Art Therapy 2.30 Afternoon Tea 3.00 Movie of your choice
29	30	31				
9.30 Current affairs 10.00 Music appreciation 10.30 Morning tea  12.00 Lunch club 1.30 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 Mini golf 12.00 Lunch club 1:30 Bucket toss 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 Karaoke 12.00 Lunch club 1.30 Bus trip / Physiotherapy 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	 			

**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.





