

# Milford House Nursing House

## Activity Program February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> 9.30 Room visit 1-1 10.00 Newspaper reading 10.30 Morning tea 11.00 Hands and Joints Exercise 12.00 Lunch club 1.30 Pairs 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<b>2</b> 9.30 Room visit 1-1 10.00 Hand Massage 10.30 Morning tea 11.00 Dominoes 12.00 Lunch club 1.30 Bus Trip/ Travel World 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	<b>3</b> 9.30 Room visit 1-1 10:00 Chair yoga 10.30 Morning tea 11.00 Karaoke 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	<b>4</b> 9.30 Room visit 1-1 10.00 Deep Breathe Exercise 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Piano Music 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
<b>5</b> 9.30 Room visit 1-1 10.00 Stretching Exercise 10.30 Morning tea 11.00 Matching Game 12.00 Lunch club 1.30 Solitaire 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<b>6</b> 9.30 Room visit 1-1 10.00 Limbo Game 10.30 Morning tea 11.00 Board Game-Ludo 12.00 Lunch club 1:30 Bananagrams 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	<b>7</b> 9.30 Room visit 1-1 10.00 Seated Exercise 10.30 Morning tea 11.00 Making a card for a friend 12.00 Lunch club 1.30 Bus trip / Sticks 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	<b>8</b> 9.30 Room visit 1-1 10.00 Sensory Activity 10.30 Morning tea 11.00 Breathing Exercise 12.00 Lunch club 1.30 Memory Game 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	<b>9</b> 9.30 Room visit 1-1 10.00 Crossword puzzle 10.30 Morning tea 11.00 Colouring 12.00 Lunch club 1.30 Bus Trip / Reading club 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	<b>Chinese New Year10</b> 9.30 Room visit 1-1 10:00 Video of Chinese New Year 10.30 Morning tea 11.00 Chinese Zodiac Knowledge 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	<b>11</b> 9.30 Room visit 1-1 10.00 Talking-Chinese New Year Greetings/wishes, make a friend 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Chinese Music appreciation 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
<b>12</b> 9.30 Room visit 1-1 10.00 Chair Tai chi 10.30 Morning tea 11.00 Valentine's Day Code Breaker 12.00 Lunch club 1.30 Flower Arrangement 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<b>Pancake Day 13</b> 9.30 Room visit 1-1 10.00 Pictionary 10.30 Morning tea <b>11.00 Carnival shrove Tuesday /Pancake make</b> 12.00 Lunch club 1:30 Valentine's Day Craft 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	<b>Valentine's Day 14</b> 9.30 Room visit 1-1 10.00 Love Songs for Valentine's Day 10.30 Morning tea <b>11.00 valentine's Day Quotes/Wishes</b> 12.00 Lunch club 1.30 Bus trip / Dancing Session 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	<b>15</b> 9.30 Room visit 1-1 10.00 Word search 10.30 Morning tea 11.00 Pin Bowling 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	<b>16</b> 9.30 Room visit 1-1 10.00 Breathing exercise 10.30 Morning tea 11:15 Catch Ball 12.00 Lunch club 1.30 Bus Trip / Travel World 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	<b>17</b> 9.30 Room visit 1-1 10:00 Hand and joints exercise 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	<b>18</b> 9.30 Room visit 1-1 10.00 Move your Body 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Piano Music by Sue 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
<b>19</b> 9.30 Room visit 1-1 10.00 Pull and Push Game 10.30 Morning tea 11.00 Cycling 12.00 Lunch club 1.30 Number Games 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<b>20</b> 9.30 Room visit 1-1 10.00 Charades 10.30 Morning tea 11.00 Modified Beer Pong 12.00 Lunch club 1:30 Indoor Golf 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	<b>21</b> 9.30 Room visit 1-1 10.00 Balloon Tennis 10.30 Morning tea 11. 00 Line Up 4 Game 12:00 Lunch club 1.30 Bus trip / Physiotherapy 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	<b>22</b> 9.30 Room visit 1-1 10.00 Current Affairs 10.30 Morning tea 11.00 Chair yoga 12.00 Lunch club 1.30 Aqua painting 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	<b>23</b> 9.30 Room visit 1-1 10.00 Saxophone Music 10.30 Morning tea 11.15 Word Puzzles 12.00 Lunch club 1.30 Bus Trip / Catch ball 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	<b>24</b> 9.30 Room visit 1-1 10:00 Breathing exercise 10.30 Morning tea 11.00 Badminton 12.00 Lunch club 1.30 Bingo <b>2.30 Happy Hour</b> 3.00 Concert DVD & 1-1 therapy	<b>25</b> 9.30 Room visit 1-1 10.00 Exercise to Music 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Sing along 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
<b>26</b> 9.30 Room visit 1-1 10.00 Basketball 10.30 Morning tea 11.00 Word Games 12.00 Lunch club 1.30 Stacking Stones 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	<b>27</b> 9.30 Room visit 1-1 10.00 Seated Exercise 10.30 Morning tea 11.00 Tetris Game 12.00 Lunch club 1:30: Chess 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	<b>28</b> 9.30 Room visit 1-1 10.00 Balloon Volleyball 10.30 Morning tea 11.00 Dominoes 12.00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	<b>29</b> 9.30 Room visit 1-1 10.00 Neck & shoulder Exercise 10.30 Morning tea 11.00 Current Affairs Discuss 12.00 Lunch club 1.30 Card Game 2.30 Afternoon Tea 3.00 Documentary & 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.

