

Milford House Nursing House

Activity Program March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 9.30 Room visit 1-1 10:00 Chair Stretch 10.30 Morning tea 11:00 Jigsaw 12.00 Lunch club 1.30 Bus Trip / Reading Group 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	2 9.30 Room visit 1-1 10:00 Karaoke 10.30 Morning tea 11:00 Current Affairs 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	3 9.30 Room visit 1-1 10.00 Dancing Group 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Colouring 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
4 9.30 Room visit 1-1 10.00 Seated Exercise 10.30 Morning tea 11.00 Pin bowling 12.00 Lunch club 1.30 Arrangement-Toys, flowers 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	5 9.30 Room visit 1-1 10.00 Shuffle Board 10.30 Morning tea 11.00 Pickle ball 12.00 Lunch club 1.30 Afternoon Trivia 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	6 9.30 Room visit 1-1 10.00 Scraf Dancing 10.30 Morning tea 11.00 Jigsaw 12.00 Lunch club 1.30 Bus trip/ Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	7 9.30 Room visit 1-1 10.00 Current Affairs Reading 10.30 Morning tea 11.00 Air Hockey 12.00 Lunch club 1.30 Balloon Tennis 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	8 9.30 Room visit 1-1 10.00 Breathing Exercise 10.30 Morning tea 11.00 Current Affairs Discuss 12.00 Lunch club 1.30 Bus Trip / Reading Club 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	9 9.30 Room visit 1-1 10.00 Sun Therapy 10.30 Morning tea 11:00 Word Puzzles 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	10 9.30 Room visit 1-1 10.00 Chair Yoga 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Flute Music 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
11 9.30 Room visit 1-1 10.00 Balloon Tennis 10.30 Morning tea 11.00 Auditory Games 12.00 Lunch club 1.30 Art Therapy 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	12 9.30 Room visit 1-1 10.00 Balloon Tennis 10.30 Morning tea 11.00 Paper craft 12.00 Lunch club 1.30 Table Games 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	13 9.30 Room visit 1-1 10.00 Dot to dot 10.30 Morning tea 11.00 Sorting out material 12.00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	14 9.30 Room visit 1-1 10:00 Dance Exercise 10.30 Morning tea 11:00 Memory Game 12.00 Lunch club 1.30 Reminiscing 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	15 9.30 Room visit 1-1 10:00 Catchball 10.30 Morning tea 11.00 Dominoes 12.00 Lunch club 1.30 Bus Trip / Newspaper Reading 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	16 9.30 Room visit 1-1 10:00 Hand Massage 10.30 Morning tea 11:00 St Patrick's Day Painting 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	St Patrick's Day 17 9.30 Room visit 1-1 10.00 St Patrick's Day Quiz 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.3 St Patrick's Day Art 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
Harmony week 18 9.30 Room visit 1-1 10.00 Hand Exercise 10.30 Morning tea 11.00 Harmony Craft 12.00 Lunch club 1.30 Woolen Yarn 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	19 9.30 Room visit 1-1 10.00 Play a music instrument 10.30 Morning tea 11.00 Beading 12.00 Lunch club 1.30 Dominoes 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	20 9.30 Room visit 1-1 10.00 Fidle box 10.30 Morning tea 11. 00 Acting out movies 12:00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	Harmony Day 21 9.30 Room visit 1-1 10.00 Current Affairs 10.30 Morning tea 11.00 Harmony Day Celebration 12.00 Lunch club 1.3 Harmony Day Trivia questions 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	22 9.30 Room visit 1-1 10:00 Pop Dance 10.30 Morning tea 11:00 Board Games 12.00 Lunch club 1.30 Bus Trip / Magazine 2.30 Afternoon Tea 3.00 Musical Movie & 1-1 therapy	23 9.30 Room visit 1-1 10.00 Current Affairs 10.30 Morning tea 11.00 Indoor Game 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	Palm Sunday 24 9.30 Room visit 1-1 10.00 Chair Exercise 10.30 Morning tea 11.00 Church Service Online 12.00 Lunch club 1.30 Palm Sunday Craft 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
25 9.30 Room visit 1-1 10.00 Deep Breathing 10.30 Morning tea 11.00 Colouring 12.00 Lunch club 1.30 Plant Cognition 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	26 9.30 Room visit 1-1 10.00 Uno cards 10.30 Morning tea 11.00 Alphabet soup 12.00 Lunch club 1.30 Word Scrambles 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	27 9.30 Room visit 1-1 10.00 Untying Knots 10.30 Morning tea 11.00 Matching Shapes 12.00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	Maundy Thursday 28 9.30 Room visit 1-1 10.00 Seated Exercise 10.30 Morning tea 11.00 Percussion Instruments 12.00 Lunch club 1.30 Maundy Thursday Talk 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	Good Friday 29 9.30 Room visit 1-1 10:00 Meditation & Reflection 10.30 Morning tea 11.00 Good Friday Wishes 12.00 Lunch club 1.30 Bus Trip / Reading Group 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	Holy Saturday 30 9.30 Room visit 1-1 10:00 Hands & Joints Exercise 10.30 Morning tea 11.00 Understanding Holy Saturday 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Movie of your choice & 1-1 therapy	Easter Sunday 31 9.30 Room visit 1-1 10.00 Easter Quiz 10.30 Morning tea 11.00 Easter Pray 12.00 Lunch club 1.30 Egg Pancake 2.30 Afternoon Tea 3.00 Movie of your choice & 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.

