



THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program April 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---|--|---|--|--|--|--|---|---|
| EASTER MONDAY 1 9.30 Room visit 1-1 10:00 Easter Drink Make 10.30 Morning tea 11:00 Seated Exercise 12.00 Lunch club 1:30 Easter Trivia Discuss 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | EASTER TUESDAY 2 9.30 Room visit 1-1 10:00 Origami 10.30 Morning tea 11:00 Beading 12.00 Lunch club 1:30 Chair yoga 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy | 3 9.30 Room visit 1-1 10:00 Chess and checkers 10.30 Morning tea 11:00 Numbers game 12.00 Lunch club 1:30 Bus trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy | 4 9.30 Room visit 1-1 10:00 Singalong 10.30 Morning tea 11:00 Dominoes 12.00 Lunch club 1:30 Sensory 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy | 5 9.30 Room visit 1-1 10:00 Balloon Tennis 10.30 Morning tea 11:00 Aqua painting 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy | 6 9.30 Room visit 1-1 10:00 Face Yoga 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 | END OF DST 7 9.30 Room visit 1-1 10:00 Stretching Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Garden Walk 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | | |
| 8 9.30 Room visit 1-1 10:00 Chair Dancing 10.30 Morning tea 11:00 Word Puzzle 12.00 Lunch club 1:30 Brain Gym 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | 9 9.30 Room visit 1-1 10:00 Crosswords 10.30 Morning tea 11:00 Jenga 12.00 Lunch club 1:30 Rummikub 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy | 10 9.30 Room visit 1-1 10:00 Coin bowling 10.30 Morning tea 11:00 Who wants to be a millionaire 12.00 Lunch club 1:30 Bus trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy | 11 9.30 Room visit 1-1 10:00 Braniac 10.30 Morning tea 11:00 Air Hockey 12.00 Lunch club 1:30 Memory Game 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy | 12 9.30 Room visit 1-1 10:00 What am I? 10.30 Morning tea 11:00 5 Seconds Word 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy | 13 9.30 Room visit 1-1 10:00 Zumba 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo 2:30 Happy Hour 3:00 Concert DVD & 1-1 therapy | 14 9.30 Room visit 1-1 10:00 Ball Toss 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Dominoes 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | | |
| 15 9.30 Room visit 1-1 10:00 Neck & Shoulder Exercise 10.30 Morning tea 11:00 Quiz 12.00 Lunch club 1:30 Paino Music 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | 16 9.30 Room visit 1-1 10:00 Seated Yoga 10.30 Morning tea 11:00 Memory game 12.00 Lunch club 1:30 Scrabble 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy | 17 9.30 Room visit 1-1 10:00 Give me 5 Quiz 10.30 Morning tea 11:00 Ball in the bucket game 12.00 Lunch club 1:30 Bus trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy | 18 9.30 Room visit 1-1 10:00 Shoulder and back massage 10.30 Morning tea 11:00 Bowling 12.00 Lunch club 1:30 Bean Bag Toss 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy | 19 9.30 Room visit 1-1 10:00 Karaoke 10.30 Morning tea 11:00 Trivia games 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy | 20 9.30 Room visit 1-1 10:00 Breathing Exercise 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 | 21 9.30 Room visit 1-1 10:00 Hand Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Poppies Creative 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | | |
| 22 9.30 Room visit 1-1 10:00 Sing Along 10.30 Morning tea 11:00 Craft 12.00 Lunch club 1:30 ANZAC DAY Bingo 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | 23 9.30 Room visit 1-1 10:00 Badminton 10.30 Morning tea 11:00 Card games 12.00 Lunch club 1:30 Hungry hippo 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy | 24 9.30 Room visit 1-1 10:00 "Words starting with" Game 10.30 Morning tea 11:00 Dominoes 12.00 Lunch club 1:30 Bus trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy | ANZAC DAY 25 9.30 Room visit 1-1 10:00 Two - Up 10.30 Morning tea 11:00 ANZAC DAY Poetry reading 12.00 Lunch club 1:30 ANZAC DAY Trivia games 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy | 26 9.30 Room visit 1-1 10:00 Matching game 10.30 Morning tea 11:00 Catch Ball 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy | 27 9.30 Room visit 1-1 10:00 Pop Dance 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo 2:30 Happy Hour 3:00 Concert DVD & 1-1 therapy | 28 9.30 Room visit 1-1 10:00 Walking Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Word Search 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | | |
| 29 9.30 Room visit 1-1 10:00 Chair Exercise 10.30 Morning tea 11:00 Garden work 12.00 Lunch club 1:30 Harmonica 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy | 30 9.30 Room visit 1-1 10:00 Dice games 10.30 Morning tea 11:00 Basket pong game 12.00 Lunch club 1:30 Indoor Bocce game 2:30 Afternoon Tea 3:00 Comedy 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.

