

Milford House Nursing House

Activity Program June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
3	4	5	6	7	8	9
9.30 Room visit 1-1 10:00 Stretching Exercise 10.30 Morning tea 11:00 Math games 12.00 Lunch club 1:30 Ball game 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Maze game 10.30 Morning tea 11:00 Memory game 12.00 Lunch club 1:30 Puzzles 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Music appreciation 10.30 Morning tea 10.00 Galaxy jars 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10,00 Exercise 10.30 Morning tea 11.00. Newspaper reading 12.00 Lunch club 1.30 .Brainteasers 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10 00. Reading . 10.30 Morning tea 11.00 .Trivia prizes . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Balloon Tennis 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Breathing Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Cello Music 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
KING'S BIRTHDAY 10	11	12	13	14	15	Fresh Veggies Day 16
9.30 Room visit 1-1 10:00 Dancing Session 10.30 Morning tea 11:00 King's birthday Celebration 12.00 Lunch club 1:30 Music Therapy 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Chess 10.30 Morning tea 11:00 Sudoku 12.00 Lunch club 1:30 Wordle 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Bottle decorating 10.30 Morning tea 11:00 Bottle decorating cont. 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 Balloon tennis 10.30 Morning tea 11.00 Board games Galore 12.00 Lunch club 1.30 .Fidget bags 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10.00. Whole body exercise . 10.30 Morning tea 11:00: Guess the song . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Breathing Exercise 10.30 Morning tea 11:00 Trivia games 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Chair Tai chi 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
17	18	19	20	International Yoga Day 21	22	23
9.30 Room visit 1-1 10:00 Stretching Exercise 10.30 Morning tea 11:00 Word Solitaire 12.00 Lunch club 1:30 Brain Gym 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Dice club 10.30 Morning tea 11:00 Ubongo 12.00 Lunch club 1:30 Chair Meditation 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Yoga 10.30 Morning tea 11:00 Sensory bags 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00. Catholic mass. 10.30 Morning tea 11.00 Guessing game. 12.00 Lunch club 1.30 Cooking cheese toasties 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Newspaper reading . 10.30 Morning tea 11:00 Quick master . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Validation therapy 10.30 Morning tea 11:00 Karaoke 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Breathing Exercise 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Harmonica Music 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy
24	25	Forgiveness Day 26	27	28	29	30
9.30 Room visit 1-1 10:00 Dancing Session 10.30 Morning tea 11:00 Scrabble 12.00 Lunch club 1:30 Chair Journey 2:30 Afternoon Tea 3:00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10:00 Uno 10.30 Morning tea 11:00 Badminton 12.00 Lunch club 1:30: Cluedo 2:30 Afternoon Tea 3:00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Big bob's 10.30 Morning tea 11:00 Big bob's Continued 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 .Breathing Exercise . 10.30 Morning tea 11.00 .Cash poker. 12.00 Lunch club 1.30 Whiteboard games 2:30 Afternoon Tea 3:00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10:00 Craft Painting . 10.30 Morning tea 11:00 Continue crafts . 12.00 Lunch club 1:30 Bus Trip 2:30 Afternoon Tea 3:00 Musical Movie & 1-1 therapy	9.30 Room visit 1-1 10:00 Zumba 10.30 Morning tea 11:00 Riddles 12.00 Lunch club 1:30 Bingo! 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	9.30 Room visit 1-1 10:00 Chair Tai chi 10.30 Morning tea 11:00 Church Service Online 12.00 Lunch club 1:30 Concert 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, Sue, and Kathy. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.

