



THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
RECREATION DAY 4	Melbourne Cup 5	6	7	8	9	10
9.30 Room visit 1-1 10.00 Balloon Tennis 10.30 Morning tea 11.30 Table games 12.00 Lunch club 1.30 Hair Accessories make cont. 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Melbourne cup activities . 10.30 Morning tea 11.30 melbourne cup cont. 12.00 Lunch club 1.30 melbourne cup horse quiz . 2.30 Afternoon Tea 3.00 The Race that stops the nation . & 1-1 therapy	9.30 Room visit 1-1 10.00 Music appreciation 10.30 Morning tea 11.30 Ring toss 12.00 Lunch club 1.30 Bus trip/ Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 Exercises 10.30 Morning tea 11.30 news current affairs 12.00 Lunch club 1.30 Bullseye comp . 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10.00 Exercises & relaxation breathing . 10.30 Morning tea 11.30 Board games . 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 Current Events 10.30 Morning tea 11.30 Karaoke 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9.30 Room visit 1-1 10.00 Dance Exercise 10.30 Morning tea 11.30 Church Sevice Online 12.00 Lunch club 1.30 Hair Accessories make 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
REMEMBRANCE DAY 11	12	13	14	15	16	17
9.30 Room visit 1-1 10.00 Hand Exercise 10.30 Morning tea 11.30 Memory games 12.00 Lunch club 1.30 Word Scrambles 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Exercise 10.30 Morning tea 11.30 spot twelve 12.00 Lunch club 1.30 Cash bingo 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 News and starsign 10.30 Morning tea 11.30 Chistmas craft preparation 12.00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 Baloon tennis 10.30 Morning tea 11.30 table games 12.00 Lunch club 1.30 craft group 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10.00: news & star signs . 10.30 Morning tea 11.30 glass bottle & jar painting . 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 Face yoga 10.30 Morning tea 11.30 Karaoke 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9.30 Room visit 1-1 10.00 Fitness Class 10.30 Morning tea 11.30 Church Sevice Online 12.00 Lunch club 1.30 Craft 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
18	19	20	21	22	23	24
9.30 Room visit 1-1 10.00 Go on a walk 10.30 Morning tea 11.30 Play Jenga 12.00 Lunch club 1.30 Creative 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Seated Yoga 10.30 Morning tea 11.30 Badminton 12.00 Lunch club 1.30 Craft 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 Cash poker 10.30 Morning tea 11.30 DIY Lavander Sachet 12.00 Lunch club 1.30 Bus trip / Sensory 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 11.30 round robin . 12.00 Lunch club 1.30 round robin comp continues . 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10.00 Exercises outdoors . 10.30 Morning tea 11.30 outdoor planter pots . 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 Shoulder and back massage 10.30 Morning tea 11.30 Armchair travel 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Concert DVD & 1-1 therapy	9.30 Room visit 1-1 10.00 Chair Exercise 10.30 Morning tea 11.30 Church Sevice Online 12.00 Lunch club 1.30 Make A Family Tree 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy
25	26	27	28	29	30	31
9.30 Room visit 1-1 10.00 Brain gym 10.30 Morning tea 11.30 Guess music instruments 12.00 Lunch club 1.30 Reading Group 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Balloon Tennis 10.30 Morning tea 11.30 Riddlles 12.00 Lunch club 1.30 Ice cream trolley 2.30 Afternoon Tea 3.00 Comedy Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 Water ping pong 10.30 Morning tea 11.30 Continue Water comp 12.00 Lunch club 1.30 Bus trip / Sensory 2.30 Afternoon Tea 3.00 Classic Movie & 1-1 therapy	9.30 Room visit 1-1 10.00 chair exercises 10.30 Morning tea 11.30 whiteboard games . 12.00 Lunch club 1.30 craft group . 2.30 Afternoon Tea 3.00 Documentary & 1-1 therapy	9.30 Room visit 1-1 10.00 what am I whiteboard game . 10.30 Morning tea 11.30 cash poker , giant connect two 12.00 Lunch club 1.30 Bus Trip Reading Group 2.30 Afternoon Tea 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Dancing 10.30 Morning tea 11.30 5 seconds game 12.00 Lunch club 1.30 Bingo 2.30 Happy Hour 3.00 Movie of your choice & 1-1 therapy	9.30 Room visit 1-1 10.00 Summer Quiz 10.30 Morning tea 11.30 Church Sevice Online 12.00 Lunch club 1.30 Piano music 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.

