





THOMPSON
HEALTH CARE

Milford House Nursing House

Activity Program October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LABOUR DAY 7	1 9.30 Room visit 1-1 10:00 Music Therapy 10:30 Morning tea 11:30 Balloon Tennis 12:00 Lunch club 1:30 Ring Toss 2:30 Afternoon tea 3:00 Comedy Movie & 1-1 therapy	2 9.30 Room visit 1-1 10:00 Brain teasers 10:30 Morning tea 11:30. Bullseye comp. 12:00 Lunch club 1:30 Bus trip 2:30 Afternoon tea 3:00 Classic Movie & 1-1 therapy	3 9.30 Room visit 1-1 10:00 Balloon tennis 10:30 Morning tea 11:30 News & current affairs 12:00 Lunch club 1:30:00 Ping pong comp. 2:30 Afternoon tea 3:00 Documentary & 1-1 therapy	4 9.30 Room visit 1-1 10:00 Table games galore 10:30 Morning tea 11:30 News paper reading 12:00 Lunch club 1:30 bus trip 2:30 Afternoon tea 3:00 Musical Movie & 1-1 therapy	5 9.30 Room visit 1-1 10:00 Breathing Exercise 10:30 Morning tea 11:30 What Am I? 12:00 Lunch club 1:30 Bingo 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	6 9.30 Room visit 1-1 10:00 Movement 10:30 Morning tea 11:30 Online Church 12:00 Lunch club 1:30 Story Tell 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy
8 9.30 Room visit 1-1 10:00 Keep Fit 10:30 Morning tea 11:30 Labour day colouring 12:00 Lunch club 1:30 Labour day word search 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy	9 9.30 Room visit 1-1 10:00 Brain Game 10:30 Morning tea 11:30 Bowling 12:00 Lunch club 1:30 Board Games 2:30 Afternoon tea 3:00 Comedy Movie & 1-1 therapy	10 9.30 Room visit 1-1 10:00 spot the difference . 10:30 Morning tea 11:30 Ring toss comp. 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 music exercises . 10:30 Morning tea 11:30 Hallooween crafts . 12:00 Lunch club 1:30. Hallooween painting . 2:30 Afternoon tea 3:00 Documentary & 1-1 therapy	12 9.30 Room visit 1-1 10:00 volly exercises , 10:30 Morning tea 11:30 cash poker . 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 Dance Exercise 10:30 Morning tea 11:30 Armchair Travel 12:00 Lunch club 1:30:00 Bingo 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	14 9.30 Room visit 1-1 10:00 Gardening 10:30 Morning tea 11:30 Online Church 12:00 Lunch club 1:30 Sing's songs 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy
15 9.30 Room visit 1-1 10:00 Tai chi 10:30 Morning tea 11:30 Bingo 12:00 Lunch club 1:30 Bingo 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy	16 9.30 Room visit 1-1 10:00 Exercise 10:30 Morning tea 11:30 Puzzles 12:00 Lunch club 1:30 Craft 2:30 Afternoon tea 3:00 Comedy Movie & 1-1 therapy	17 9.30 Room visit 1-1 10:00 exercises & relaxation. 10:30 Morning tea 11:30. news quick quiz . 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 Catholic mass. 10:30 Morning tea 11:30 Board games. . 12:00 Lunch club 1:30. stack Em comp . 2:30 Afternoon tea 3:00 Documentary & 1-1 therapy	19 9.30 Room visit 1-1 10:00 relaxation soothing music . 10:30 Morning tea 11:30 charades 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 Catchball 10:30 Morning tea 11:30 Aqua painting 12:00 Lunch club 1:30:00 Bingo 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	21 9.30 Room visit 1-1 10:00 Brain Gym 10:30 Morning tea 11:30 Online Church 12:00 Lunch club 1:30 Play Instruments 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy
22 9.30 Room visit 1-1 10:00 Ball Toss & Talk 10:30 Morning tea 11:30 Word Puzzle 12:00 Lunch club 1:30 Art Creative 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy	23 9.30 Room visit 1-1 10:00 Riddles 10:30 Morning tea 11:30 Seated Exercise 12:00 Lunch club 1:30 Matching Games 2:30 Afternoon tea 3:00 Comedy Movie & 1-1 therapy	24 9.30 Room visit 1-1 10:00 balloon tennis . 10:30 Morning tea 11.30 giant connect two Dominoes . 12:00 Lunch club 1:30 Bus trip 2:30 Afternoon tea 3:00 Classic Movie & 1-1 therapy	25 9.30 Room visit 1-1 10:00 Dance exercise . 10:30 Morning tea 11.30 who am I . 12:00 Lunch club 1:30. Baulball decorating . 2:30 Afternoon tea 3:00 Documentary & 1-1 therapy	26 9.30 Room visit 1-1 10:00 Balloon tennis . 10:30 Morning tea 11.30 quick quiz . 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 Face Yoga 10:30 Morning tea 11:30 Dominoes 12:00 Lunch club 1:30:00 Bingo 2:30 Happy Hour 3:00 Concert TV & 1-1 therapy	28 9.30 Room visit 1-1 10:00 Nature & Sun Therapy 10:30 Morning tea 11:30 Online Church 12:00 Lunch club 1:30 Homemade Halloween 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy
29 9.30 Room visit 1-1 10:00 Quoits 10:30 Morning tea 11:30 Scrabble 12:00 Lunch club 1:30 Dominoes 2:30 Afternoon tea 3:00 Movie of choice & 1-1 therapy	30 9.30 Room visit 1-1 10:00 Reminiscing 10:30 Morning tea 11:30 Mindful Talk 12:00 Lunch club 1:30 Hobby Club 2:30 Afternoon tea 3:00 Comedy Movie & 1-1 therapy	31 9.30 Room visit 1-1 10:00 javelin 10:30 Morning tea 11.30 javelin comp cont. 12:00 Lunch club 1:30 Bus trip 2:30 Afternoon tea 3:00 Classic Movie & 1-1 therapy	HALLOWEEN 31 9.30 Room visit 1-1 10:00 Halloween quiz . 10:30 Morning tea 11.30 Halloween activities . 12:00 Lunch club Ice cream trolley & snacks . 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, Sue, and Kathy. All feedback, suggestions and comments are WELCOME. Activities are subject to change. Additional activities will be posted in the notice board.



