

MiLife-Victoria Online Timetable

News of the Week.

Make a coffee or a drink sit down at your iPad or computer and Staff will facilitate some discussions on what's happening in the world and in your life now. Make new friends and develop some new friendships.



Resources Required: IPAD or Lap top computer

Gentle Stretching

This program will be facilitated by staff to encourage your person to engage in low impact gentle stretching exercises and physical activity to keep the body moving.

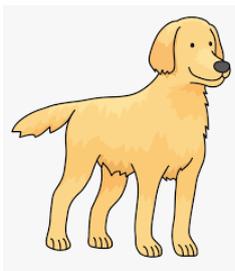
Improving and maintaining physical health and mental wellbeing



Resources Required: IPAD or Lap top computer and enthusiasm

My Favorite / Share something about you

Share a photo and talk about a Trip, Pet, sport you love or item you own



Resources Required: IPAD or Lap top computer Something to share and talk about

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Virtual Bingo

Play Virtual Bingo with your friends and have some fun learning numbers



Resources Required: IPAD or Lap top computer and notepad and pen

World of Culture

Learn all about World culture, food animals, places to visit, where are they on the map.



Resources Required: IPAD or Lap top computer and notepad and pen

Chair Aerobics

Participate in low impact energetic Aerobic exercises whilst seated in your chair at home.



Resources Required: IPAD or Lap top computer and chair or fit ball

Music Jam

Music sessions: Play along with an instrument to some classic tunes.



Resources Required: IPAD or Lap top computer and an instrument if you would like to join in.

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Virtual Scavenger Hunt

Staff will facilitate the program describing scavenger hunt clues with items located within your home. It will be a be a lot of fun and will help spark your creativity and listening skills.



Resources Required: IPAD or Lap top computer, good spy and observation skills and good listening skills

Comedy Hour

Listen or tell a funny joke, listen to some riddles have a bit of fun online.



Resources Required: IPAD or Lap top computer: Joke book, listening skills and a sense of humor.

Talent Time

Bring your hidden talents to the session and have a good sing, laugh, joke



Resources Required: IPAD or Lap top computer

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Family Feud



Resources Required: IPAD or Lap top computer: Good Listening skills and learn to spell

Dance to the music

Staff will facilitate learning some dance moves played to music.

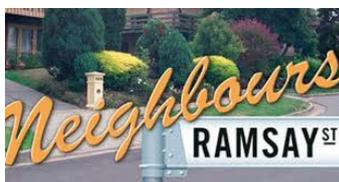


Resources Required: IPAD or Lap top computer: Dance Moves

TV Favorites

Talk about your favorite shows on TV, Foxtel and Netflix

Give some TV reviews



Resources Required: IPAD or Lap top computer: Good listening Skills and critics hat

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Name that tune

Staff will play some classic Songs and the Clients will name the tune talk about the band and sing along to the hits



Resources Required: IPAD or Lap top computer: Singing voice

Celebrity heads

Staff will facilitate Celebrity Head Join in on some fun Guessing who the celebrity is.



Resources Required: IPAD or Lap top computer: Good listening Skills and critics hat

Color by numbers: Staff will facilitate color by numbers.



Resources Required: IPAD or Lap top computer: Good listening Skills and coloring book and pencils and textas.

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Music Classics

Staff will facilitate a group singing along to all the classics

Talk about the music and engage in singing and dancing

Grease Lightening, Queen, ABBA



Resources Required: IPAD or Lap top computer:

Online Scrabble

Staff will facilitate an online scrabble group.



Resources Required: IPAD or Lap top computer: Basic Skills in Writing words

Eye Spy

Staff will facilitate a fun game of eye spy online in and around the home.



Resources Required: IPAD or Lap top computer: Good listening Skills and good spy skills

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TV Trivia Quiz

Staff will facilitate a fun game of trivia aimed to learn new words, skills, learning about different countries, places and things



Resources Required: IPAD or Lap top computer: Good listening Skills

Develop Basic Writing skills

All about me share a holiday experience or where you would like to go. Explore new experiences Hobby, places to visit, new sporting activities

Learn to write a story about a given topic. Learn how to Write a poem, a journal, a book, a story.



Resources Required: IPAD or Lap top computer: Good listening and writing Skills basic concept of writing a sentence required.

Yoga:

Staff will facilitate a gentle Yoga exercise group



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Resources Required: IPAD or Lap top computer: Physical stretches and basic fitness level

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No bake cooking

Staff to give basic instructions on how to prepare lunch



Resources Required: IPAD or Lap top computer: Ingredients for Lunch

Cardboard/Recycle Art

Staff to facilitate an Art recycle project



Resources Required: IPAD or Lap top computer: Card Board, Scissors, Paint, Glue stick Items around the home

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MINECRAFT

Join the group together building new worlds and play minecraft online.



Resources Required: IPAD or Lap top computer: Creative Mind set

Roblox

Join the group together building new worlds and play Roblox online.



Resources Required: IPAD or Lap top computer: Creative Mind set

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Virtual tours Live Cam Tours at the Melbourne and Werribee Zoo, Seal Rocks



Resources Required: IPAD or Lap top computer and a love of Animals

Relaxation to music

Staff will facilitate a relaxation program with music



Resources Required: IPAD or Lap top computer: Creative Mind set

High Tea

Staff will facilitate a group online catch up bring your drink and snack to discuss the days events



Resources Required: IPAD or Lap top computer: Nice drink and a snack

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Learn to play the recorder

Learn basic songs played on the recorder.



Resources Required: IPAD or Lap top computer: Basic Recorder

Aerobics

Start the day with an active workout facilitated by the instructor.

Get energized for the day Great for your health and Wellbeing



Resources Required: IPAD or Lap top computer:

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Write your Journal / Diary

Staff to facilitate a conversation and help write a journal recording what you are doing each day

Create a chat book / Scrapbooking / Drawing pictures



Resources Required: IPAD or Lap top computer: Diary, Journal, Scrap Book Pens, pencils

Karaoke

Staff to facilitate Karaoke and singing online

Have some fun with your friends online singing your favorite tunes.



Resources Required: IPAD or Lap top computer: Hairbrush, Microphone, Wooden Spoon