



# Melville Heights Activity Sheet

## April 15<sup>th</sup> – April 21<sup>st</sup>, 2019

### April's Flower – Daisy




**Drop Everything & Walk! Mon. Tues. Thurs. & Fri.**  
**1:00pm. Meet in the Lobby & Enjoy a stroll around**  
**Melville Heights.**

#### Monday April 15<sup>th</sup>, 2019

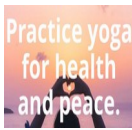
10:00am - Coffee Hour / Ballroom  
 10:00am – Exercises

**11:00am – Outing to Peggy's Cove for Lunch at the Sou'wester & a stop at Acadian Maple on the way home. Menu Posted! Sign up!**



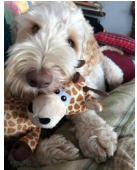
3:00pm – Afternoon Tea.

**3:30pm – 4:30pm Gentle CHAIR YOGA CLASS with Abra Morrison in the Exercise Room.**



**\$10.00 per class.**

**6:30pm – Dog Therapy / Join Tanya and her Labradoodle Stanley in the Lobby.**




7:00pm – Bridge in the Cafe.

#### Tuesday April 16<sup>th</sup>, 2019


10:00am – Coffee Hour / Ballroom  
 Exercises & News / Views are Cancelled this morning.

**10:00am – Morning of MUSIC by the Clayton Park Junior High School Band in the Ballroom for a Spring Concert. Hope to see you there!!!**



12noon – 1:15pm – Lunch / Dining Room.

**2:00pm – YouTube Videos in the Media Room with Lori.**



3:00pm – Afternoon Tea.  
 7:00 pm Cribbage in the Cafe.

#### Wednesday April 17<sup>th</sup>, 2019

**Massage Therapist Heike Leblanc will be in the Art Room today.**



10:00 am – Coffee Hour / Ballroom  
 10:00am – Exercises

11:00am – Shopping at Quinpool Centre (Superstore, Shoppers Drug Mart & Canada Post Office)

12noon – 1:15pm – Lunch / Dining Room

1:00pm & 1:20pm – Shopping at Sobeys / Herring Cove Road.



**1:00pm-3:00pm – Bring your COMPOST across from the Kitchen.**

3:00pm- Afternoon Tea.

#### Thursday April 18<sup>th</sup>, 2019

10:00 am – Coffee Hour / Ballroom  
 10:00am – Exercises

11:00am – Knitting Club / Lobby  
 12noon – 1:15pm – Lunch / Dining Room

1:00 pm – BRIDGE in the Exercise Room.

**2:30pm- EASTER EGG PAINTING in the Ballroom!!!**




3:00pm – Afternoon Tea.

**7:00pm – Please Welcome Dan Gogan for an evening of Music in the Ballroom.**



#### Friday April 19<sup>th</sup>, 2019

10:00am-  
 11:30am- Continental Breakfast



10:00am – Exercises Cancelled

**11:00am- COMMUNION in the CHAPEL**

10:30 – Melville Painters / Art Room  
 12noon – 1:15pm – Lunch / Dining Room

3:00pm-Afternoon Tea  
**NO BAKE SALE TODAY!**

**7:00m-Movie / Media Room**

#### Saturday April 20<sup>th</sup>, 2019

10:00am – Coffee Hour  
 Ballroom

11:30am – 1:30 pm – BRUNCH in the Dining Room.



3:00pm – Afternoon Tea

**7:00pm – Movie / Media Room.**



#### Sunday April 21<sup>st</sup>, 2019

10:00am – Coffee Hour Ballroom  
 11:00am – Catholic Communion in the Chapel.



**BRUNCH CANCELLED!**

12noon- 1:15pm – Lunch in the Cafe  
 1-3pm – Composting

3:00pm – Afternoon Tea

**5-7pm – EASTER BUFFET / Dining Room**



**7:00 pm – MOVIE /Media Room.**