



Melville Heights Activity Sheet

April 16th – April 22nd, 2018

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 16th, 2018

10:00am - Coffee Hour / Ballroom



10:00am – Exercises
11:00am -Join Lori for a Morning of Hymns & Prayers in the Chapel.

2:00pm- **BAKING** in the Cafe / Black Bean Brownies. Yummy!



3:00pm – Afternoon Tea.



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

\$10.00 for a drop in session or 50.00 for 5 weeks.

7:00pm – Bridge in the Cafe.

Thursday April 19th, 2018

10:00 am – Coffee Hour / Ballroom



10:00am – Exercises
11:00am – Knitting Club / Lobby
12noon – 1:15pm – Lunch / Dining Room

1:00 pm – BRIDGE /Exercise Room.



3:00pm – Afternoon Tea / Join Mr. Ross in Celebrating his **BIRTHDAY**. Please Welcome David Johnston / **MAGICIAN** for the Festivities.

7:00pm – Evening of **MUSIC** with Brian Peckram in the Ballroom.



Tuesday April 17th, 2018

10:00am – Coffee Hour / Ballroom

10:00 am – Exercises



11:00 am – Join Lori for **NEWS & VIEWS** in the Ballroom.

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

1:00pm-3:00pm – **ALPHA COURSE / Media Rm**



3:00pm – Afternoon Tea.

6:30pm – **DOG THERAPY** with Tanya Chisholm & her dog Stanley in the Lobby.

7:00 pm Cribbage in the Cafe.

Friday April 20th, 2018

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

10:00am – Exercises

10:30 – Melville Painters / Art Room



11:00pm – **Day Trip!** Lunch at Rhubarb & a stop at Acadian Maple. Menu Posted. Please sign up!

12noon – 1:15pm – Lunch / Dining Room

3:00pm-Afternoon Tea

3:00pm-4:00pm – **BAKE SALE** in the Ballroom



7:00pm – Movie / Media Room.

Wednesday April 18th, 2018

10:00am – Exercises

10:00 am – Coffee Hour / Ballroom

(Please Note Changes to Shopping Schedule)

11:00am – Shopping at Halifax Shopping Centre & Walmart / Mumford Road.

12noon – 1:15pm – Lunch / Dining Room

1:00 pm – Shopping at Sobeys / Herring



Cove Road & NSLC.



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

3:00pm- **ALPHABET GEOGRAPHY** in the Ballroom during Afternoon Tea.



Saturday April 21st, 2018

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 22nd, 2018

11:00am – Catholic Communion in the Chapel.



11:30am – 1:30 pm –**BRUNCH**

in the Dining Room.

1-3pm – Composting / Bins are located in the Hallway down from the Media Room

3:00pm – Afternoon Tea

7:00 pm – **MOVIE /Media Room.**