



Melville Heights Activity Sheet

December 3rd – December 9th, 2018

December's Flower – Daffodil

Drop Everything & Walk! Mon.

Tues. Thurs. & Fri. 1:00pm. Meet in the Lobby & Enjoy a stroll around Melville Heights.



Monday December 3rd, 2018

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room
1:00pm – Bridge in the Cafe.
 2:00pm – 3:00pm –
MUSIC THERAPY with
Kimberly North in the
Ballroom.



3:00pm – Afternoon Tea
 3:30pm – 4:30pm – Gentle
 Chair YOGA CLASS with
 Abra Morrison in the
 Exercise Room. \$10.00 for a drop in
 visit.



7:45pm – Evening of
MUSIC with the
Men's Barbershop
Chorus / Halifax Harmonizers. / Ballroom.
 7:00pm – Bridge in the Cafe.



Tuesday December 4th, 2018

SHOPPING TODAY INSTEAD OF WED!
 10:00am – Exercises
 10:00 am – Coffee Hour / Ballroom
 11:00am – Shopping at Quinpool Centre
 (Superstore, Shoppers, Post Office &
 NSLC, Scotiabank & Can. Tire.)
 12noon – 1:15pm – Lunch /
 Dining Room



1:00 pm – Shopping at
 Sobeyes on Herring Cove
 Road.
 1:00pm-3:00pm – Bring your COMPOST
 across from the Kitchen.
 3:00pm- Afternoon Tea.
7:00 pm Cribbage in the Cafe.

Wednesday December 5th, 2018



Massage Therapy
with Heikie Leblanc
in the Art Room.
 10:00am – Coffee
 Hour / Ballroom
 10:00 am – Exercises
11:00am – NEWS &
Views / Ballroom.



12noon – 1:15pm – Lunch/ Dining Room.
 3:00pm – Afternoon
 Tea / Join the AVON
 Representative in the
 Ballroom. Great
 Treats for
 Christmas!!!



Thursday December 6th, 2018

10:00 am – Coffee Hour / Ballroom
 10:00 am – Exercises
 11:00am – Knitting Club / Lobby
 12noon – 1:15pm – Lunch / Dining Room
1:00 pm – BRIDGE in the Exercise Room.
 3:00pm – Afternoon Tea in the CAFE



RESIDENTS CHRISTMAS DINNER
Social Hour in the Ballroom
 4:00 pm - 5:00 pm
 Entertainment by Chalmers Doane Trio
Formal Dinner in the Dining Room
 5:00 pm - 7:00 pm Blessing by Rev. Vince Ihasz
Presentations:
 6:45 pm - Santa Claus will be here to bring
 Christmas Greetings to all.
Christmas Concert & Sing-a-long
 7:00 pm - 8:00 pm
 Music by the Chalmers Doane Trio
 Join us the Ballroom for a Christmas Sing-a-long.



Friday December 7th, 2018

10:00am-11:30am- Continental Breakfast
 10:00am – Exercises
 10:30 – Painters / Art Room
 12noon – 1:15pm – Lunch / Dining Room
 3:00pm -4:00pm
BAKE SALE / Ballroom.
 4:00pm – Music by Doug Bell
 & Friends in the Ballroom.
7:00pm – MOVIE / Media Room




Saturday December 8th, 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 December 9th, 2018

10:00am- 12noon - Coffee Hour / Ballroom
11:00am – CATHOLIC COMMUNION / Chapel.
11:30am – BRUNCH in the Dining Room.
 1-3pm – Composting / Bins are located in
 the Hallway down from the Media Room
 2pm – Join Rev. Betsy Hogan for a Service
 in the Chapel. All Welcome!
7:00 pm – MOVIE /Media Rm.



Please Turn over!