



Melville Heights Activity Sheet

February 11th – February 17th, 2019

February's Flower – Violet

Drop Everything & Walk!
Mon. Tues. Thurs. & Fri.



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

Monday February 11th, 2019

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

3:00pm – Afternoon Tea.

3:30-

4:30pm –
**Gentle
 CHAIR**



YOGA CLASS with Abra Morrison.

\$10.00 for a drop in fee.

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



7:00pm – Bridge in
 the Cafe.



Thursday February 14th, 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 /Exercise Room.

2:00pm – 3:00pm -
**Health & Wellness
 clinic in the Ballroom.
 Hearing Institute
 Atlantic will be here
 today.**



Friday February 15th, 2019



Flag Day!

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

10:00am – Exercises

10:30 – Melville Painters / Art Room

12noon – 1:15pm – Lunch / Dining Room

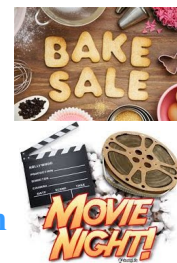


12noon – **ANNUAL PIZZA
 Party in the Ballroom. Please
 sign up & pre-pay \$9.00 at
 the front Desk.**

3:00pm-Afternoon Tea

3:00pm -4:00pm – **BAKE
 SALE in the Ballroom
 during Afternoon Tea.**

7:00pm–Movie / Media Rm



Tuesday February 12th, 2019

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.

3:00pm –
 Afternoon Tea with
 the Dental Hygiene
 students from
 Dalhousie.



7:00 pm Cribbage in the Cafe.

Wednesday February 13th, 2019

10:00am – Exercises

10:00 am – Coffee Hour / Ballroom

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

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.



Saturday February 16th, 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 February 17th, 2019

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

2:00pm – **WASHER TOSS in the
 Games Room.**

3:00pm – Afternoon Tea

7:00 pm – **MOVIE /Media Room.**

