



Melville Heights Activity Sheet

February 12th – February 18th, 2018

February's Flower – Violet

Monday February 12th, 2018

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

3:00pm – Afternoon Tea.

3:30- 4:30pm –

This is the 5th

class in a 5

week series for

Gentle CHAIR

YOGA CLASS

with Abra

Morrison.

\$10.00 for a drop in

fee.

7:00pm – Bridge in

the Cafe.



Thursday February 15th, 2018

FLAG DAY!

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 – Spelling

Bee during

Afternoon Tea.



Tuesday February 13th, 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.

Shrove Tuesday /

Pancakes for lunch.



1:00pm- 3:00pm- Intro to ALPHA in the Media Rm./ 10 week course / Interactive sessions to explore the basics of the Christian Faith. No pressure & No Commitment & No Charge.

3:00pm – Afternoon Tea.

7:00 pm -Cribbage in the Cafe.

Friday February 16th, 2018

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

10:00am – Exercises

10:30 – Melville Painters / Art Room

12noon – 1:15pm – Lunch / Dining Room

3:00pm-Afternoon Tea

3:00pm -4:00pm –

BAKE SALE in the

Ballroom during

Afternoon Tea.



4-5pm – Music by the Silver & Gold Fiddlers in the

Ballroom.

7:00pm -Movie / Media

Room

7:00pm – Movie / Media

Room

7:00pm – Movie / Media

Room

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Wednesday February 14th, 2018



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

Sobeys on Herring Cove

Road.

1:00pm-3:00pm – Bring

your COMPOST across from the Kitchen.

3:00pm- Afternoon Tea.



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 18th, 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.

