



Melville Heights Activity Sheet

January 7th – January 13th, 2019

January's Flower – Carnation
Drop Everything & Walk! Mon. Tues.
Thurs. & Fri. 1:00pm. Meet in the
Lobby & Enjoy a stroll around Melville Heights.





Monday January 7th, 2019

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room
 2:00pm – **MUSIC THERAPY** with Kimberly North in the **BALLROOM.**
 3:00pm – Afternoon Tea.
 3:30- 4:30pm – Gentle **CHAIR YOGA CLASS** with Abra Morrison in the Exercise Room.
 \$10.00 per session.
 7:00pm – Bridge in the Cafe.






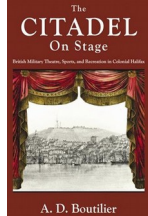
10:00 am – Coffee Hour / Ballroom
 10:00am – Exercises
 11:00am – Knitting Club / Lobby
 12noon – 1:15pm – Lunch / Dining Room
 1:00 pm – **BRIDGE** /Exercise Room.
 2:00pm – **HEALTH & WELLNESS** clinic in the Ballroom. Blood Pressure & Weighing.
 3:00pm – Afternoon Tea
 7:00pm – Evening of **MUSIC** with Garth Proude & Gordon Fader in the Ballroom.

Friday January 11th, 2019

Tuesday January 8th, 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.
 2:00pm – Afternoon with Author Alex Boutilier in the Media Room to promote his book “The Citadel on Stage.” (Colonial Halifax)
 3:00pm – Afternoon Tea
 7:00 pm Cribbage in the Cafe.

10:00am-11:30am- Continental Breakfast
 10:00am – Exercises
 10:30 – Melville Painters / Art Room
 12noon – 1:15pm – Lunch / Dining Room
 2:30pm – **TED TALK** in the Media Room.
IDEAS WORTH SPREADING
 3:00pm-Afternoon Tea
 3:00pm -4:00pm – **BAKE SALE** in the Ballroom during Afternoon Tea.
 7:00pm – **Movie / Media Room.**




Wednesday January 9th, 2019

Massage Therapist Heike Leblanc will be in the Art Room today.
 10:00am – Exercises
 10:00 am – Coffee Hour / Ballroom
 11:00am – One Stop Shopping at Halifax Shopping Centre.
 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 January 12th, 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 January 13th, 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 – Join Rev. Betsy Hogan from St. Matthew's United for a **Service in the Chapel. All Welcome!**
 3:00- Afternoon Tea
 7:00 pm – **MOVIE /Media Room.**



Thursday January 10th, 2019