

# Melville Heights Activity Sheet July 10th – July 16th, 2017 June's Flower – Rose

#### *Monday July 10<sup>th</sup>, 2017*

10:00am - Coffee Hour / Ballroom

10:00am - Exercises

12noon - 1:15pm - Lunch / Dining Room

1:30pm - 2:30pm - This

is the 1st class in a 5 week session of Gentle

**CHAIR YOGA CLASS** 

with Abra Morrison in the Exercise Room.

\$50.00 for 5weeks or

\$10.00 for a drop-in class.

2:30pm – **MUSIC THERAPY** in the **Ballroom** with Kimberly North.



3:00pm – Afternoon Tea 7:00pm – Bridge in the



#### Tuesday July 11th, 2017

10:00am - Coffee Hour / Ballroom

10:00 am -

**Exercises** 

Cafe.

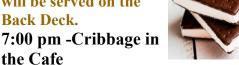
11:00am - NEWS

& VIEWS in the

**BALLROOM** 12noon - 1:15pm

Lunch / Dining Room.

3:00pm – Afternoon Tea / Ice Cream Sandwiches will be served on the





#### Wednesday July 12th, 2017

10:00am - Exercises

10:00 am - Coffee Hour / Ballroom

11:00am - One Stop **Shopping at Halifax Shopping Centre.** 12noon - 1:15pm -**Lunch / Dining Room** 



1:00 pm - Shopping at **Hfx. Shopping Centre** & the Annex (Sobeys, Walmart & More) 1:00pm-3:00pm - Bring your COMPOST

across from the Kitchen.

3:00pm -Afternoon Tea.



#### Thursday July 13th, 2017

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 / Exercise Room.

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



3:00pm -Afternoon Tea 7:00pm -

**EVENING of** 

MUSIC by Three's Company in the Ballroom.

### Friday July 14th, 2017

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

10:00am - Exercises

10:30 - Melville Painters / Art Room

12noon – 1:15pm – Lunch / Dining Room



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

3:00pm – Afternoon Tea 7:00pm - MOVIE / Media Rm



### Saturday July 15th, 2017

10:00am - Coffee Hour Ballroom

11:30am - 1:30 pm -

**BRUNCH** in the Dining Room.





2:00pm - CROQUET ON THE SIDE LAWN!!!! 3:00pm – Afternoon Tea 7:00pm – MOVIE / MEDIA **ROOM** 

### Sunday July 16th, 2017

11:00am - Catholic Communion in the Chape1. 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.

## PLEASE TURN OVER!