



Melville Heights Activity Sheet

July 10th – July 16th, 2017

June's Flower – Rose

Monday July 10th, 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 Cafe.



Tuesday July 11th, 2017

10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises
 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 Back Deck.
 7:00 pm -Cribbage in the Cafe



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 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.

PLEASE TURN OVER!