



Melville Heights Activity Sheet

June 10th – June 16th, 2019

June's Flower – Rose
Drop Everything & Walk!
Mon. Tues. Thurs. & Fri.
1:00pm. Meet in the Lobby



& Enjoy a stroll around Melville Heights.

Monday June 10th, 2019

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room.
 3:00pm – Afternoon Tea

 **2:00pm/ Media Room – Join Barry Patton for a Presentation on a Recent Trip to Greece.**

 **3:30pm – Gentle CHAIR YOGA CLASS in the Exercise Room with Abra Morrison. \$10.00 for a drop in visit.**

7:00pm – Bridge in the Cafe.

Tuesday June 11th, 2019

10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises
11:00 am – NEWS & VIEWS
Cancelled this week.

Shopping Change of Day!!!

11:00am – Shopping at Quinpool Centre (Superstore, Shoppers Drug Mart & Scotiabank & Canada Post)
 12noon – 1:15pm – Lunch / Dining Room
 1:00pm & 1:20pm – Shopping at Sobeys / Herring Cove Road.
 3:00pm – Afternoon Tea
 7:00 pm Cribbage in the Cafe.

Wednesday June 12th, 2019

Massage Therapist Heike LeBlanc will be in the Art Room today.

10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises
 12noon – 1:15pm – Lunch / Dining Room

12:45 pm – Annual Trip to the URBAN FARM in Spryfield for Farm Day. Please sign up!

1:00pm-3:00pm – Bring your COMPOST across from the Kitchen.

3:00pm- Afternoon Tea.



Thursday June 13th, 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 – Health & Wellness Clinic in the Ballroom. Hearing Institute will be here!**

3:00pm – Afternoon Tea.
 7:00pm – Evening of MUSIC with Garth Proude & Gordon Fader!!!



Friday June 14th, 2019

 **Wear Plaid for Dad / Prostate Cancer Fundraiser. Contribute what you can at the Front desk!**

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
3pm-4pm – BAKE SALE / Ballroom

4:00pm – Afternoon of MUSIC by the Halifax All-City Honours Violins in the Ballroom / Under the Direction of Janet Dunsworth.



7:00pm – Movie / Media Room.

Saturday June 15th, 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 June 16th, 2019

11:00am – Catholic Communion in the Chapel.
 11:30am – 1:30 pm –BRUNCH / Dining Rm.
1-3pm – Composting / Bins are located in the Hallway down from the Media Room

3:00pm – Afternoon Tea

 **5:00pm – 7:00pm – Father's Day & Melville Heights 27th Anniversary Buffet in the Dining Room. Music by Greg Simm & Jim Bell.**

PLEASE TURN OVER!!!

ACTIVITY SHEET - MELVILLE HEIGHTS
Monday June 10th - Sunday June 16th, 2019

Happy Birthday to those Residents who celebrate their birthday during the month of June:



Mrs. Brenton – 2nd
Mrs. Skerry - 4th
Mrs. Knapp-10th
Mr. Folley - 19th
Mrs. Katayama – 20th
Mrs. Camp – 21st
Ms. Moore – 25th
Mr. Wdowiak – 26th
Mrs. Cox – 30th

If any Birthday has been missed, please see Lori in the Recreation Department.

Sunday June 16th, 2019

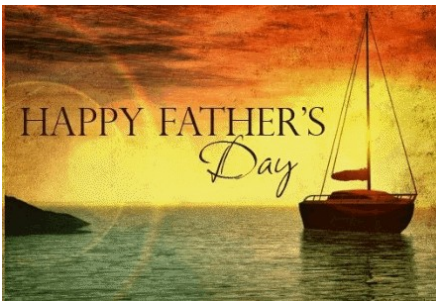
5:00 pm – 7:00 pm

Melville Heights

Anniversary

Dinner & Father's

Day Event.



Join us for a hot & cold BBQ buffet as we celebrate our 27th year.

Enjoy the Delightful Sounds from Greg Simm (Guitar) & Jim Bell (Hammered Dulcimer)

Cost for Guests:

Adults - \$ 29.95 (Plus Taxes)

Children (under 10) - \$ 13.95 (Plus Taxes)

Make your reservations at the front desk at 477-3313 but please reserve by June 13th, 2019 as space fills up quickly...

