



# Melville Heights Activity Sheet March 11<sup>th</sup> – March 17<sup>th</sup>, 2019

**March's Flower – Daffodil**

**Drop Everything & Walk! Mon.**

**Tues. Thurs. & Fri. 1:00pm.**

**Meet in the Lobby & Enjoy a stroll around Melville Heights.**



## Monday March 11<sup>th</sup>, 2019

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

2:00pm –3:00pm - **MUSIC THERAPY** with Kimberly North in the **BALLROOM.**



3:00pm – Afternoon Tea.

3:30pm – 4:30pm Gentle **CHAIR YOGA CLASS** with Abra Morrison in the Exercise Room.



\$10.00 for a drop in class.

6:30pm – **DOG THERAPY** in the Lobby with Tanya & Stanley.



7:00pm – Bridge in the Cafe.

## Thursday March 14<sup>th</sup>, 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** in the Exercise Room.

2:00pm – **Health & Wellness clinic** in the Ballroom.

**Hearing Institute Atlantic** will be here today.

3:00pm – Afternoon Tea.



## Friday March 15<sup>th</sup>, 2019

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 pm –5 pm - **St. Patrick's Day Social** in the Ballroom.



Music by **Greg Simm & Jim Bell**

7:00m – **Movie / Media Rm.**



## Saturday March 16<sup>th</sup>, 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.**



## Tuesday March 12<sup>th</sup>, 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.

3:00pm – Afternoon Tea.

7:00 pm Cribbage in the Cafe.

7:00pm – **Evening of MUSIC** with the "Halifax Burns Club



**Choir" in the Ballroom.**



8:30pm – CBC "This hour has 22 Min" in the Media Room / March 7<sup>th</sup> Taping!

## Wednesday March 13<sup>th</sup>, 2019

10:00am – Exercises

11:00am – Shopping at Halifax Shopping Centre & Walmart / Mumford Road.

12noon – 1:15pm – Lunch / Dining Room

1:00pm &

1:20pm –

Shopping at Sobey's / Herring Cove Road.



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



3:00pm- Afternoon Tea.

## Sunday March 17<sup>th</sup>, 2019

**Happy Saint Patrick's Day!**

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.**

