



# Melville Heights Activity Sheet

## May 13<sup>th</sup> - May 19<sup>th</sup>, 2019

### May's Flower – Lily of the Valley

**Drop Everything & Walk!**  
**Mon. Tues. Thurs. & Fri.**



**1:00pm. Meet in the Lobby & Enjoy a stroll around Melville Heights.**

### Monday May 13<sup>th</sup>, 2019

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

**11:00am- Residents' Garden Meeting in Ballroom. All Talents Accepted!!**

3:00pm – Afternoon Tea / Nature Cards for Sale by Sarah MicVicar (Mrs. Doane's Daughter) in the Ballroom.

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



6:30pm – Dog Therapy in the Lobby with our Labradoodle Stanley & Tanya.



7:00pm – Bridge in the Cafe.

### Thursday May 16<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 / Exercise Room.



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

**7:30pm – Evening of DANCE featuring the BON ACCORD Dancers in the Ballroom.**



### Friday May 17<sup>th</sup>, 2019

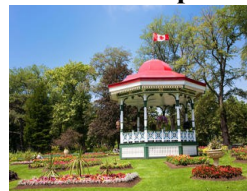
10:00am-11:30am- Continental Breakfast

10:00am – Exercises



**10:30 – Melville Painters / Art Room**

12noon – 1:15pm – Lunch / Dining Room



**1:00pm – Outing to the Public Gardens!!!! Please sign up for our 1<sup>st</sup> visit of 2019.**

3:00pm-Afternoon Tea



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

**7:00pm – Movie / Media Room.**



### Saturday May 18<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.**

### Sunday May 19<sup>th</sup>, 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**

3:00pm – Afternoon Tea

**7:00 pm – MOVIE /Media Room.**

**Please Turn Over!**

### Tuesday May 14<sup>th</sup>, 2019

**National DENIM Day for the Canadian Cure Cancer Research! Wear Jeans and give a Suggested Donation of \$5.00 at the Front Desk!**

10:00am – Coffee Hour / Ballroom

10:00 am – Exercises

**11:00 am – NEWS & VIEWS in the Ballroom.**



12noon – 1:15pm – Lunch / Dining Room.

**2:00pm – YouTube Videos in the Media Room with Lori.**



3:00pm – Afternoon Tea

7:00 pm Cribbage in the Cafe.

### Wednesday May 15<sup>th</sup>, 2019

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

10:00 am – Coffee Hour / Ballroom

10:00am – Exercises

11:00am – Shopping at Quinpool Centre (Superstore, Shoppers Drug Mart & Canada Post Office)

12noon – 1:15pm – Lunch / Dining Room

1:00pm & 1:20pm – Shopping at Sobeyes / Herring Cove Road.



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

3:00pm- Afternoon Tea.