



# Melville Heights Activity Sheet

## May 14<sup>th</sup> - May 20<sup>th</sup>, 2018

### May's Flower - Lily of the Valley

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



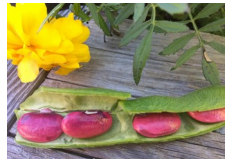
**1:00pm. Meet in the Lobby & Enjoy a stroll around Melville Heights.**

### Monday May 14<sup>th</sup>, 2018

10:00am - Coffee Hour / Ballroom

10:00am - Exercises

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



3:00pm - Afternoon Tea

*Chair Yoga*



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

**COMPLIMENTARY CLASS TODAY!!**

7:00pm - Bridge in the Cafe.

### Thursday May 17<sup>th</sup>, 2018

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.

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



### Friday May 18<sup>th</sup>, 2018

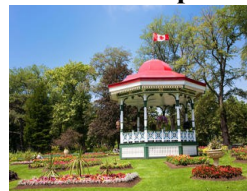
10:00am-11:30am- Continental Breakfast

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 2018.**

3:00pm-Afternoon Tea

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



**7:00pm - Movie / Media Room.**



### Tuesday May 15<sup>th</sup>, 2018

**National DENIM Day for the Can. Cure Cancer Research! Wear Jeans 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.

3:00pm - Trivia during



Afternoon Tea/ Come & exercise your mind!!!

7:00 pm Cribbage in the Cafe.

### Wednesday May 16<sup>th</sup>, 2018

**Massage Therapy with Heike LeBlanc in the Art Room Today!!!!**



10:00am - Exercises

10:00 am - Coffee Hour / Ballroom

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

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

1:00 pm - Shopping at Sobeys / Herring Cove Road & NSLC.

3:00pm - Afternoon Tea.

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



7:30pm - Evening of MUSIC featuring IWK Choir in the Ballroom.



### Saturday May 19<sup>th</sup>, 2018

**ROYAL WEDDING!**

**7:00am - CBC Coverage in the Media Room.**

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 20<sup>th</sup>, 2018

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.**

