



Melville Heights Activity Sheet

October 1st - October 7th, 2018

October's Flower – Cosmos

Monday October 1st, 2018

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises Canceled Today

10:20am – Outing to Mahone Bay to see the Scarecrows & Lunch at the Rope Loft in Chester. Please sign up!
 12noon – 1:15pm – Lunch / Dining Room
 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.
 7:00pm – Bridge in the Cafe.

Tuesday October 2nd, 2018

10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises

11:00am – NEWS & VIEWS / Ballroom.
 12noon – 1:15pm Lunch / Dining Room
 2:00pm – Join Respiratory Therapist Wendy Conrad for a Presentation on COPD in the Media Room.
 3:00pm – Afternoon Tea.

4:00pm – RESIDENTS' BIRTHDAY Party in the BALLROOM
 7:00 pm -Cribbage in the Cafe

Wednesday October 3rd, 2018

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

 10:00am – Exercises

 10:00 am – Coffee Hour / Ballroom
 11:00am – Jams & Jellies for Sale in the Lobby for the Mother's Union with Joyce Balcom.
 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.

Thursday October 4th, 2018

10:00 am – Coffee Hour / Ballroom
 10:00 am – Exercises
11:00am – MASS in the CHAPEL

 11:00am – Knitting Club / Lobby
 12noon – 1:15pm – Lunch / Dining Room
 1:00 pm – BRIDGE /Exercise Room.
3:00pm – Afternoon Tea / Music with Marion Kuo & Friends in the Ballroom.

7:00pm - Evening of MUSIC by Laura Gallant.

Friday October 5th, 2018

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 / Ballroom.
 4:00pm – 5:00pm – MUSIC by DOUG BELL & FRIENDS.
 7:00pm – **MOVIE / Media Room**


Saturday October 6th, 2018

10:00am – Coffee Hour Ballroom

 11:30am – 1:30 pm – BRUNCH in the Dining Room.

3:00pm – Afternoon Tea
7:00pm – MOVIE / Media

Sunday October 7th, 2018

11:00am – Catholic Communion / 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
 2:00pm – Washer Toss in the Games Room.
 3:00pm – Afternoon Tea

5:00pm – 7:00pm – THANKSGIVING DAY BUFFET in the DINING ROOM. GUESTS WELCOME. Please reserve / front desk

7:00 pm – MOVIE /Media Room