



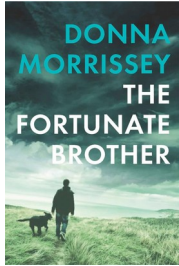
Melville Heights Activity Sheet

October 22nd - October 28th, 2018

October's Flower – Cosmos

Monday October 22nd, 2018

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room
 2:00pm – Join Author Donna Morrissey for a talk on her recent book “The Fortunate Brother.” Sponsored by Elder Learners in the Ballroom.
 3:00pm – Afternoon Tea.
 3:30pm – Gentle CHAIR YOGA CLASS today with Abra Morrison in the Exercise Room. \$10.00 for a drop in session.
 7:00pm – Bridge in the Cafe.



Thursday October 25th, 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.
 3:00pm – Afternoon Tea.
 4:00pm – Residents’ Birthday Party in the Ballroom. Music by Diane & Ron Aresenault.



Tuesday October 23rd, 2018

10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises
 11:00am – NEWS & VIEWS / Ballroom.
 12noon – 1:15pm Lunch / Dining Room
 2:00pm – 4:00pm – Indigenous Art Pieces for Sale in the Ballroom.
 3:00pm – Afternoon Tea.
 7:00 pm -Cribbage in the Cafe



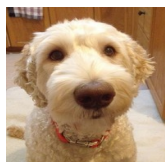
Friday October 26th, 2018

10:00am-11:30am- Continental Breakfast
 10:00am – Exercises Cancelled
 10:20am – DAY TRIP TO THE VALLEY. Lunch at the Evangeline Inn & Drive around to see the Pumpkin People & a stop at Hennigers Farm Market.
 10:30 – Painters / Art Room
 12noon – 1:15pm – Lunch / Dining Room
 3:00pm -4:00pm
 BAKE SALE / Ballroom.
 7:00pm – MOVIE / Media Room



Wednesday October 24th, 2018

10:00am – Exercises
 10:00 am – Coffee Hour / Ballroom
 11:00am – Shopping at Atlantic Superstore Quinpool Centre (Superstore, Shoppers, Post Office & NSLC, Scotiabank & Can. Tire.)
 12noon – 1:15pm – Lunch / Dining Room
 1:00 pm – Shopping at Sobeys on Herring Cove Road.
 1-3 pm – Composting / Bins are located in the Hallway down from the Media Room



3:00pm – Afternoon Tea
 6:30pm – DOG THERAPY with Tanya Chisholm & her dog Stanley in the Lobby.

7:00pm – MUSIC by Three’s Company in the Ballroom.



Saturday October 27th, 2018

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 October 28th, 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
 7:00 pm – MOVIE /Media Room



Please Turn over!