



Melville Heights Activity Sheet

September 11th – Sept. 17th, 2017

September's Flower – Aster


Monday September 11th, 2017

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room
 2:30pm – 3:30pm –
MUSIC THERAPY with
 Kimberly North in the
 Ballroom. 

3:30pm – 4:30pm – Gentle **CHAIR YOGA**
CLASS with Abra Morrison in the Exercise
 Room. 50.00 for 5 weeks or 10.00 for a drop
 in class. Please note change in TIME.
 3:00pm – Afternoon Tea.
 6:30pm –
ANTIQUÉ CAR
SHOW in the
 Upper Parking
 Lot. 

7:00pm – Bridge in the Cafe.

Tuesday September 12th, 2017

10:00am – Coffee Hour / Ballroom
 10:00 am –
 Exercises
 11:00am – NEWS
 & VIEWS in the
 Ballroom. 

12noon – 1:15pm Lunch / Dining Room

TRIVIA

3:00pm – TRIVIA with Lori during
 Afternoon Tea.
 7:00 pm -Cribbage in the Cafe

Wednesday September 13th, 2017

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, Post Office &
 NSLC, Scotiabank & Canadian Tire.)
 12noon – 1:15pm –
 Lunch / Dining Room
 1:00 pm – Shopping
 at Sobeys on Herring
 Cove Road.
 1:00pm-3:00pm – Bring
 your **COMPOST** across from the Kitchen.
 3:00pm – Afternoon Tea



Thursday September 14th, 2017

10:00 am – Coffee Hour / Ballroom
 10:00 am – Exercises
 11:00am – Knitting Club / Lobby
 12noon – 1:15pm – Lunch /
 Dining Room
 1:00 pm – **BRIDGE**
 /Exercise Room. 

2:00pm – **Health &**
Wellness Clinic in the Ballroom.
Hearing Institute will be here today.
 3:00pm – Afternoon Tea
 7:00pm – **MUSIC** by
MIKE CAMPBELL &
Friends in the Ballroom. 

Friday September 15th, 2017

10:00am-11:30am- Continental Breakfast
 10:00am – Exercises
 10:30 – Melville Painters / Art
 Room 

11:00am – **SPELLING**
BEE in the **BALLROOM**.
Hope to see you there!!!
 12noon – 1:15pm – Lunch /
 Dining Room 

3:00pm -4:00pm **BAKE**
SALE in the Ballroom.
 3:00pm – Afternoon Tea
 7:00pm – **MOVIE /**
Media Room

Saturday September 16th, 2017

10:00am – Coffee Hour
 Ballroom 

11:30am – 1:30 pm –
BRUNCH
 in the Dining Room.
 3:00pm – Afternoon Tea
 7:00pm – **MOVIE / Media**



Sunday September 17th, 2017

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!