



Melville Heights Activity Sheet

December 17th–December 23rd, 2018

December's Flower – Daffodil

Drop Everything & Walk! Mon. Tues. Thurs. & Fri. 1:00pm. Meet in the

Lobby & Enjoy a stroll around Melville Heights.



Monday December 17th, 2018

10:00am - Coffee Hour / Ballroom
 10:00am – Exercises
 12noon – 1:15pm – Lunch / Dining Room
 2:00pm – Join Lori in cafe as we make our Christmas Shortbread Cookies. Bring a toonie & take some home to enjoy.
 3:00pm – Afternoon Tea.
 3:30- 4:30pm – Gentle CHAIR YOGA / LAST Class before the Holidays. Yoga will resume January 7th, 2019 in the Exercise Room.
 7:00pm – Bridge in the Cafe.
 7:00pm – Piano Recital in the Ballroom / Students from Leading Note Studio.



Thursday December 20th, 2018

10:00am – Coffee Hour / Ballroom.
 10:00am – Exercises
 11:00am – Knitting Club / Lobby
CHANGE OF DAY FOR SHOPPING!
 11:00am – Shopping at Quinpool Centre (Superstore, Shoppers, Post Office & NSLC, Scotiabank & Can. Tire.)
 12noon – 1:15pm – Lunch / Dining Room
 1:00pm – BRIDGE in the Exercise Room.
 1:00 pm – Shopping at Sobeys on Herring Cove Road.
 3:00pm – Afternoon Tea
 3:30pm – Students from Elizabeth Sutherland will be dropping in for a Christmas Visit in the Ballroom.



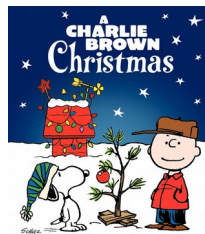
Tuesday December 18th, 2018

CHRISTMAS SWEATER DAY!
 Wear your favorite Christmas Sweater to Celebrate the Holidays.
 10:00am – Coffee Hour / Ballroom
 10:00 am – Exercises
 11:00 am – NEWS & VIEWS in the Ballroom. 
 3:00pm- Afternoon Tea / Join Lori for an afternoon of Christmas Stories & Poems in the Ballroom. If you have a story to share please come prepared to read.
 6:15pm – ANNUAL Christmas Lights Drive around the City. Please sign up! Hot Chocolate & Cookies in the Lobby upon our return!



Friday December 21st, 2018

10:00am-11:30am- Continental Breakfast
 10:00am – Exercises
 10:30 – Melville Painters / Art Room
 11:00am – TED TALK in the Media Room
TED Ideas worth spreading
 12noon – 1:15pm – Lunch / Dining Room
 3:00pm-Afternoon Tea
 3pm -4pm – BAKE SALE in the Ballroom during Afternoon Tea. 
 3:30pm – Charlie Brown Christmas Movie in the Media Room. Invite the little children in your life for the movie & treat!!!
 7:00pm – Movie / Media Room. 




Wednesday December 19th, 2018

EXERCISES CANCELLED TODAY!
 10:15 Departing for Neptune to see “Cinderella” for those who have pre-purchased Tickets.
 1:00pm-3:00pm – Bring your COMPOST across from the Kitchen.
 3:00pm – Afternoon Tea.



Saturday December 22nd, 2018

10:00am – Coffee Hour Ballroom
 11:30am – 1:30 pm – BRUNCH in the Dining Room. 
 3:00pm – Afternoon Tea
 7:00pm – MOVIE in the MEDIA ROOM

Sunday December 23rd, 2018

11:00am – Catholic Communion in the Chapel.
 11:30am – 1:30pm – Brunch / Dining Room.
 3:00- Afternoon Tea
 7:00 pm – MOVIE /Media Room.