



Melville Heights Activity Sheet

June 17th – June 23rd, 2019

June's Flower – Rose
Drop Everything & Walk!
Mon. Tues. Thurs. & Fri.
1:00pm. Meet in the Lobby



& Enjoy a stroll around Melville Heights.

Monday June 17th, 2019

10:00am - Coffee Hour / Ballroom
10:00am – Exercises
11:00am – Garden Enthusiasts Wanted! Come & Help plant the Resident's Vegetable Garden. All Talents Accepted!
12noon – 1:15pm – Lunch / Dining Room.
3:00pm – Afternoon Tea
3:30pm – Gentle CHAIR YOGA CLASS in the Exercise Room with Abra Morrison. \$10.00 for a drop in visit.
6:30pm – DOG THERAPY with Tanya Chisholm & her dog Stanley in the Lobby.
7:00pm – Bridge in the Cafe.



Thursday June 20th, 2019

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.
7:00pm – Evening of Music by “Ukulele Mike” in the Ballroom / 1st Visit for Mike to Melville Heights. Hope to see you there!



Friday June 21st, 2019

10:00am-11:30am- Continental Breakfast
10:00am – Exercises
10:30 – Melville Painters / Art Room
12noon – 1:15pm – Lunch Dining Rm.
3:00pm-Afternoon Tea
1:00pm – 2nd outing of the season to the PUBLIC GARDENS & a stop at Dee Dee's Ice Cream for a treat.
3pm-4pm – BAKE SALE / Ballroom
7:00pm – Movie / Media Room.



Tuesday June 18th, 2019

10:00am – Coffee Hour / Ballroom
10:00 am – Exercises
11:00 am – NEWS & VIEWS in the Ballroom.
12noon – 1:15pm – Lunch / Dining Room
2:00pm – Travels with Stephen Davis (Archaeologist). Stories & Pictures from Uzbekistan in the Media Room.
3:00pm – Afternoon Tea
7:00 pm Cribbage in the Cafe.



Wednesday June 19th, 2019

10:00am – Exercises
11:00am – Shopping at Halifax Shopping Centre & Walmart / Mumford Road.
12noon – 1:15pm – Lunch / Dining Room
1:00pm & 1:20pm – Shopping at Sobeys / Herring Cove Road.
1:00pm-3:00pm – Bring your COMPOST across from the Kitchen.
3:00pm- Afternoon Tea / Music with Marion Kuo & Friends in the Ballroom.



Saturday June 22nd, 2019

10:00am – Coffee Hour Ballroom
11:30am – 1:30 pm – BRUNCH in the Dining Room.
3:00pm – Afternoon Tea
7:00pm – Movie / Media



Sunday June 23rd, 2019

11:00am – Catholic Communion in the Chapel.
11:30am – 1:30 pm – BRUNCH / Dining Rm.
1-3pm – Composting / Bins are located in the Hallway down from the Media Room
3:00pm – Afternoon Tea
7:00 pm – MOVIE /Media



Please Turn Over!

ACTIVITY SHEET - MELVILLE HEIGHTS
Monday June 17th - Sunday June 23rd, 2019

Happy Birthday to those Residents who celebrate their birthday during the month of June:



Mrs. Brenton – 2nd
Mrs. Skerry - 4th
Mrs. Knapp-10th
Mr. Folley - 19th
Mrs. Katayama – 20th
Mrs. Camp – 21st
Ms. Moore – 25th
Mr. Wdowiak – 26th
Mrs. Cox – 30th

If any Birthday has been missed, please see Lori in the Recreation Department.

*Outing to the
Public Gardens &
for an ice-cream
treat at
Dee Dee's Ice
Cream Shop*



Fri. June 21st
2019

Departure 1:00pm
(This is our 2nd trip to the Gardens
for the Season) Departing at 1:00pm.
Please Sign Up!