



# Melville Heights Activity Sheet

## September 10<sup>th</sup> – September 16<sup>th</sup> 2018



### September's Flower – Aster

**Drop Everything & Walk!**




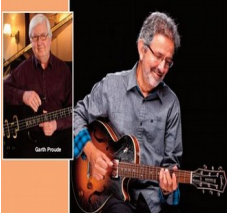
**Mon. Tues. Thurs. & Fri. 1:00pm. Meet in the Lobby & Enjoy a stroll around Melville Heights.**

**Monday September 10<sup>th</sup>, 2018**



10:00am - Coffee Hour / Ballroom  
 10:00am – Exercises  
 12noon – 1:15pm – Lunch / Dining Room.  
 2:00pm -MUSIC THERAPY with Kimberly North in the Ballroom.   
 3:30pm – Gentle CHAIR YOGA CLASS today with Abra Morrison in the Exercise Room. \$10.00 for a drop in session.   
 6:30pm – ANTIQUE CAR SHOW in the Parking Lot. Hope to see you there!  
 7:00pm – Bridge in the Cafe.

### Thursday September 13<sup>th</sup> 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.   
 2:00pm – Health & Wellness Clinic in the Ballroom. Blood Pressure & Weighing with Nurse Marion & Nurse Jennifer.   
 3:00pm – Afternoon Tea.  
 7:00pm – MUSIC by Garth Prude & Georges Hebert in the Ballroom. 

### Tuesday September 11<sup>th</sup>, 2018

10:00am – Coffee Hour / Ballroom  
 10:00 am – Exercises  
 11:00am - NEWS & VIEWS in the Ballroom.   
 2:30pm – TED TALK in the MEDIA ROOM.  Ideas worth spreading  
 3:00pm – Afternoon Tea  
 7:00 pm Cribbage in the Cafe.

### Friday September 14<sup>th</sup>, 2018

10:00am-11:30am- Continental Breakfast  
 10:00am – Exercises  
 10:30am – Melville Painters / Art Room  
 12noon – 1:15pm – Lunch Dining Rm.  
 3:00pm-Afternoon Tea  
 3:00pm-4:00pm – BAKE SALE / Ballroom   
 7:00pm – Movie /Media Room.

### Wednesday September 12<sup>th</sup>, 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 Rm.   
 3:00pm – Afternoon Tea / Ice Cream Cones on the Back Deck. 

### Saturday September 15<sup>th</sup>, 2018

10:00am – Coffee Hour Ballroom  
 11:30am – 1:30 pm – BRUNCH in the Dining Room.   
 2:00pm – CROQUET on the SIDE LAWN!!!   
 3:00pm – Afternoon Tea  
 7:00pm – Movie / Media Room.

### Sunday September 16<sup>th</sup>, 2018

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  
 2:00pm – WASHER TOSS in the GAMES ROOM.   
 3:00pm – Afternoon Tea  
 7:00 pm – MOVIE /Media Room.