



Melville Heights Activity Sheet

December 9th – December 15th, 2019

Flower – Daffodil

Drop Everything & Walk! Mon.

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



Monday December 9th, 2019

10:00am – Coffee Hour / Ballroom

10:00am – Exercises

**11:00am – Join Lori in the
Cafe. It's time to make the
SHORT BREADS!**



12noon – 1:30pm – Lunch /
Dining Room

3:00pm – Afternoon Tea

3:00pm – 4:00pm – Gentle
Chair YOGA CLASS with
Abra Morrison in the
Exercise Room. \$10.00 for a drop in
visit.



7:00pm – Bridge in the Cafe.

**7:30pm –
EVENING of
MUSIC with the
Sorella Singers in
the Ballroom.**



Tuesday December 10th, 2019

10:00am – Coffee Hour / Ballroom

10:00 am – Exercises

**11:00am – NEWS & VIEWS
Cancelled today.
SHOPPING TODAY!**

11:00am – Shopping at Halifax Shopping
Centre & Walmart / Mumford Road.

12noon – 1:30pm – Lunch / Dining
Room.

1:00 pm & 1:20pm – Shopping at Sobeys /
Herring Cove Road & NSLC.

3:00pm – Afternoon Tea

7:00 pm Cribbage in the Cafe.

Wednesday December 11th, 2019



**Massage Therapy with
Heike LeBlanc in the
Art Room Today!!!!**

10:00am – Coffee Hour / Ballroom

10:00am – Exercises Cancelled Today



**10:15am –
Departing for
Neptune Theatre
“A Christmas**

Carol” for those who have pre-purchased

3:00pm – Afternoon Tea

**3:00pm – Bring your COMPOST across
from the Kitchen.**

7:00pm – Evening of

MUSIC by the
Filipino Heritage
Choir in the

Ballroom. Hope to see you there!



Thursday December 12th, 2019

10:00 am – Coffee Hour / Ballroom

10:00 am – Exercises

11:00am – Knitting Club / Lobby

12noon – 1:30pm – Lunch /
Dining Room

**1:00 pm – BRIDGE in the
Exercise Room.**

3:00pm – Afternoon Tea
Residents & Staff as we

Celebrate the Festive Season / Ballroom.

7:30pm – Evening
of DANCE by the
Bon Accord
Dancers in the
Ballroom.



Friday December 13th, 2019

10:00am-11:30am- Continental Breakfast

10:00am – Exercises Cancelled

**10:00am – Join SAMBRO
Elementary School Choir in
the Ballroom for a Morning
Concert.**



**10am – 1pm – MARY KAY
REP. Marilyn Hurst will be in
the Lobby. Great Gift Ideas!**

MARY KAY



10:30 – Painters / Art Room
12noon – 1:30pm – Lunch /
Dining Room.

3:00pm – Afternoon Tea

3:00pm -4:00pm

BAKE SALE / Ballroom.



7:00pm – MOVIE / Media Room

Saturday December 14th, 2019

10:00am – Coffee Hour Ballroom

12noon – 1:30pm – Lunch /
Dining Room.

3:00pm – Afternoon Tea

7:00pm – MOVIE / Media Room



Sunday December 15th, 2019

11:00am – Catholic Communion / Chapel.

12noon – 1:30pm – Lunch / Dining
Room.

**2:00pm – Join Rev. Betsy Hogan from St.
Matthews for a Service in the Chapel.**



3:00pm – Afternoon Tea



**5:30pm – East Coast Carolers
singing during Dinner tonight.**

**7:00 pm – MOVIE /Media
Room**

Please Turn over!

ACTIVITY SHEET - MELVILLE HEIGHTS
Monday December 9th - Sunday December 15th, 2019

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

December Birthdays

Mrs. Fort – 2nd

Mrs. Helen Anderson – 2nd

Mrs. Nancy Smyth – 10th

Mrs. Gloria Sullivan- 11th

Mrs. MacLeod - 12th

Mrs. Stewart – 18th

Mrs. Allen – 18th

***If any Birthday has been missed,
please see***

Lori in the Recreation Department.



***Afternoon Tea with
the Residents &
Staff***

***Thursday Dec.
12th, 2019 3:00pm***

in the Ballroom

***Hope you are able to come &
celebrate the holiday season & join
the Staff Christmas Fund Committee
as gifts are given to the Melville
Heights Staff!***