



Melville Heights Activity Sheet

December 20th – December 26th, 2021

December's Flower – Daffodil!

**Walk or relax on the deck
or the front benches anytime. Enjoy
the fresh air!**



Monday December 20th, 2021

10:00am - Coffee Hour
 10:00am – Exercises Today (Mask Required) 

 11:00am – A recent Bethany United Church Service (Dec. 19th) will be played in the Media Rm.

12noon – 1:30pm – Lunch/ Dining Room
 1:30pm – Bridge in the Exercise Rm for today. 

2:00pm- **ANNUAL Shortbread Baking** with Lori in the Cafe. Hope you are able to join & take some home to enjoy!! 

3:00pm – Afternoon Tea / Live MUSIC with Susie Quackenbush in the Ballroom. Christmas Selections!!!!!!

Tuesday December 21st, 2021


CHRISTMAS SWEATER DAY!
 Wear your favorite Christmas Sweater to Celebrate the Holidays!!

10:00am – Coffee Hour
 10:00am – Exercises (Mask Required)
 11:00am – Join Lori for **NEWS & VIEWS** in the Ballroom.

12noon–1:30pm – Lunch /Dining Room
 1:00pm – **SKIP BO** in the Cafe. 

3:00pm – Afternoon Tea
 7:00pm – Cribbage in the Cafe. 

Wednesday December 22nd, 2021

10:00am – Exercises (Mask Required)
 10:00am – Coffee Hour
 11:00 am – Anglican Communion in the Chapel with Rev. Bull from Emmanuel Anglican Church. All Welcome!

11:00 am – Shopping at Walmart & Halifax Shopping Centre & Dollarama.
 12noon – 1:30pm – Lunch / Dining Rm.
 1:00 pm & 1:20pm – Shopping at Sobeys / Herring Cove Road & NSLC. 

1-3pm – Composting / Bins are located on the stage 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. 

Thursday December 23rd, 2021

10:00 am – Coffee Hour
 10:00am – Exercises (Mask Required)
 11:00am – **KNITTING CLUB / Lobby.** 

12noon – 1:30pm – Lunch / Dining Room
 1:00pm – BRIDGE in the Cafe 

1:15pm-2:15pm – Gentle Chair YOGA in the Exercise Room with Abra Morrison. Pay as you can! 

6:15pm – **CHRISTMAS LIGHTS DRIVE** with Lori (one of 3 / please sign up) 

7:00pm – Cribbage in the Cafe 

Friday December 24th, 2021

RED FRIDAY Red Friday / Wear Red on Fridays in Honour of those who have served, those who have fallen & those who continue to serve.

10:00am – Exercises (Mask Required)
 10:00am-11:30am- Continental Breakfast
 12noon –1:30pm – Lunch / Dining Rm
 1:00pm – **SKIP BO** in the Cafe 

3:00pm – Afternoon Tea.
 7:00pm – **NO MOVIE** Tonight
 8:30pm – Christmas Eve **VIRTUAL** service Bethany United Church /Media Room. 
 Harp Prelude & Reflective Service.

Saturday December 25th, 2021

10:00am – Coffee Hour
 12noon – 1:30pm – Lunch / Dining Room 
 1:30pm – Bridge in the Cafe
 3:00 pm – Afternoon Tea / Jesus' Birthday Cake will be served.
 7:00pm – **MOVIE** / Media Rm.

Sunday December 26th, 2021

10:00am – Coffee Hour
 12noon - 1:30pm – Lunch / Dining Room.
 1-3pm – Composting / Bins located on stage in the Ballroom.
 3:00pm – Afternoon Tea 
 7:00pm – **MOVIE** / Media Rm

Please Turn Over!