



Melville Heights Activity Sheet

September 19th to September 25th, 2022

September's Flower – Aster!

Walk or relax on the deck or the front benches anytime.

Enjoy the fresh air!



Monday September 19th, 2022

Today is a Holiday & Day of Mourning for Queen Elizabeth II. CBC will on in the Media Room at 5:00am this morning if you want to watch the Funeral on the large screen.



10:00am - Coffee Hour

10:00am – Exercises Cancelled Today

12noon – 1:30pm – Lunch/ Dining Room

1:30pm – BRIDGE in the Cafe.

3:00pm – Afternoon Tea

6:30pm – ANTIQUE CAR SHOW from the Antique Car Club in the Upper Parking Lot this evening.



20 plus cars will be joining. Hope you are able to join us!

Tuesday September 20th, 2022

10:00am – Coffee Hour

10:00am – Exercises

11:00am – NEWS & VIEWS / Ballroom.

12noon–1:30pm – Lunch / Dining Room

1:00pm – SKIP BO in the Cafe.



3:00pm – Afternoon Tea / SMILE Cookies will be served at tea today for Tim Hortons Charities.



3:00pm – SHOW & TELL / To honour Queen Elizabeth II bring an object related to the late Monarch or stories to share in the Ballroom.



7:00pm – CRIBBAGE / Cafe.

Wednesday September 21st, 2022

10:00 am – Coffee Hour

10:00am – Exercises

12noon – 1:30pm – Lunch / Dining Rm.

11:00am – Shopping at Halifax Shopping Centre or Walmart.

1:00 pm & 1:20pm -Shopping at Sobeys / Herring

Cove Road & NSLC.



1:00pm – Bridge in the Cafe.

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



3:00pm – Afternoon Tea

3:00pm – NATURE VIDEOS in the Ballroom with PAUL RUGGLES.

Thursday September 22nd, 2022

10:00 am – Coffee Hour

10:00am – Exercises



11:00am – KNITTING CLUB in the Lobby.

12noon – 1:30pm



– Lunch / Dining Room

1:00pm – BRIDGE in the Cafe

2:00pm – 3:00pm Join Abra

Morrison for a Gentle Chair

YOGA class today in the Exercise Room. Pay as you can!



3:00pm – Afternoon Tea.

7:00pm – CRIB-

BAGE /Cafe.



7:15- Departing

for the POND PLAY-

HOUSE to see Marion

Bridge for those who pre-

purchased tickets.



Friday September 23rd, 2022

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-11:30am- Continental Breakfast

10:00am – Exercises

12noon – 1:30pm – Lunch / Dining Room

1:00pm – SKIP BO in the Cafe

3:00pm – Afternoon Tea

3:30pm – 4:30pm – MUSIC by Alex

Vaughan in the Ballroom / Bar

Open.

7:00pm – MOVIE / Media Rm.



Saturday September 24th, 2022

10:00am – Coffee Hour



12noon – 1:30pm – Lunch / Dining Room

1:30pm – BRIDGE in the Cafe.

3:00pm – Afternoon Tea

7:00pm – MOVIE / Media Rm.

Sunday September 25th, 2022

10:00am – Coffee Hour

12noon – 1:30pm – Lunch / Dining Room



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

3:00pm – Afternoon Tea

7:00pm – MOVIE / Media Rm.