



# Melville Heights Activity Sheet

## February 4th – February 10th, 2019

### February's Flower – Violet

**Drop Everything & Walk!**  
**Mon. Tues. Thurs. & Fri.**



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

### Monday February 4th, 2019

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

2:00pm –3:00pm -  
**MUSIC THERAPY**  
 with Kimberly North  
 in the **BALLROOM.**



3:00pm – Afternoon Tea.

3:30- 4:30pm –  
 Gentle **CHAIR**  
**YOGA CLASS**

with **Abra Morrison.**

**\$10.00 for a drop in fee.**

7:00pm – Bridge in the  
 Cafe.



### Thursday February 7th, 2019

10:00 am – Coffee Hour / Ballroom

10:00am – Exercises

11:00am – **MASS in the Chapel.**

11:00am – Knitting Club /

Lobby

12noon – 1:15pm – Lunch /  
 Dining Room

1:00 pm – **BRIDGE** /Exercise Room.

2:30pm – **Information**  
**Session / Resident's**



**Council in the Ballroom / Residents Only!**



3:00pm – Afternoon Tea

7:00pm – Evening of **MUSIC** by the  
**TRILIGHTS** in the Ballroom.

### Friday February 8th, 2019

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

10:00am – Exercises

10:30 – Melville Painters / Art Room

12noon – 1:15pm – Lunch / Dining Room

1:45pm – **BINGO**  
 in the  
**BALLROOM.**



3:00pm-

Afternoon Tea



3:00pm -4:00pm –  
**BAKE SALE** in  
 the Ballroom



during Afternoon Tea.

7:00pm–**Movie / Media Rm**

### Saturday February 9th, 2019

10:00am – Coffee Hour Ballroom

11:30am – 1:30 pm –  
**BRUNCH**

in the Dining Room.

3:00pm – Afternoon Tea

7:00pm – **Movie / Media Room.**



### Sunday February 10th, 2019

11:00am – Catholic Communion in the Chapel.

11:30am – 1:30 pm –**BRUNCH**

in the Dining Room.

1-3pm – Composting / Bins are located in the Hallway  
 down from the Media Room

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

3:00pm – Afternoon Tea

5:00pm-7:00pm – **Valentine's**  
**Buffet in the Dining Room.**



7:00 pm – **MOVIE /Media Room.**

### Tuesday February 5th, 2019

10:00am – Coffee Hour / Ballroom

10:00 am – Exercises



11:00 am – Join Lori for **NEWS**  
 & **VIEWS** in the Ballroom.

12noon – 1:15pm – Lunch /

Dining Room.

2:00pm –  
**A Year in**  
**Review /**  
**Melville**  
**Heights**



**Photos in the Media Room from 2018.**

3:00pm – Afternoon Tea.

7:00 pm -Cribbage in the Cafe.

### Wednesday February 6th, 2019



Massage Therapy

Massage Therapist  
**Heike Leblanc** will  
 be in the Art Room  
 today.

10:00am – Exercises

10:00 am – Coffee Hour / Ballroom

11:00am – Shopping at Quinpool  
 Centre (Superstore, Shoppers, Post  
 Office)

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.

