



# Melville Heights Activity Sheet

## January 23<sup>rd</sup> - January 29<sup>th</sup>, 2023

### January's Flower – Carnation!

#### Monday January 23<sup>rd</sup>, 2023

10:00am – Exercises



11:00am – Bethany United Church Video from January 22<sup>nd</sup> will be played in the Media Room today.

1:30pm – BRIDGE in the Cafe.



2:00pm – Music Therapy with Rachael Webster in the Ballroom. All Welcome!

#### Tuesday January 24<sup>th</sup>, 2023

10:00am – Exercises

11:00am – NEWS & VIEWS in the Ballroom with Lori



1:00pm – SKIP BO in the Cafe.



7:00pm – CRIBBAGE in the Cafe.

#### Wednesday January 25<sup>th</sup>, 2023



9am – 1pm – Massage Therapy with Heikie LeBlanc in the Art Room. If you would an appointment see Lori

10:00am – Exercises

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

1:00 pm & 1:20pm -Shopping at Sobey's / Herring Cove Road & NSLC.



1:00pm – Bridge in the Cafe.

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



3:30pm – 4:30pm Join us for Afternoon of Scottish Music with The Triads (Nelson Ferguson & Friends) Poetry & Haggis in the Ballroom to Honour Robbie Burns! Bar Open!



#### Thursday January 26<sup>th</sup>, 2023

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom. Please note change of place!!!



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!

3:30pm – 4:30pm – Resident's Birthday Party in the Ballroom. Music by Ron & Diane Arsenault. Bar will be open!



7:00pm – CRIBBAGE in the Cafe.



#### Friday January 27<sup>th</sup>, 2023

**WEAR 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

1:00pm – SKIP BO in the Cafe

7:00pm – MOVIE / Media Room.



#### Saturday January 28<sup>th</sup>, 2023

♥♣♦♠ 1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

1:30pm – Please welcome our New Music Therapist in the Ballroom. Gabby Warlet will be working every weekend in the Melville Heights Recreation Department providing creative music & art.



1:30pm – Sing-a-long with Gabby!!!

3:00pm – 4:00pm – Art Therapy with Gabby! Rock Painting in the Ballroom.

7:00pm – MOVIE / Media Room.

#### Sunday January 29<sup>th</sup>, 2023

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

1:30pm - Sing-a-long with Gabby in the Lobby.

3:00pm – Let's Start a Choir at Melville Heights. Interested persons meet Gabby in the Media Room.

7:00pm – MOVIE / Media Room.

