



Melville Heights Activity Sheet

September 2nd – September 8th 2024

September's Flower – Aster!


Monday September 2nd 2024

**HAPPY
LABOUR DAY**

10:00am – Exercises Cancelled due to the Holiday.

1:00pm – Auction 45's in the Cafe.

7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris Parish/ Chapel.



Tuesday September 3rd, 2024

10:00am – Exercises

 Massage Therapist / Heike LeBlanc will be in the Art Room today.

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



11:30am – PICNIC LUNCH at Africville Park & a stop at Dee Dee's for an Ice Cream treat. Please sign up!

1:00pm – SKIP BO in the Cafe



7:00pm – CRIBBAGE in the Cafe.



Wednesday September 4th, 2024

10:00am – Exercises

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

11:00am – Improve & Relax your brain with Coloring in the Lobby / Lounge Area! All Welcome!



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



Thursday September 5th, 2024

10:00am–Exercises

10:00am – 2:00pm – Women's Fashions for sale in the Lobby by She's Got Legs with Lois Gardner....

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – BRIDGE in the Cafe

2:00pm – 3:30pm POPCORN & a MOVIE / “Becoming Helen Keller”/ in the Media room.



7:00pm -CRIBBAGE / Cafe.



Friday September 6th, 2024

10:00am – Exercises

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.

10:30am – BOOK CLUB meeting in the Cafe / 1st Floor.



1:00pm – SKIP BO in the Cafe



3:00pm – 4:00pm - MUSIC in the Ballroom by Victor Fraser on Guitar. Bar Open.



7:00pm – MOVIE / Media Room

Saturday September 7th 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

7:00pm – MOVIE / Media Room.

Sunday September 8th, 2024

7:00pm – MOVIE / Media Room.

