



# Melville Heights Activity Sheet

## September 16<sup>th</sup> – September 22<sup>nd</sup>, 2024

### September's Flower – Aster!

#### Monday September 16<sup>th</sup>, 2024

10:00am – Exercises

1:00pm – Auction 45's in the Cafe.



2:00pm – NETFLIX Movie in the Media

room. Join us for the documentary "Apollo 13 Survival" 2024 Popcorn & soda will be served.

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



#### Thursday September 19<sup>th</sup>, 2024

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – BRIDGE in the Cafe

7:00pm – CRIBBAGE / Cafe.



7:30pm – Outing to the POND PLAYHOUSE to see "Great Kettle for the People."

#### Tuesday September 17<sup>th</sup>, 2024

10:00am – Exercises



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



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

1:00pm – SKIP BO in the Cafe



2:30pm – Come & enjoy the MUSIC of Andre Rieu (Dutch Violinist) on the Big Screen in the Media Room.

7:00pm – CRIBBAGE in the Cafe.



#### Friday September 20<sup>th</sup>, 2024

10:00am – Exercises



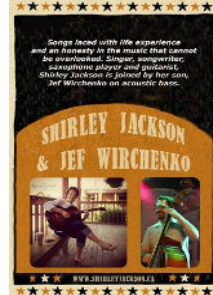
Red Friday / Wear Red on Fridays in Honour of those who have served, those who have fallen & those who continue to serve.



10:00am – 1:00pm BAKING by Zettie in the Lobby.



1:00pm – SKIP BO in the Cafe



3:00pm - 4:00pm – MUSIC with Shirley Jackson & Jef Wirchenko in the Ballroom / Bar open! 7:00pm – MOVIE / Media Room

#### Wednesday September 18<sup>th</sup>, 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 & NSLC



2:30pm – Outing to the Public Gardens & a stop for an ice-cream treat. Please sign up!



#### Saturday September 21<sup>st</sup>, 2024



1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

7:00pm – MOVIE / Media Room.

#### Sunday September 22<sup>nd</sup>, 2024

7:00pm – MOVIE / Media Room.

