



# Melville Heights Activity Sheet


## September 30<sup>th</sup> - October 6<sup>th</sup>, 2024


### October's Flower –Cosmos!


#### Monday September 30<sup>th</sup>, 2024

**EVERY CHILD MATTERS** 10:00am – Exercises Cancelled  
**ORANGE SHIRT DAY** – Canadians are encouraged to wear Orange in order to raise awareness of the tragic Legacy of the Residential Schools and to honor Survivors. Every Child Matters / Homemade tags are available at the front desk.

1:00pm – Auction 45's in the Cafe.

 2:00pm – Residents Council Meeting in the Ballroom.

 3:30pm – Gentle Chair Yoga with Abra Morrison in the Exercise Room. Pay as you can!

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

#### Tuesday October 1<sup>st</sup>, 2024

10:00am – Exercises

 10:00am – 2:00pm – Jewellery & Crafts with Anne & Wayne Little in the Lobby.

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

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

1:00pm – SKIP BO in the Cafe 

7:00pm – CRIBBAGE in the Cafe. 

#### Wednesday October 2<sup>nd</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 Sobeys / Herring Cove Road & NSLC 


1:00pm – RUMMOLI in the Game Room. All Welcome!! 



3:00pm – Welcome Patty Cuttell / Running for Re-Election for District 11 in our Ballroom for An Informal Question & Answer. 

#### Thursday October 3<sup>rd</sup>, 2024

10:00am–Exercises

11:00am – KNITTING CLUB in the Ballroom. 

 1:00pm – BRIDGE in the Cafe


 3:00pm – YOUTUBE videos in the Media Room. 


7:00pm -CRIBBAGE / Cafe.


#### Friday October 4<sup>th</sup>, 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 – BOOKCLUB in the Cafe.

 1:00pm – SKIP BO in the Cafe

3:00pm - 4:00pm MUSIC with Dennis McCormack (Vocals & Piano) & George Ewanick (Tenor Sax) in the Ballroom. Bar open. 

7:00pm – MOVIE / Media Room

#### Saturday October 5<sup>th</sup>, 2024

 1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

7:00pm – MOVIE / Media Room.

#### Sunday October 6<sup>th</sup>, 2024

 7:00pm – MOVIE / Media Room.