



Melville Heights Activity Sheet

September 9th – September 15th 2024

September's Flower – Aster!

Monday September 9th, 2024

10:00am – Exercises

10:00am – **DOG THERAPY** with Dr. Erin & Nina in the Lobby & Assisted Living Wing.



12noon – 1:30pm – Annual **CORN BOIL** in the Dining Room.

1:00pm – Auction 45's in the Cafe.



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



Tuesday September 10th, 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



2:00pm – 3:00pm **HEALTH & WELLNESS** Clinic in the Media Room.



6:30pm – Halifax Car Club will be in our upper Parking Lot this evening to show off their cars. Hope you are able to join us!

7:00pm – **CRIBBAGE** in the Cafe.



Wednesday September 11th, 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.



3:00pm – Join Lori for **Alphabet Geography** in the Ballroom.



Thursday September 12th, 2024

10:00am – Exercises

11:00am – **KNITTING CLUB** in the Ballroom.



1:00pm – **BRIDGE** in the Cafe

2:00pm – **BINGO** in the Ballroom.



7:00pm – **CRIBBAGE** / Cafe.

Friday September 13th, 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.

1:00pm – **SKIP BO** in the Cafe



3:00pm – **MUSIC** with Concerts in Care / Shimon Walt (Cello), Leander Mendoza (Vocals) & Olena Yanchuck (Vocals) in the Ballroom. Bar Open.



7:00pm – **MOVIE** / Media Room

Saturday September 14th, 2024



1:00pm – Auction 45's in the Cafe.

1:30pm – **BRIDGE** in the Games Rm.

7:00pm – **MOVIE** / Media Room.

Sunday September 15th, 2024

10:30am – **COMMUNION** in the Chapel.

7:00pm – **MOVIE** / Media Room.

