



Melville Heights Activity Sheet

October 14th - October 20th, 2024

October's Flower –Cosmos!

Monday October 14th, 2024

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 / Chapel.

Tuesday October 15th 2024

10:00am – Exercises cancelled today



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

1:00pm – SKIP BO in the Cafe



2:00pm - Come & enjoy the MUSIC of Andre Rieu (Dutch Violinist) on the Big Screen in the Media Room.

7:00pm – CRIBBAGE in the Cafe.



Wednesday October 16th 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 Games Room. All Welcome!!



Thursday October 17th 2024

10:00am–Exercises

10:00am – 1:00pm

BAKING by Zettie in the Lobby.



11:00am – KNITTING CLUB in the Ballroom.

1:00pm – BRIDGE in the Cafe



2:00pm – BINGO in the Ballroom

7:00pm -CRIBBAGE /



Friday October 18th, 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.

10:00am – 1:00pm – LAP Blankets & more for Sale by Carol Irving (Nora Irving's Sister in Law) in the Lobby.

1:00pm – SKIP BO in the Cafe



3:00pm - 4:00pm

MUSIC with Mike Campbell (Fiddle) in the Ballroom / Bar Open.



7:00pm – MOVIE / Media Room

Saturday October 19th, 2024

2024 Halifax Regional Municipality & CSAP Election
Election Office

9:00am – 12noon

Election Day! Mayoral & Councillor! Voting in the Boardroom / 2nd Floor Lobby / NO ID Required.



1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

7:00pm – MOVIE / Media Room.

Sunday October 20th, 2024

7:00pm – MOVIE / Media Room.

