

# Melville Heights Activity Sheet

## October 28<sup>th</sup> – November 3<sup>rd</sup> 2024

### October's Flower – Cosmos!

Monday October 28<sup>th</sup> 2024

10:00am – Exercises

1:00pm – Auction 45's  
in the Cafe.



1:30pm – Bridge in the Games Room.

1:30pm – Join Club Inclusion as we clean & prepare the Residents garden for winter & pick up garbage on the property. Meet in the Garden!



3:30pm – YOGA with Abra Morrison in the Exercise Room. Pay as you can.

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



Thursday October 31<sup>st</sup> 2024

10:00am – Exercises

11:00am – KNITTING CLUB  
in the Ballroom.



3:00pm – Pumpkin Carving & decorating pumpkin cookies in

the Ballroom / Dress up & come enjoy the Halloween Festivities!

7:00pm – CRIBBAGE /



Tuesday October 29<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.

1:00pm – SKIP BO  
in the Cafe



3:00pm – ALPHABET GEOGRAPHY in the Ballroom.

7:00pm – CRIBBAGE in the Cafe.



Friday November 1<sup>st</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 – BOOK CLUB in the Cafe on the 1<sup>st</sup> Floor.



1:00pm – SKIP BO in the Cafe

Wednesday October 30<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.



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



3pm- 4 pm Residents Birthday Party in the Ballroom. Music by Diane & Ron Arsenault. Bar Open

3:00pm - 4:00pm - MUSIC with Sue Mantin & James Jackson in the Ballroom. Bar Open.



7:00pm – MOVIE / Media Room

Saturday November 2<sup>nd</sup> 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.  
7:00pm – MOVIE / Media Room.

Sunday November 3<sup>rd</sup>, 2024

7:00pm – MOVIE / Media Room.



