



Melville Heights Activity Sheet

December 2nd – December 8th 2024

December's Flower –Narcissus!

Monday December 2nd 2024

10:00am – Exercises

10am – 1:00pm – Jewellery & More for sale in the Lobby by Anne & Wayne Little.

1:00pm – 45's in the Games Room



1:30pm – Bridge in the Exercise Room.

fusion
SESSIONS



3:00pm – Christmas FUSION VIDEO / NS Symphony & Heather Rankin in the Media Room.

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

Thursday December 5th 2024

10:00am–Exercises

10am – 1pm – She's GOT LEGGZ Clothing for Sale in the Lobby.

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – SKIP BO in the Cafe



5:00 – 7:00pm

Christmas Residents Dinner with live Music from the Chalmers Doane Trio.

7:00pm – Concert & Singalong with Chalmers Doane Trio / Ballroom.

7:00pm -CRIBBAGE in the Games Room



Tuesday December 3rd 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 Games Room.



1:30pm – Outing to the Art Gallery of NS. Please sign up. 10\$ pay at the Museum.

7:00pm – CRIBBAGE in the Games Room



Friday December 6th 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.



10:30am – BOOK CLUB in the Games Room.

10am – 12noon – LINDT CHOCOLATES for Sale in the Lobby.



1:00pm – SKIP BO in the Games Room

3:00pm – MUSIC by LEANDER MENDOZA (Tenor) in the Ballroom. Bar Open.

7:00pm – MOVIE / Media Room

Wednesday December 4th 2024

10:00am – Exercises

10am – 1pm -Crafts (Sewing) for sale in the Lobby by Carol Irving.

11:00am – Shopping at Halifax Shopping Centre. Walmart is closed until further notice.

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 Rm



6:00pm – Christmas Lights Drive / Please sign up for one of 3 outings!!!

Saturday December 7th 2024



1:00pm – Auction 45's in the Games Room

1:30pm – BRIDGE in the Exercise Room

7:00pm – MOVIE / Media Room.

Sunday December 8th 2024

10:30am – COMMUNION in the Chapel.

7:00pm – MOVIE / Media Room.



