



Melville Heights Activity Sheet

December 9th - December 15th 2024

December's Flower –Narcissus!

Monday December 9th 2024

10:00am – Exercises



11am – Fire Drill Information Session for 3rd Floor Residents in the Media Room.

1:00pm – 45's in the Games Room

1:30pm – Bridge in the Exercise Room.



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



7:15pm – MUSIC in the Ballroom from members from the Salvation Army Band.

Tuesday December 10th 2024

Exercises Cancelled Today



COVID Booster Shot in the Exercise Room / Sponsored by Lawtons

9:00am – 12noon



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

11:00am NEWS & VIEWS in the Ballroom.

2pm – 3pm – Health & Wellness Clinic in the Media Room.

1:00pm – SKIP BO in the Games Room.



7:00pm – CRIBBAGE / Games Room

7:30pm – MUSIC by the Women's Choir / Sorella Singers in the Ballroom.

Wednesday December 11th 2024

10:00am – Exercises



10am – 1pm – Bracelets by Tara in the Lobby for Sale.

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!!!

Thursday December 12th 2024

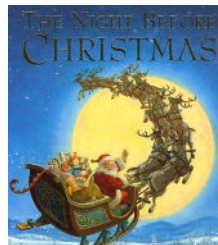
10:00am–Exercises

10am – 1pm – Homemade Sewing Creations by Norma & Carolyn in the Lobby.. Scarves & More.

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – SKIP BO in the Cafe



2:30pm – NIGHT BEFORE CHRISTMAS Play directed by our own Eva Mae Gray in the Ballroom.. Hope to see you there.

7:00pm CRIBBAGE in the Games Room



Friday December 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.

10am – 1pm BAKING in the Lobby by ZETTIE.



1:00pm – SKIP BO in the Games Room



3:00pm – MUSIC by Concerts in Care... Featuring ...Daniel Matto (Vocals) & Holly Arsenault (Piano) Bar open!



7:00pm – MOVIE / Media Room

Saturday December 14th 2024

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

1:30pm – BRIDGE in the Exercise Room

7:00pm – MOVIE / Media Room.

Sunday December 15th 2024



3:00pm – MUSIC in the Ballroom by the Citadel High School Music Society . (This is their 3rd Visit)

7:00pm – MOVIE / Media Room.



