



Melville Heights Activity Sheet

January 13th – January 19th 2025



January's Flower – Carnation!

Monday January 13th 2025

10:00am – Exercises
 1:00pm – 45's in the Cafe. 
 1:30pm – Bridge in the Games Room
 3:00pm - Melville Heights Resident Meeting with Sara, Lori & Rick in the ballroom. Looking for a Positive Experience Heading into 2025.
 7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel. 




Tuesday January 14th, 2025

10:00am – Exercises
 11:00am NEWS & VIEWS in  the Ballroom.
 1:00pm – SKIP BO in the Cafe. 
 2:00pm – 3:00pm – Health & Wellness with the Nursing Team in the Media Room. 
 7:00pm – CRIBBAGE / in the Cafe 

Wednesday January 15th, 2025

10:00am – Exercises
 11:00am – Improve & Relax your brain with Coloring in the Lobby / Lounge Area! 
 11:00am – Shopping at Halifax Shopping Centre. Walmart is closed until further notice.
 1:00 pm & 1:20pm - Shopping at Sobey's /  Herring Cove Road & NSLC.
 1:00pm – RUMMOLI in the Cafe

Thursday January 16th 2025

10:00am – Exercises
 11:00am – KNITTING CLUB in the Ballroom 
 3:00pm – Join Lori for TRIVIA in the Ballroom. Come & Exercise Your mind. 
 7:00pm -CRIBBAGE in the Cafe 

Friday January 17th, 2025

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.
 1:00pm – SKIP BO in the Cafe. 
 3:00pm – MUSIC in the Ballroom by Tracey Rodgers (Piano). Bar Open. 
 7:00pm – MOVIE / Media Room

Saturday January 18th, 2025

1:00pm – Auction 45's in the Cafe.
 1:30pm – BRIDGE in the Games Room
 7:00pm – MOVIE / Media Room.

Sunday January 19th, 2025

10:30am – COMMUNION in the Chapel.
 7:00pm – MOVIE / Media Room. 