



Melville Heights Activity Sheet

January 20th – January 26th 2025

January's Flower – Carnation!

Monday January 20th 2025



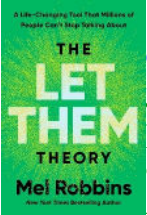
10:00am – Exercises
 1:00pm – 45's in the Cafe. 
 1:30pm – Bridge in the Games Room
 2:00pm – New CINEPLEX Movie "Here" Starring Tom Hanks in the Media room with Treats...

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

Tuesday January 21st, 2025

10:00am – Exercises
 11:00am NEWS & VIEWS in  the Ballroom.
 1:00pm – SKIP BO in the Cafe. 
 3:00pm – Join Lori as we exercise our mind with ALPHABET GEOGRAPHY in the Ballroom. 
 7:00pm – CRIBBAGE / in the Cafe

Wednesday January 22nd, 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 Sobeys / Herring Cove Road & NSLC.
 1:00pm – RUMMOLI in the Cafe
 3:00pm- Podcast with Mel Robbins & her new book "The Let Them Theory" in the Media Room.

Thursday January 23rd, 2025

10:00am – Exercises
 11:00am – KNITTING CLUB in the Ballroom 
 2:00pm – YOUTUBE videos with Lori in the Media Room.
 7:00pm -CRIBBAGE in the Cafe

Friday January 24th, 2025

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.
 1:00pm – SKIP BO in the Cafe.
 3:00pm – 4:00pm Join us for an Afternoon of Scottish Music with The Triads, Poetry & Haggis in the Ballroom to Honour Robbie Burns! Bar Open! 
 7:00pm – MOVIE / Media Room

Saturday January 25th, 2025

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

Sunday January 26th, 2025

7:00pm – MOVIE / Media Room. 

