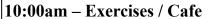


# Melville Heights Activity Sheet October 13th - October 19th, 2025 October's Flower -Cosmos!

# Monday October 13th, 2025



# Tuesday October 14th, 2025



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

11:00am NEWS & VIEWS in the **Ballroom with Lori Today.** 

1:00pm - SKIP BO in the Cafe





3:00pm - TRIVIA in the Ballroom. Come & Exercise Your Mind!



#### Wednesday October 15th, 2025

#### 10:00am - Exercises / Cafe

11:00am – Shopping at Halifax Shopping Centre or Walmart.



11:00am – Improve & Relax your brain with Coloring in the Lobby / Lounge Area! All Welcome!

1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC





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

3:00pm – Alphabet Geography in the Ballroom. Hope to see you there!

# Thursday October 16th, 2025

10:00am-Exercises / Cafe 11:00am - KNITTING CLUB in the Ballroom.



11:00am -**Swans Ballet / Free** Swans Trial Class in the Cafe Ballet with Katy.. Hope you are able to join us!

1:00pm – BRIDGE in the Cafe



1:30pm – Scenic Drive with Lori & a Stop for an Ice **Cream Treat.** Please Sign Up!

7:00pm -CRIBBAGE / Cafe.



# Friday October 17th, 2025

10:00am – Exercises / Cafe

Red Friday / Wear Red on Fridays in Honour of those who have served, those who RIDAY have fallen & those who continue to serve.

10:30am – Join the Artists 1:00pm - SKIP BO in the Cafe



3:00pm - 4:00pm -**MUSIC** with Ian Bowden / Guitar & Vocals in the Ballroom / Bar Open.

7:00pm – MOVIE / Media Room

## Saturday October 18th, 2025



1:30pm – BRIDGE in the Games Rm.



3:00pm - MUSIC in the Ballroom by the **Music & Healing Society of Dalhousie** University.

7:00pm - MOVIE / Media Room.

## Sunday October 19th, 2025

