



# *Melville Heights Activity Sheet*

## *October 13<sup>th</sup> - October 19<sup>th</sup>, 2025*

### *October's Flower –Cosmos!*

#### Monday October 13<sup>th</sup>, 2025

10:00am –Exercises Cancelled



1:00pm –  
Auction 45's in the Cafe.  
7:00pm – Catholic ROSARY  
with Denise Parrott from  
Stella Maris / Games Room



#### Tuesday October 14<sup>th</sup>, 2025

10:00am – Exercises / Cafe



Massage Therapist /  
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!



7:00pm –  
CRIBBAGE in the  
Cafe.

#### Wednesday October 15<sup>th</sup>, 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!

1:00 pm &

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 16<sup>th</sup>, 2025

10:00am–Exercises / Cafe

11:00am – KNITTING CLUB  
in the Ballroom.



11:00am –  
Senior  
Swans Ballet / Free  
Trial Class in the Cafe  
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 17<sup>th</sup>, 2025

10:00am – Exercises / Cafe



Red Friday / Wear Red on  
Fridays in Honour of those  
who have served, those who  
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 18<sup>th</sup>, 2025



1:00pm – Auction 45's in the  
Cafe.

1:30pm – BRIDGE in the Games Rm.



**DALHOUSIE**  
UNIVERSITY

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

7:00pm – MOVIE / Media Room.

#### Sunday October 19<sup>th</sup>, 2025



7:00pm – MOVIE /  
Media Room.