



Melville Heights Activity Sheet

November 10th to November 16th 2025

November's Flower –Chrysanthemum

Monday November 10th, 2025

10:00am –Exercises

Cancelled today

1:00pm – Auction 45's
in the Cafe.



7:00pm – Catholic
ROSARY with Denise
Parrott from Stella
Maris / Games Room

Tuesday November 11th, 2025

10:00am – Exercises Cancelled Today

1:00pm – SKIP BO Exercises Can



11:00am – CBC

Broadcast of the Remembrance Day
Service from Ottawa in the Media Room.

1:00pm – Skip Bo in the in
the Cafe



7:00pm –
CRIBBAGE in the Cafe

Wednesday November 12th, 2025

10:00am – Exercises / Games Room

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!

2:30pm – DOG
THERAPY with RIO (LAB) &
Joanna in the Lobby.



3:00pm
– Join
Mrs.
Hussain
(Chief
Operat-
ing

Officer / GEM Health Care Group) for
Tea & Conversation in the Ballroom

Thursday November 13th, 2025

10:00am–Exercises / Games Room

11:00am – KNITTING

CLUB in the Ballroom.



1:00pm –
BRIDGE in the Cafe



1:30pm –
OUTING to
the Maritime
Museum of
the Atlantic
for a Guided
Tour.. Pay

\$8.50 on the Van. Please Sign Up.

7:00pm -
CRIBBAGE /
Cafe



Friday November 14th, 2025

10:00am – Exercises / Games Room

**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



Music by Tony
Quinn (Guitar & Vocals)
in the Ballroom.
Bar Open.

7:00pm – MOVIE / Media Room

Saturday November 15th, 2025



1:00pm – Auction 45's in
the Cafe

1:30pm – BRIDGE in the
Games Room

7:00pm – MOVIE / Media Room

Sunday November 16th, 2025



7:00pm – MOVIE /
Media Room