



# *Melville Heights Activity Sheet*

## *November 17<sup>th</sup> to November 23<sup>rd</sup> 2025*

### *November's Flower –Chrysanthemum*

#### Monday November 17<sup>th</sup>, 2025

10:00am –Exercises / Games Room

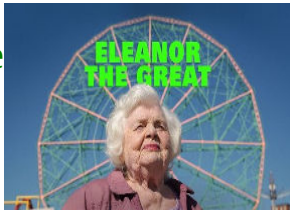


11:00am – Join  
Solomon Vromans  
from Recenter  
Wellness for  
presentation on the  
Benefits of  
Occupational Therapy  
in the Media Room.

1:00pm – Auction 45's in the  
Cafe.



2:00pm - New  
Cineplex Movie  
Eleanor the  
Great / Drama  
in the Media



Room. Popcorn will be served.

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



#### Tuesday November 18<sup>th</sup>, 2025

10:00am – Exercises / Games Room



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



7:00pm –  
CRIBBAGE in the Cafe

#### Wednesday November 19<sup>th</sup>, 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!

#### Thursday November 20<sup>th</sup>, 2025

10:00am–Exercises / Games Room

11:00am – KNITTING  
CLUB in the Ballroom.



1:00pm –  
BRIDGE in the Cafe

3:00pm – TRIVIA in the Ballroom  
Come & Exercise your mind!



7:00pm -  
CRIBBAGE /  
Cafe



#### Friday November 21<sup>st</sup>, 2025

10:00am – Exercises / Games Room



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 by

Concerts in Care ( Liz Rigney  
( Vocals) & Shimon Walt  
( Cello) & Josh Robinson  
( Piano) in the Ballroom. Bar  
Open. We will  
also Celebrate  
November  
Resident



Birthdays with song & Cake.

7:00pm – MOVIE / Media Room

#### Saturday November 22<sup>nd</sup> 2025

1:00pm – Auction 45's in  
the Cafe



1:30pm – BRIDGE in the  
Games Room

7:00pm – MOVIE / Media Room

#### Sunday November 23<sup>rd</sup>, 2025



3:00pm- Please  
Welcome Back 40  
young students from  
Maritime Dance  
Academy for a



Holiday Performance in the Ballroom.

7:00pm – MOVIE /  
Media Room