



Melville Heights Activity Sheet

December 8th – December 14th 2025

December's Flower –Narcissus!

Monday December 8th, 2025

10:00am –Exercises

10am – 2pm – **Unique Jewellery by Wayne & Anne Little in the Lobby.**

1:00pm – Auction 45's in the GAMES Room today.



1:30pm – Join Kennedy in the Cafe as we prepare & bake our Christmas Short Breads. Come & enjoy & take some home.

2:30pm- Fruitcakes, Beets, Fudge & more for sale in the lobby by our former Maintenance Supervisor.. Mike Davis.

3:00pm – Christmas Fable by Blanche d'Entremont... Mouse in a Manger in the Ballroom.



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

Thursday December 11th, 2025

10:00am–Exercises



10am – 12pm – **CRAFTS for Sale by Tara in the Lobby.**

11:00am – **KNITTING CLUB** in the Ballroom.

1:00pm –  BRIDGE in the Cafe



3:00pm – **MUSIC by Sue Mantin (Trumpet) & James Jackson(Guitar). Bar Open.**

7:00pm – CRIBBAGE / Cafe



7:30pm – Evening of Dance by the Bon Accord Dancers in the Ballroom.



Tuesday December 9th, 2025

10:00am – Exercises



Massage Therapist / Heike LeBlanc will be 2nd Floor Dining Room (Temporary Location)

1:00pm – **SKIP BO** in the Cafe



3:00pm- Join Lori for an afternoon of Christmas Stories & Poems in the Ballroom. If you have a story to share please come prepared to read.

7:00pm – CRIBBAGE in the Cafe



Friday December 12th, 2025

10:00am – Exercises

10am – 12noon – **Crafts & Sewing by Carol Irving in the Lobby.**



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

1:30pm – Christmas MASS with Father Francesco in the Chapel.



3:00pm – **MUSIC by Janet (Shiz's Katayama Daughter) & Friends in the Ballroom.**

7:00pm – **MOVIE / Media Room**

Wednesday December 9th, 2025

10:00am – Exercises

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!



6:00pm – Christmas Lights Drive / This is the last one of the year. Hope you enjoyed!

Saturday December 13th, 2025



1:00pm – Auction 45's in the Cafe

1:30pm – BRIDGE in the Games Room

7:00pm – **MOVIE / Media Room**

Sunday December 14th, 2025

10:00am – 2:00pm- **SEWING CREATIONS** by ZARA in the Lobby
7:00pm – **MOVIE / Media Room**

