



.Melville Heights Activity Sheet

January 12th – January 18th 2026

January's Flower – Carnation!

Monday January 12th, 2026

9:30am – 11:30am
– 2nd Shingles
Vaccine Clinic in
the Exercise
Room / Sponsored



by Lawtons Drug Store.

10:00am – Exercises Cancelled
**11am – Bethany United Church On
Line Service from Jan. 11th 206 in the
Media Room.**

1:00pm – 45's in the
Cafe



1:30pm – Bridge in the
Exercise Room.

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



Tuesday January 13th, 2026

10:00am -Exercises



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

News&Views

11:00am – Join Jess for News & Views
in the Ballroom.

1:00pm – SKIP BO
in the Cafe



3:00pm –
Alphabet Geography in the
Ballroom.



Wednesday January 14th, 2026

10:00am – Exercises



11:00am –
Shopping at
Halifax Shopping
Centre.

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 Rm

2:30pm – Dog Therapy with
Joanna & her Lab / Rio in the
Lobby.

Thursday January 15th, 2026

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 and exercise your mind!!!

Friday January 16th 2026

10:00am – Exercises

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



3:00pm – MUSIC

by Leander
Mendoza (Tenor) in
the Ballroom. Bar
Open.

7:00pm – MOVIE / Media Room.

Saturday January 17th, 2026

1:00pm – Auction 45's in the Games Rm.

1:30pm – BRIDGE in the Cafe

7:00pm – MOVIE / Media Room.

Sunday January 18th, 2026



9:30am-
Communion in
the Chapel

7:00pm – MOVIE /
Media Room.



