



Melville Heights Activity Sheet

January 26th- February 1st 2026

January's Flower – Carnation!

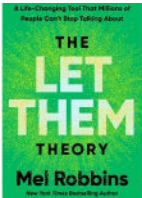
Monday January 26th 2026

10:00am – Exercises

11am – Bethany United Church On Line Service from Jan. 25th, 2026 in the Media Room.

1:00pm – 45's in the Cafe

1:30pm – Bridge in the Games Room.



2:00pm – Mel Robbins PODCAST in the Media Rm.

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



Tuesday January 27th, 2026

10:00am -Exercises



Massage Therapist / Heike LeBlanc / 2nd Floor.

News & Views

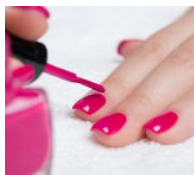
11:00am – Join Jess for News &

Views in the Ballroom.

1:00pm – SKIP BO in the Cafe



2:00pm – Enjoy a Finger Nail Painting Activity in the Lobby with Jess. This service is limited to nail painting only. Nail Care or treatments are not included.



7:00pm – Cribbage in the Cafe



Wednesday January 28th, 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 – Rummoli in Games Room

1:00 pm & 1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC

Thursday January 29th, 2026

10:00am–Exercises

11:00am – KNITTING CLUB in the Ballroom.



2:00pm – BAKING in the Cafe. Join Jess as we make Brown



Sugar Fudge (Mrs. Gray's Recipe) and take some home to enjoy.

7:00pm – Cribbage in the Cafe



Friday January 30th, 2026

WEAR RED FRIDAY

10:00am – Exercises Red Friday / Wear Red on Fridays in Honour of those who have served, those who have fallen & those who continue to serve.

11:00am – WASHER Toss in the Lobby.



1:00pm – SKIP BO in the Cafe



3:00pm – MUSIC in the Ballroom by Shirley Jackson and Jef Warchenko. We will also Celebrate the January

Birthdays with Cake & Song.

7:00pm – MOVIE / Media Room

Saturday January 31st, 2026

1:00pm – Auction 45's in the Cafe

1:30pm – BRIDGE in the Games room

1:30pm-2:30pm Opera in media room

7:00pm – MOVIE / Media Room.

Sunday February 1st, 2026

7:00pm – MOVIE / Media Room.



