

Melville Heights Activity Sheet

November 9th to November 15th 2026

November's Flower –Chrysanthemum

Monday November 9th 2026

10:00am – No Exercises
9:30am- Flu and COVID Vaccine in the Exercise room/Chapel.
1:00pm – Auction 45's in the Cafe.
1:15pm- Bridge in Games room
3:00pm – Remember day Presentation by Dennis Kelly Son in the Media Room.
3:00pm – Music by Terry Smith in the Ballroom Hope to See you there



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



Tuesday November 10th, 2026

10:00am – Exercises
Massage Therapist / Heike LeBlanc will be in the State/ Party Room today.

11:00am NEWS & VIEWS in the Ballroom with Jess.
1:00pm – SKIP BO in the cafe
1:00pm -Melville Singers meeting in Ballroom for a Practice
2:00pm- Nail Painting with Jess in the Lobby. Only nail painting and not nail care !
3:00pm- The Shanty's in the Ballroom/ Bar open



7:00pm –
CRIBBAGE in the Cafe

Wednesday November 11th, 2026

10:00am – No Exercises



11:00am – CBC Broadcast of the Remembrance Day Service from Ottawa in the Media Room.
1:00pm – RUMMOLI in the Games Room. All Welcome!



7:30pm -Movie Club in the 1st floor lounge.



Shopping Reschedule for Thursday November 12th

Thursday November 12th 2026

10:00am–Exercises
11:00am – KNITTING CLUB in the Ballroom.
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-Martin Caya from Veterans Memory Project will be doing presentation in Media Room
2:30pm – ICE CREAM TREATS in the Lobby



7:00pm -
CRIBBAGE / Cafe



Friday November 13th, 2026

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.



10:30am-1:30pm-
Zettie in Lobby selling baked Goods selling Fruit cake
1:00pm – SKIP BO in the Cafe

3:00pm- Tunes with Bob Schmeisser . Featuring Guitar and Vocals. Hope to see there!!



7:00pm – MOVIE / Media Room

Saturday November 14th 2026



1:00pm – Auction 45's in the Cafe
1:15pm – BRIDGE in the Games Room
1:30pm-Opera in Media room
7:00pm – MOVIE / Media Room

Sunday November 15th 2026

9:30am-Commuion in the Chapel
Everyone is welcome .





7:00pm –
MOVIE /
Media Room