

# Melville Heights Activity Sheet

## November 2nd to November 8th 2026

## November's Flower –Chrysanthemum

### Monday November 2nd, 2026

10:00am –Exercises

11:00am- Bethany United Church on Video in Media room

1:00pm – Auction 45's in the Cafe.



1:15pm-Bridge in Games room

2:00pm – Calling All Singing Lovers come join Jess to sing Christmas songs and looking for music director in the Ballroom

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 3rd , 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 Today.

1:00pm – SKIP BO in the cafe



2:00pm- Nail Painting with Jess in the Lobby. Only nail painting and not nail care !



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



7:00pm – CRIBBAGE in the Cafe





7:00pm – Veterans Affairs Canada Video in the Media Room. Veterans Stories & More!

### Wednesday November 4th, 2026

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!

2:00pm- Dog therapy with Rio and Joanne in the Lobby

2:30pm – ICE CREAM TREATS in the Lobby

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





7:00pm – Veterans Affairs Canada Video in the Media Room. Veterans Stories & More!

### Thursday November 5th, 2026

10:00am–Exercises

11:00am – KNITTING CLUB in the Ballroom.



1:30pm – Outing to the Canada Museum of Immigration at Pier 21



7:00pm - CRIBBAGE / Cafe





7:00pm – Veterans Affairs Canada Video in the Media Room. Veterans Stories & More!

### Friday November 6th, 2026

10:00am – Exercises Canceled Jess is on Vacation




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 -John Lindsay Botton will be playing War time Music in the Ballroom/ Bar Open.



7:00pm – MOVIE / Media Room

7:00pm – Veterans Affairs



Canada Video in the Media Room. Veterans Stories & More!

### Saturday November 7th, 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 8th, 2026




7:00pm – MOVIE / Media Room