



Melville Heights Activity Sheet

June's Flower – ROSE

Monday June 10th to Sunday June 16th 2024

Monday June 10th, 2024

10:00am – Exercises

10:00am – **DOG THERAPY** with Dr. Erin & Nina in the Lobby. 

11:00am –  **Bethany United Church Service from June 9th, 2024 will be played in the Media Room.**

1:30pm – **Bridge / games Room.** 


1:30pm- **Outing Queensland Beach & a stop for an ice cream treat. Please sign up!** 


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


Tuesday June 11th, 2024


10:00am –Exercises

Massage Therapist / Heike LeBlanc will be in the Art Room Today from 11am – 4pm.

11:00am – **NEWS & VIEWS** in the Ballroom 

1:00pm – **SKIP BO** in the Cafe. 

2:30pm – 3:30 pm – **Health & Wellness Clinic** in the Media Room with the Nursing Team to check your **Blood Pressure & Weight.** 

7:00pm – **CRIBBAGE / Cafe.** 

Wednesday June 12th, 2024

10:00am –Exercises

10:00am – 1:00pm BAKING by Zettie in the Lobby.

11:00am – **Shopping at Halifax Shopping Centre or Walmart.**

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

3:00pm – Sing a long with **Father Rob & Professor Yassin Sankor** from Stella Maris Parish in the **Ballroom. All Welcome!** 

Thursday June 13th, 2024

10:00am – Exercises

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

1:00pm – **BRIDGE** in the Exercise Room

2:00pm – **BINGO** in the Ballroom. 

7:00pm - **CRIBBAGE** in the Cafe 

Friday June 14th, 2024

#Plaid ForDad  **Wear Plaid today & donate at the front desk for Prostate Cancer Research.**

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.**

10am – 12noon – **LINDT CHOCOLATES** for Sale in the Lobby. Great gift ideas for the **Dad's** in your lives or **just a treat for you!!!** 

10:00am – Exercises

3:00pm – **MUSIC** by Alex Vaughan in the Ballroom. 

7:00pm – **MOVIE / Media Room**

Saturday June 15th, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – **Bridge / Games Room**

7:00pm – **MOVIE / Media Room.**

Sunday June 16th, 2024

HAPPY Father's DAY  **7:00pm – MOVIE / Media Room**