

# Melville Heights Activity Sheet

## July's Flower – Water Lily

### Monday July 8<sup>th</sup> to Sunday July 14<sup>th</sup> 2024

#### Monday July 8<sup>th</sup> 2024

10:00am – Exercises

1:30pm – Bridge /  
games Room.



3:00pm –  
Annual  
Strawberry  
Social on the  
Deck.

Music by the Triads.

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



#### Thursday July 11<sup>th</sup> 2024

10:00am – Exercises



11:00am – KNITTING  
CLUB in the Ballroom.

1:00pm – BRIDGE in  
the Exercise Room



3:00pm –  
BINGO in  
the  
Ballroom.



7:00pm -  
CRIBBAGE in the  
Cafe

#### Tuesday July 9<sup>th</sup> 2024

10:00am – Exercises

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



10:30am – Walk  
around our  
gardens outside  
with our student  
Bella!

11:00am – NEWS &  
VIEWS in the  
Ballroom



1:00pm – SKIP  
BO in the Cafe.



1:30pm –

2:30pm HEALTH &  
WELLNESS Clinic in  
the Media Room.

7:00pm – CRIBBAGE /  
Cafe.



#### Friday July 12<sup>th</sup> 2024

**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.



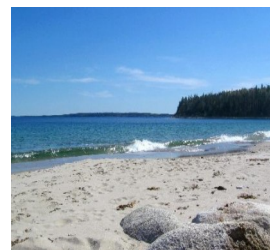
10:00am – Exercises

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



1:00pm - SKIP  
BO in the Cafe.

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



7:00pm – MOVIE /  
Media Room

#### Wednesday July 10<sup>th</sup> 2024

10:00am – Exercises

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



11:00am – Improve &  
Relax your brain with  
Adult Coloring with  
Bella in the Lobby /  
Lounge Area!  
All Welcome!

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

#### Saturday July 13<sup>th</sup> 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

#### Sunday July 14<sup>th</sup> 2024

7:00pm –  
MOVIE /  
Media  
Room

