



# Melville Heights Activity Sheet

## August's Flower – Gladiolus!

### Monday August 5<sup>th</sup> to Sunday August 11<sup>th</sup> 2024

#### Monday August 5<sup>th</sup> 2024

10:00am – Exercises

11:00am – **WASHER TOSS** in the Exercise Room with Bella.



1:00pm – Join Bella on the Back deck for an Ice Cream treat.



1:30pm – **Bridge / games Room.**



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



#### Thursday August 8<sup>th</sup> 2024

10:00am – Exercises

11:00am – **KNITTING CLUB** in the Ballroom.  
1:00pm – **BRIDGE** in the Cafe.



2:00pm – **BINGO** in the Ballroom.



7:00pm – **CRIBBAGE** in the Cafe



#### Friday August 9<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

12:30pm – 2:30pm – **SUPPORT LOCAL!** Come buy a sweet treat.. the OI' School Donut Bus will be here today in our Parking lot. Tell your family & friends to come!!! \$7.00 for 10 mini donuts.



1:00pm - **SKIP BO** in the Cafe.



7:00pm – **MOVIE / Media Room**

#### Saturday August 10<sup>th</sup> 2024

1:00pm – Auction 45's in the Cafe.  
1:30pm – **Bridge / Games Room**  
7:00pm – **MOVIE / Media Room.**

#### Sunday August 11<sup>th</sup> 2024

7:00pm – **MOVIE / Media Room**

#### Tuesday August 6<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 with Lori

11:30am – **PICNIC LUNCH** at the SS ATLANTIC in Terrance Bay.



Please sign up!



1:00pm – **SKIP BO** in the Cafe.

7:00pm – **CRIBBAGE / Cafe.**

#### Wednesday August 7<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

3:00pm – **TRIVIA** during afternoon tea. Come & Exercise Your mind!

