



Melville Heights Activity Sheet

February's Flower – Violet!

Monday Feb. 2nd to Sunday Feb. 8th 2026

Monday February 2nd, 2026



10:00am – Exercises

11:00am -Bethany United Church in Media Room

1:00pm – 45's in the Cafe.

1:15pm – Bridge in the Games Room



1:30pm- Health Clinic in media room come get Weight and Blood pressure taken.

7:00pm – ROSARY in the Chapel

Tuesday February 3th, 2026

10:00am – Exercises

11:00am NEWS & VIEWS in the Ballroom.



1:00pm – SKIP BO



2:00pm –

Finger Nail painting with Jess in the Lobby. This service is limited to nail painting only no nail care or treatment are included.

7:00pm – CRIBBAGE / in the Cafe



Wednesday February 4th, 2026

10:00am – Exercises



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

11:00am –

Shopping at

Halifax Shopping Center.

1:00 pm & 1:20pm -Shopping

at Obeys / Herring Cove Road & NSC.

1:00pm – RUMBLING in the Game Rm



Thursday February 5th, 2026

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom



2:00pm – OBINGO in the Ballroom



7:00pm -CRIBBAGE in the Cafe

Friday February 6th, 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.

11:00 am – Washer toss with Jess in the lobby.



1:00pm – SKIP BO in the Cafe.



3:00pm -4pm MUSIC in the Ballroom with Music Concert in care Bar open.

7:00pm – MOVIE / Media Room

Saturday February 7th, 2026

1:00pm – Auction 45's in the Cafe.

1:15pm- Bridge in Games Room



7:00pm – MOVIE / Media Room

Sunday February 9th, 2026

7:00pm – MOVIE / Media Room.



