



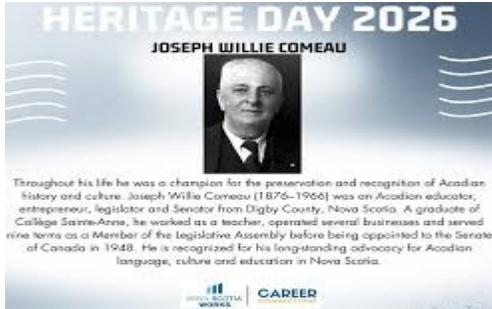
Melville Heights Activity Sheet

February's Flower – Violet!

Monday Feb. 16th to Sunday Feb. 22nd, 2026

Monday February 16th, 2026

10:00am – Exercises Cancelled
Heritage Day 2026



1:00pm – 45's in the Cafe.
 1:30pm – Bridge in the Games Room
 7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.

Tuesday February 17th, 2026

Happy Shrove Tuesday



10:00am – Exercises
 11:00am NEWS & VIEWS in the Ballroom.



11am – MASSAGE Therapy / Art Rm
 1:00pm – SKIP BO in the Cafe



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



7:00pm -CRIBBAGE / in the Cafe

Wednesday February 18th, 2026

Ash Wednesday is in the Chapel at 9:30 am. All Welcome!

10:00am – Exercises



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

11:00am – Shopping at Halifax Shopping Centre & Walmart.
 1:00 pm & 1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC.



1:00pm – RUMMOLI in the Games Rm

Thursday February 19th, 2026

10:00am – Exercises
 11:00am – KNITTING & CROCHETING CLUB in the Ballroom



2:00pm- Bingo in the Ballroom



7:00pm -CRIBBAGE in the Cafe



Friday February 20th, 2026

10:00am – Exercises

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.

11am- Washer Toss in Lobby with Jess
 1:00pm – SKIP BO in the Cafe.



3:00pm – 4pm -Alex Vaughan playing music in the Ballroom
 Bar is Open.

7:00pm – MOVIE / Media Room

Saturday February 21st, 2026

1:00pm – Auction 45's in the Cafe.
 1:30pm – BRIDGE in the Games Room



2:00pm – OPERA in the Media Room

7:00pm – MOVIE / Media Room.

Sunday February 22nd, 2026

7:00pm – MOVIE / Media Room.



