



Melville Heights Activity Sheet

June's Flower – ROSE

Monday June 1st to Sunday June 7th 2026

Monday June 1st 2026

10:00am – Exercises
 11:00am- **Bethany United Church video 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 your blood pressure and weight done by Nursing Staff
 3:00pm - Tunes with Terry Smith in Ballroom Hope your able to to Join Us
 7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.



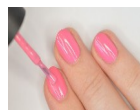
Thursday June 4th, 2026

10:00am – Exercises
 11:00am – **KNITTING CLUB** in the Ballroom
 11:30am -Picnic at Point Pleasant Park
 Lunch will be Provided
 7:00pm - **CRIBBAGE** in the Cafe.



Friday June 5th, 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.
Book Club
 11:00am – **BOOKCLUB** in the Cafe on 1st Floor .
 1:00pm – **SKIP BO** in the Cafe.
 3:00pm – **MUSIC** by Tracy Rodgers / Bar is Open
 7:00pm – **MOVIE** / Media Room



Tuesday June 2nd, 2026

10:00am – Exercises
 Massage Therapist / Heike LeBlanc will be in the State/Party Room Today from 11am – 4pm.
 11:00am – **NEWS & VIEWS** in the Ballroom.
 1:00pm – **SKIP BO** in the Cafe
 1:00pm-Gardening Meeting and Planting
 2pm- Nail Painting with Jess in the Lobby. Only nail painting and not nail care !
 3:00pm- Tunes with Bob Schmeisser featuring Guitar and Vocals. Hope to see you there!
 7:00pm – **Cribbage** / Cafe

Wednesday June 3rd, 2026

10:00am – Exercises
 10:00am – **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



Saturday June 6th, 2026

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



Sunday June 7th, 2026

7:00pm – **MOVIE** / Media Room.

