



# Melville Heights Activity Sheet

## June's Flower – ROSE

### Monday June 15<sup>th</sup> to Sunday June 21<sup>st</sup> 2026

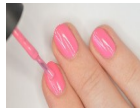
Monday June 15<sup>th</sup>, 2026

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 – DRIVE TO QUEENSLAND  
Beach & a stop for  
an Ice Cream Treat.  
Please sign up!  
3:00pm Tunes with  
Terry Smith in Ballroom Hope all see  
you there!  
7:00pm – Catholic  
ROSARY with Denise  
Parrott from Stella  
Maris / Chapel.



Tuesday June 16<sup>th</sup>, 2026

10:00am – Exercises  
Massage Therapist / Heike  
LeBlanc will be in the State/Party  
Today from 11am – 4pm.  
11:00am – NEWS &  
VIEWS in the Ballroom.  
1:00pm – SKIP BO in  
the Cafe  
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 17<sup>th</sup>, 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



Thursday June 18<sup>th</sup>, 2026

10:00am – Exercises  
11:00am –  
KNITTING CLUB  
in the Ballroom  
2:00pm-Bingo  
in the Ballroom  
7:00pm -  
CRIBBAGE in the Cafe.



Friday June 19<sup>th</sup>, 2026

**#Plaid ForDad** Wear Plaid today &  
donate at the front  
desk for Prostate  
Cancer Research.

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.  
1:00pm – SKIP BO in  
the Cafe.  
1:00pm – Garden Group  
is working in the Garden  
All Welcome  
3:00pm – MUSIC by Alex  
Vaughan in Ballroom Bar is  
open  
7:00pm – MOVIE / Media  
Room



Saturday June 20<sup>st</sup>, 2026

1:00pm – Auction 45's in the Cafe.  
1:15pm – BRIDGE in the Games Room  
1:30pm Opera in the media room  
7:00pm – MOVIE / Media Room.

Sunday June 21<sup>st</sup>, 2026

7:00pm – MOVIE /  
Media Room.

