



Melville Heights Activity Sheet

June's Flower – ROSE

Monday June 22nd to Sunday June 28th 2026

Monday June 22nd, 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

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 23rd, 2026

10:00am – Exercises
Massage Therapist / Heike LeBlanc will
be in the State/Party Room 2nd Floor
Today from 11am – 4pm.

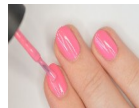
11:00am – NEWS &
VIEWS in the Ballroom.



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 24th, 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

2:30 pm-Join us for an Ice cream Treat
in the front of the building

Thursday June 25th, 2026

10:00am – Exercises

11:00am – KNITTING
CLUB in the Ballroom



11:00am- Staff and Residents
Lunch for service Awards in the Dining
Room

1:30pm – DRIVE TO QUEENSLAND
Beach & a stop for an Ice Cream Treat.
Please sign up!

7:00pm -
CRIBBAGE in
the Cafe.



Friday June 26th, 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.

10:00am-1:00pm- Alice and Aggie's Crafts

1:00pm – SKIP BO in
the Cafe.



10:40am – Garden

Group is working in the
Garden all Welcome



3:00pm – MUSIC by
Leander Mendoza in the

Ballroom. Bar
open Come
celebrate the
Birthday Party
for residents for



June birthdays

7:00pm – MOVIE / Media Room

Saturday June 27th, 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 28th, 2026



7:00pm – MOVIE / Media Room.