



Melville Heights Activity Sheet

August's Flower – Gladiolus!

Monday August 3rd to Sunday August 9th 2026

Monday August 3rd, 2026



10:00am – Exercises Cancelled due to the Natal Day Holiday.

1:00pm – 45's in the Cafe.

1:30pm – Bridge in the Games Room



3:00pm – Music by Terry Smith in the Ballroom hope to See you there!

7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.



Tuesday August 4th, 2026

10:00am – Exercises

Massage Therapist / Heike LeBlanc will be in the state/Party Room Today from 11am – 4pm.

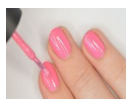


11:00am – NEWS & VIEWS in the Ballroom



1:00pm – SKIP BO in the Cafe

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 in the Cafe.



Wednesday August 5th, 2026

10:00am – Exercises



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

11:00am – Shopping at Halifax Shopping Centre or Walmart.

1:00 pm & 1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC. Please sign up!

1:00pm – RUMMOLI in the Games Rm

2:30pm – ICE CREAM TREATS in front of the building



Thursday August 6th, 2026

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom



1:30pm-Outing to the Public Gardens and Dee Ice cream



Please Sign up

7:00pm - CRIBBAGE in the Cafe.



Friday August 7th, 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 & continue to serve.

10:40 am – Gardening outside at the Big Blue



Beds All Welcome !

1:00pm - SKIP BO in the Cafe.



3:00pm – Music by John Lindsay- Botten in the Ballroom .Bar Open.



7:00pm – MOVIE / Media Rm

Saturday August 8th, 2026

1:00pm – Auction 45's in the Cafe.

1:30pm -Opera in the Media room

1:15pm – BRIDGE in the Games Room

7:00pm – MOVIE / Media Room.



Sunday August 9th, 2026

7:00pm – MOVIE / Media Room.

