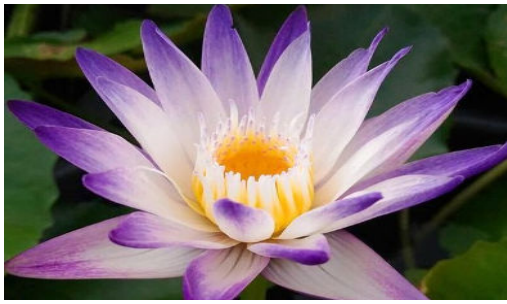




Melville Heights Activity Sheet

July's Flower – Water Lily

Monday July 20th to Sunday July 26th 2026

Monday July 20, 2026

10:00am – Exercises
1:00pm – 45's in the Cafe.
1:15pm – Bridge in the Games Room in the Cafe
11:00am -Bethany united Church video in Media room
11:15am-Join Jess and Lori for lunch at Waterfront
Warehouse Menu will be down by the recreation office
3:00pm- Tunes with Terry Smith in the Ballroom hope see you there!!!
7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.



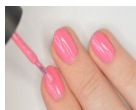
Tuesday July 21st, 2026

10:00am –Exercises
Massage Therapist / Heike LeBlanc will be in the Today from 11am – 4pm.
In the State/Party room on the 2nd floor
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 July 22nd, 2026

10:00am – Exercises
11:00am – Shopping at Halifax Shopping Centre or Walmart.



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

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

1:00pm – RUMMOLI in the Games

2:30pm- Ice Cream treats in the front of the building everyone is Welcome!!



Thursday July 23rd, 2026

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



Friday July 24th, 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.

10:40 am – Gardening outside at Big Blue Beds All Welcome !!



1:00pm - SKIP BO in the Cafe.



3:00pm –
MUSIC by
Bruce Elliot in the Ballroom. Bar Open.

7:00pm – MOVIE / Media Rm

Saturday July 25th, 2026

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

Sunday July 26th, 2026

7:00pm –
MOVIE /
Media
Room.

