



# Melville Heights Activity Sheet

## August's Flower – Gladiolus!

**Monday August 10<sup>th</sup> to Sunday August 16<sup>th</sup> 2026**

**Monday August 10<sup>th</sup> 2026**

**10:00am-Exercises**

**11:00 am – Bethany United Church video in the Media room**

**11:15am- DeWolf Park for a Picnic in Bedford Please sign up  
Lunch will be Provided**



**1:00pm – 45's in the Cafe.**

**1:15pm – Bridge in the Games Room in the Cafe.**

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



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



**Tuesday August 11<sup>th</sup>, 2026**

**10:00am – Exercises**



**Massage Therapist / Heike LeBlanc will be in the State/Party Room  
Today from**

**11:00am –**

**4:00pm.**

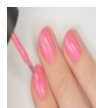
**11:00am – NEWS & VIEWS in the Ballroom**



**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 and featuring Guitar and Vocals. Hope to see you there!**



**7:00pm –CRIBBAGE in the Cafe.**



**Wednesday August 12<sup>th</sup> 2026**

**10:00am – Exercises**

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



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

**1:00pm & 1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC**



**2:30pm- Ice Cream treat in the front of the building everyone is welcome !**

**Thursday August 13<sup>th</sup>, 2026**

**10:00am – Exercises**

**11:00am – KNITTING CLUB in the Ballroom**



**1:30pm-Health Clinic- weight in and Blood**

**pressure by Nurses in the Media Room**



**7:00pm - CRIBBAGE in the Cafe.**



**Friday August 14<sup>th</sup>, 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 – 4:00pm MUSIC in the Ballroom by**

**Concerts in Care**

**7:00pm – MOVIE / Media Rm**



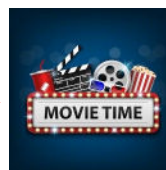
**Saturday August 15<sup>th</sup>, 2026**

**1:00pm – Auction 45's in the Cafe.**

**1:15pm – BRIDGE in the Games Room.**

**1:30pm-Opera in Media Room  
All Welcome.**

**7:00pm – MOVIE / Media Room.**



**Sunday August 16<sup>th</sup>, 2026**

**9:30 am- Communion in Chapel All is Welcome**

**7:00pm – MOVIE / Media Room.**

