



Melville Heights Activity Sheet

August's Flower – Gladiolus!

Monday August 17th to Sunday August 23rd 2026

Monday August 17th 2026

10:00am – Exercises
11:00 am – Bethany United Church video in the Media room
11:15am – Picnic Lunch at Peggy's Cove. Please Sign up! Lunch 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 18th, 2026

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



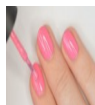
11:00am – NEWS & VIEWS in the Ballroom



1:00pm – SKIP BO / Cafe



2:00pm- 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 / Cafe.

Wednesday August 19th 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 and in the Lobby

Thursday August 20th 2026

10:00am – Exercises
11:00am – KNITTING CLUB in the Ballroom
3:00pm – Annual Blueberry Social on the Back Deck. Come & enjoy a Blueberry Shortcake Treat & Music with the Triads.
7:00pm - CRIBBAGE in the Cafe.



Friday August 21st, 2026

Jess Is on Vacation

10:00am – Exercises -Cancelled



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.

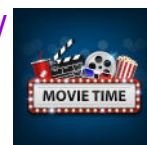


1:00pm - SKIP BO in the Cafe.

3:00pm – 4:00pm MUSIC in the Ballroom by Alex Vaughan. Bar Open.



7:00pm – MOVIE / Media Rm



Saturday August 22nd 2026

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



Sunday August 23rd 2026

7:00pm – MOVIE / Media Room.

