



Melville Heights Activity Sheet

September Flower – Aster!

September 14th to September 20th 2026

Monday September 14th, 2026

10:00am – Exercises

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

11:15am- Outing
to DeWolf Park in
Bedford.Come for
a Picnic. Lunch is
Provided



1:00 – 45's in the Cafe.

1:30pm – 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 September 15, 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.



12:00pm – Corn Boil
in Dining Room.

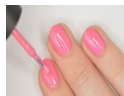


1:00pm – SKIP BO
in the Cafe



2:00pm- 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 there



7:00pm –CRIBBAGE /
Cafe.



Wednesday September 16th, 2026

Jess is on Vacation for the day

10:00am – Exercises -Canceled

1:00pm – RUMMOLI /
Games Rm.

7:30pm -Movie Club in
the 1st floor
lounge.



Thursday September 17th, 2026

10:00am – Exercises

11:00am – KNITTING
CLUB in the Ballroom

11:00am – Shopping at
Halifax Shopping



Centre or Walmart.

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

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



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

7:00pm -CRIBBAGE in the Cafe



Friday September 18th, 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

10:40 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
Tony Quinn/Bar
Open



7:00pm – MOVIE /
Media Rm Room

Saturday September 19th, 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 September 20th, 2026

7:00pm – MOVIE /
Media Room.

