



Melville Heights Activity Sheet

September Flower – Aster!

September 21st to September 27th 2026

Monday September 21st, 2026

10:00am – Exercises

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

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
Hope to See you there!



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



Tuesday September 22nd, 2026

10:00am – Exercises



Massage Therapist /
Heike LeBlanc will be on
Vacation

11:00am
– NEWS
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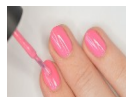


VIEWES in the Ballroom.

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 23rd, 2026

10:00am – Exercises

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



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

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

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



1:00pm – RUMMOLI / Games Rm.
7:30pm -Movie Club in the 1st floor
lounge.

Thursday September 24th, 2026

10:00am – Exercises

11:00am – KNITTING CLUB
in the Ballroom



10:00am-11:00am-Marion

Fifield Selling Crafts in the Lobby

3:00pm –Halifax Antique Car club and
Gloria Sullivan's (Past resident)family will
be in here in the Residents
Parking Lot.Hope to see
you there!!



7:00pm -CRIBBAGE in the Cafe



Friday September 25th, 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.

1:00pm - SKIP BO
in the Cafe.



3:00pm – 4:00pm

MUSIC in the Ballroom by
Concerts in Care Bar
Open.

7:00pm – MOVIE /
Media Rm Room



Saturday September 26th, 2026

1:00pm – Auction 45's in the Cafe.

1:30pm- Opera in Media Room

1:15pm – BRIDGE in the Games Room

7:00pm – MOVIE / Media Room.

Sunday September 27th, 2026

7:00pm –
MOVIE /
Media
Room.

