



Melville Heights Activity Sheet

October 5th - October 11th, 2026

October's Flower –Cosmos!

Monday October 5th 2026

10:00am –Exercises
 10:30 am – Bethany United Church video in the Media room
 10:45am- Baking Harvest Loaf in Cafe with Jess All are Welcome !
 1:00pm – Auction 45's 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 in Chapel



Tuesday October 6th 2026

10:00am – Exercises
 Massage Therapist / Heike LeBlanc is on Vacation
 11:00am NEWS & VIEWS 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 in the Cafe.



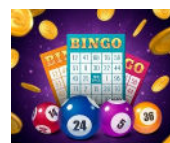
Wednesday October 7th 2026

10:00am – Exercises
 11:00am – Shopping at Halifax Shopping Centre or Walmart.
 11:00am – Improve & Relax your brain with Coloring in the Lobby / Lounge Area! All Welcome!
 1:00 pm & 1:20pm -Shopping at Sobeys / Herring Cove Road & NSLC.
 1:00pm – RUMMOLI in the Games Room. All Welcome!
 2:30pm – ICE CREAM TREATS in front of the building.
 7:30pm -Movie Club in the 1st floor lounge.



Thursday October 8th 2026

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



Friday October 9th 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.
 1:00pm – SKIP BO in the Cafe
 3:00pm - 4:00pm MUSIC with Bruce Elliott in the Ballroom / Bar Open.
 7:00pm – MOVIE / Media Room



Saturday October 10th, 2026

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



Sunday October 11th, 2026

5:00pm -7:00pm – Thanksgiving Buffet in the Dining Room.
 Music by John Lindsay Botton
 7:00pm – MOVIE / Media Room.

