



Melville Heights Activity Sheet

March 20th - March 26th 2023

March's Flower – Daffodil!

Monday March 20th, 2023

10:00am – Exercises



11:00am – Memorial Celebration for Mrs. Elaine O'Connor in the Chapel. Her son, Father Jim will be

leading the service. All Welcome!

1:30pm – BRIDGE in the Cafe.



2:00pm-Baking with Lori in the Exercise Room.... Brown Sugar Fudge! Take some home to enjoy!



7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris Parish in the Chapel.

Tuesday March 21st, 2023

10:00am – Exercises

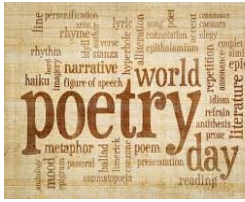


11:00am – NEWS & VIEWS in the Ballroom with Lori.

1:00pm – SKIP BO in the Cafe.



3:00pm – Come & Celebrate World Poetry day. Bring a poem to read & share in the Ballroom.



7:00pm – CRIBBAGE in the Cafe.



Wednesday March 22nd, 2023

10:00am – Exercises

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

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

1:00pm – Bridge in the Cafe.



1-3pm – Composting / Bins are located on the stage in the Ballroom.



3:00pm – DRIVE around TOWN



with Lori Please sign up if interested! See what fun we can have!!!

Thursday March 23rd, 2023

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – BRIDGE in the Cafe



2:00pm – Gentle Chair Yoga with Abra Morrison in the Exercise Room.



7:00pm – CRIBBAGE / Cafe.

Friday March 24th, 2023

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.

10:00am – Exercises

10:30am – Join the Artists in the Art Room on the 1st Floor.



1:00pm – SKIP BO in the Cafe



3:00pm – 4:00pm MUSIC by Toni Quinn in the Ballroom. Bar Open.

7:00pm – MOVIE / Media Room.

Saturday March 25th, 2023

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

12noon- 12:30pm – Flute Recital by Andrea Xing in preparation of the Kiwanis Music Festival during

Lunch today in the Ballroom.

1:30pm – Name that Song & Sing-along with Gabby in the Ballroom

3:00pm – 4:00pm Art Therapy with Gabby in the Ballroom.

7:00pm – MOVIE / Media Room.



Sunday March 26th, 2023

1:30pm - Sing-a-long with Gabby in the Lobby!!

3:00pm – Interested persons meet Gabby in the Ballroom as we continue our journey with our new Melville Heights Choir.

7:00pm – MOVIE / Media Room.

Please Turn Over!