



# Melville Heights Activity Sheet

## May 29<sup>th</sup> – June 4<sup>th</sup> 2023

### May's Flower –! Lily of the Valley

#### Monday May 29<sup>th</sup> 2023

10:00am – Exercises Cancelled Due to the Trip today!



10:30am – Day Trip to the Valley to see the Apple Blossoms / Lunch at Rosie's Restaurant & a Stop at Hennigers Farm Market.

11:00am – Bethany United Church Video from May 28<sup>th</sup> will be played in the Media Room today.



11:00am – DOG THERAPY in the LOBBY with NINA & DR. Erin. Please drop down!!!



1:30pm – BRIDGE in the Games Rm.



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



#### Thursday June 1<sup>st</sup> 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. Pay as you can!



7:00pm – CRIBBAGE / Cafe.



7:00pm – Music & Puppets in the Ballroom with Laurie & Trudy Goulden. (1<sup>st</sup> Visit to Melville Heights)



#### Tuesday May 30<sup>th</sup> 2023



Massage Therapist / Heike LeBlanc will be in the Art Room Today from 9am – 4pm.

10:00am – Exercises

1:00pm – SKIP BO in the Cafe.



2:30pm – Rescheduled Outing to the Public Gardens & a stop at Dee Dee's for an ice-cream treat. Please Sign up!



7:00pm – CRIBBAGE in the Cafe.

7:30pm- SPRING CONCERT / Sorella Women's Choir in the Ballroom.

#### Friday June 2<sup>nd</sup> 2023

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 1<sup>st</sup> Floor.

3:00pm – Afternoon Tea

3:00pm – Join Lori for YOUTUBE Videos in the Media Room.



1:00pm – SKIP BO in the Cafe

7:00pm – MOVIE / Media Room

#### Saturday June 3<sup>rd</sup> 2023

♥♣♦♠ 1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Rm.

1:30pm – Music Activity with Gabby in the Ballroom.



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

7:00pm – MOVIE / Media Room.



#### Wednesday May 31<sup>st</sup> 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.

2:30pm – Outing to the Public Gardens & a stop at Dee Dee's for an ice-cream treat. Please Sign up!



#### Sunday June 4<sup>th</sup>, 2023

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

3:30pm – Music / Art Therapy with Gabby in the Ballroom.

7:00pm – MOVIE / Media Room.