

# Melville Heights Activity Sheet

## March's Flower – Daffodil!

**Monday March 18<sup>th</sup> to Sunday March 24<sup>th</sup>, 2024**

**Monday March 18<sup>th</sup>, 2024**

**10:00am – Exercises**



**11:00am – Bethany United Church Video** from March 17<sup>th</sup>, will be played in the Media Room today.

**10am – DOG THERAPY** in the Lobby with Dr. Erin & her Beagle.  
**1:30pm – Bridge / Games Room.**



**1:30pm – Join Lori** in the Cafe / We are going to make Microwave Brown

**Sugar Fudge (Mrs. Gray's Recipe).**

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



**Tuesday March 19<sup>th</sup>, 2024**

**10:00am – Exercises**



**Massage Therapist / Heike LeBlanc** will be in the Art Room Today from 11am – 4pm.

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



**1:00pm – SKIP BO** in the Cafe.



**3:00pm – SHOW & TELL** in the Ballroom. Bring an item from your suite & let's see

what fun we can have.



**7:00pm – CRIBBAGE / Cafe.**

**Wednesday March 20<sup>th</sup>, 2024**

**10:00am – Exercises**

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

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



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



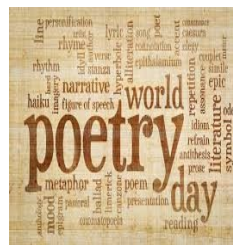
**Thursday March 21<sup>st</sup>, 2024**

**10:00am – Exercises**

**11:00am – KNITTING CLUB** in the Ballroom.



**1:00pm – BRIDGE** 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



**Friday March 22<sup>nd</sup>, 2024**



**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**



**10am – 12noon – LINDT CHOCOLATES** for Sale in the Lobby. Great Gift Ideas for Easter.



**10:30pm – BOOK CLUB** in the Cafe.

**1:00pm – SKIP BO** in the Cafe

**3:00pm – TRIVIA** in the Ballroom

**7:00pm – MOVIE / Media Room.**

**Saturday March 23<sup>rd</sup>, 2024**

**1:00pm – Auction 45's** in the Cafe.

**1:30pm – Bridge / Games Room**

**7:00pm – MOVIE / Media Room.**

**Sunday March 24<sup>th</sup>, 2024**

**PALM SUNDAY**



**7:00pm – MOVIE / Media Room.**