Melville Heights Activity Sheet
March's Flower – Daffodil!
Monday March 25th to Sunday March 31st, 2024

Monday March 25th, 2024

10:00am – Exercises
11:00am – Bethany United Church Video from March 24th will be played in the Media Room today.
1:00pm – DRIVE around TOWN with Lori …. Please sign up if interested! See what fun we can have!!!
1:30pm – Bridge / Games Room.
3:30pm - Gentle Chair Yoga with Abra Morrison in the Exercise Room. Pay as you can!
7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris Parish/ Chapel.
7:00pm – Holy Week Movie / Media Rm.

Tuesday March 26th, 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 – Join Lori & Zoe Bakeeff in the Ballroom as we Decorate EASTER COOKIES & PAINT Easter Eggs.
7:00pm – CRIBBAGE / Cafe.
7:00pm – Holy Week Movie / Media

Wednesday March 27th, 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 Victor Fraser in the Ballroom. Bar Open.
7:00pm – Holy Week Movie / Media Rm.

Thursday March 28th, 2024

10:00am – Exercises
11:00am – KNITTING CLUB in the Ballroom.
1:00pm – BRIDGE in the Cafe
3:00pm – 4:00pm – Residents Birthday Party in the Ballroom. Music by Diane & Ron Arsenault. Bar Open!
7:00pm CRIBBAGE in the Cafe
7:00pm–Holy Week Movie / Media Rm.

Friday March 29th 2024

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.

GOOD FRIDAY

10:00am – Exercises cancelled due to the Holiday.
1:00pm – SKIP BO in the Cafe
7:00pm – MOVIE / Media Room.

Saturday March 30th, 2024

1:00pm – Auction 45's in the Cafe.
1:30pm – Bridge / Games Room
7:00pm – MOVIE / Media Room.

Sunday March 31st, 2024

10:30am- Communion in the Chapel.
HAPPY EASTER
5-7pm – EASTER BUFFET in the Dining Room.
7:00pm – MOVIE / Media Room