



Melville Heights Activity Sheet

April's Flower – Daisy!

Monday April 1st to Sunday April 7th, 2024

Monday April 1st 2024

10:00am – Exercises Cancelled due to the Easter Monday Holiday.



11:00am – Bethany United Church Video from March 31st will be played in the Media Room today.

1:30pm – Bridge / Games Room.



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

Thursday April 4th, 2024

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom.



1:00pm – BRIDGE in the Cafe



3:00pm – Join Lori for

YOUTUBE videos in the Media Room.

7:00pm CRIBBAGE in the Cafe



Tuesday April 2nd, 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 – Please Welcome author Lesley Crewe in our Media Room for an afternoon of Readings. Hope you are able to join us.



7:00pm – CRIBBAGE / Cafe.



Friday April 5th, 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

1:00pm – SKIP BO in the Cafe



3:00pm – TEA & TALES with our own Terry Harnish in the Cafe.

7:00pm – MOVIE / Media Room.

Wednesday April 3rd, 2024

10:00am – Exercises

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

1:00 pm & 1:20pm - Shopping at Sobey's / Herring Cove Road & NSLC.



Saturday April 6th, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

Sunday April 7th, 2024

7:00pm – MOVIE / Media Room

