



Melville Heights Activity Sheet

April's Flower – Daisy!

Monday April 15th to Sunday April 21st 2024

Monday April 15th 2024

10:00am – Exercises



11:00am – Bethany United Church Video from April 14th 2024 will be played in the Media Room today.



1:30pm – Bridge / Games Room.



3:00pm – TRIVIA in the Ballroom with Lori. Come & Exercise Your mind.

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



Thursday April 18th, 2024

10:00am – Exercises



11:00am – KNITTING CLUB in the Ballroom.

12noon -A moment of Silence to remember & honour those most impacted during the MASS Shooting in Nova Scotia.

1:00pm – BRIDGE in the Cafe

TED Ideas worth spreading

3:00pm – TED TALK in the0 Media Room.

7:00pm CRIBBAGE in the Cafe



Friday April 19th, 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.

10:00am – Exercises



1:00pm – SKIP BO in the Cafe



3:00pm – Music by the Victor Fraser in the Ballroom. Bar Open.

7:00pm – MOVIE / Media Room.

Saturday April 20th, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

Sunday April 21st, 2024

3:00pm – Music by students

Nelanga Mtshali (Voice) & Emma Bryson (Fiddle) in the Ballroom.



7:00pm – MOVIE / Media Room

Tuesday April 16th, 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 for Alphabet Geography in the Ballroom.



7:00pm – CRIBBAGE / Cafe.

Wednesday April 17th, 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.

