



# Melville Heights Activity Sheet

## April's Flower – Daisy!

### Monday April 22<sup>nd</sup> to Sunday April 28<sup>th</sup> 2024

#### Monday April 22<sup>nd</sup>, 2024

10:00am – Exercises



11:00am – Join Rev. Kevin Little from Bethany United Church for Service in our Chapel. All Welcome.



1:30pm – Bridge / Games Room.

1:30pm – **EARTH DAY WALK...** Join Lori as we walk to Herring Cove Road & help pick up trash!!



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



#### Thursday April 25<sup>th</sup>, 2024

10:00am – Exercises



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

3:00pm – 4:00pm – Residents

**Birthday Party** in the Ballroom. Music by Diane & Ron Arsenault. Bar Open!



1:00pm – **BRIDGE** in the Cafe

7:00pm **CRIBBAGE** in the Cafe



#### Friday April 26<sup>th</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



10:20am – Please Students from John W Macleod for Songs & Dance in the Ballroom.



1:00pm – **SKIP BO** in the Cafe



3:00pm – 4:00pm **MUSIC** by Filipino Born Leander Mendoza in the Ballroom. Bar Open!

7:00pm – **MOVIE** / Media Room.

#### Tuesday April 23<sup>rd</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



1:00pm – **SKIP BO** in the Cafe.

2:00pm – **Outing** to the Shoe store / Comfort Orthotics in Sunnyside Mall.

Please sign up!



7:00pm – **CRIBBAGE** / Cafe.

#### Wednesday April 24<sup>th</sup>, 2024

10:00am – Exercises

11:00am – **Con Brio Recorders / Morning of MUSIC** in the Ballroom.

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

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



2:30pm – 1<sup>st</sup> Trip to the Public Gardens & a stop at Dee Dee's for an ice-cream treat. Please Sign up!

#### Saturday April 27<sup>th</sup>, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – **MOVIE** / Media Room.

#### Sunday April 28<sup>th</sup>, 2024



10:30am – **COMMUNION** in the Chapel. All Welcome!

7:00pm – **MOVIE** / Media Room