



# Melville Heights Activity Sheet

## May's Flower – Lily of the Valley!

Monday April 29<sup>th</sup> to Sunday May 5<sup>th</sup>, 2024

### Monday April 29<sup>th</sup>, 2024

10:00am – Exercises

10:00am – DOG THERAPY in the Lobby with Dr. Erin & her Beagle / Nina



10:30am – BOOK CLUB in the Cafe.

11:00am – Bethany United Church Video from April 28<sup>th</sup>, will be played in the Media Room today.

1:30pm – Bridge / Games Room.



3:30pm – 4:30pm 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.



### Thursday May 2<sup>nd</sup>, 2024

10:00am – Exercises



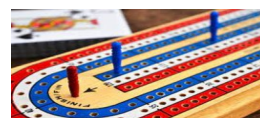
11:00am – KNITTING CLUB in the Ballroom.

1:00pm – BRIDGE in the Cafe



3:00pm – NS Symphony Mendelssohn's "Italian" on video in the Media Rm.

7:00pm - CRIBBAGE in the Cafe



### Friday May 3<sup>rd</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

10:00am – 1:00pm Women's Clothing Sale in the Lobby / Lois Gardner / She's Got Legs.

1:00pm – SKIP BO in the Cafe



3:00pm – 4:00pm MUSIC by "The Shanty's" / 1<sup>st</sup> time at Melville Heights in the Ballroom. Bar Open!

7:00pm – MOVIE / Media Room.

### Tuesday April 30<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



1:00pm – SKIP BO in the Cafe.



3:00pm – JOIN Sergeant Philip MacKenzie in the Ballroom for a talk on Fraud / Seniors.



7:00pm – CRIBBAGE / Cafe.

### Wednesday May 1, 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 May 4<sup>th</sup>, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

### Sunday May 5<sup>th</sup>, 2024

7:00pm – MOVIE / Media Room

