



# Melville Heights Activity Sheet

## May's Flower – Lily of the Valley!

Monday May 13<sup>th</sup> to Sunday May 19<sup>th</sup>, 2024

### Monday May 13<sup>th</sup>, 2024

10:00am – Exercises

10:00am – **DOG THERAPY** in the LOBBY with Dr. Erin.

11:00am – **GARDEN** Enthusiasts Wanted. If you are interested in helping plant & work in the Residents Garden join in the Ballroom for an informal meeting.

1:30pm – **Bridge / games Room.**



2:00pm – **CINEPLEX** Movie in the Media room. Join us for the movie **“ONE LIFE.”** Popcorn



& soda will be served.

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

### Tuesday May 14<sup>th</sup>, 2024

**National Denim Day!** Join the Fight against Breast Cancer! Wear Jeans or get a **PINK** ribbon at the Front desk & support the Cure Foundation!

Donate at the front desk!

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.

2:30pm – 3:30 pm

– **Health & Wellness Clinic** in the Media Room with the Nursing Team to check your **Blood Pressure & Weight.**



7:00pm – **CRIBBAGE / Cafe.**

### Wednesday May 15<sup>th</sup>, 2024

10:00am – Exercises

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

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

3:00pm – Join Ally Chant for an Education session in the Ballroom on Garbage, Recycling & Composting.



### Thursday May 16<sup>th</sup>, 2024

10:00am – Exercises



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

1:00pm – **BRIDGE** in the Cafe

# nscc

2:00pm – **JOIN** the students from NSCC for a complimentary **CHAIR YOGA** in the Exercise Room.

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



### Friday May 17<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

Cancelled today /

1:00pm – **SKIP BO** in the Cafe



3:00pm – 4:00pm **MUSIC** by Mike Campbell (Fiddle) in the

**Ballroom. Bar Open!**

7:00pm – **MOVIE / Media Room.**

### Saturday May 18<sup>th</sup>, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – **Bridge / Games Room**

7:00pm – **MOVIE / Media Room.**

### Sunday May 19<sup>th</sup>, 2024

7:00pm – **MOVIE / Media Room**

