



Melville Heights Activity Sheet

May's Flower – Lily of the Valley!

Monday May 20th to Sunday May 26th, 2024

Monday May 20th, 2024

10:00am – Exercises cancelled



11:00am – Bethany United Church Service from May 19th 2024 will be played in the Media Room.

VICTORIA DAY!



1:30pm – Bridge / games Room.



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

Tuesday May 21st 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 -BINGO in the Ballroom with the NSCC students. Hope you are able to join us!



7:00pm – CRIBBAGE / Cafe.

Wednesday May 22nd, 2024

10:00am – Exercises in the Ballroom for today only.

10am – 1pm BAKING by Zettie in the Lobby.

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

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



7:30pm – SPRING CONCERT with the Women's Group / Sorella Singers in the Ballroom.

Thursday May 23rd, 2024

10:00am – Exercises



11:00am – KNITTING CLUB in the Ballroom.

1:00pm – BRIDGE in the Exercise Room



3:00pm – STORY-TELLING with Terry Harnish in the Cafe.

Topic.... Photo Albums & Hats..

7:00pm - CRIBBAGE in the Cafe



Friday May 24th, 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
11:00am – MUSIC concert in the Ballroom from Fairview Junior High School under the Direction of Trevor Huskins.

1:00pm – SKIP BO in the Cafe

3:00pm – 4:00pm by Toni Quinn in the Ballroom. Bar Open!

7:00pm – MOVIE / Media Room.



Saturday May 25th, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

Sunday May 26th, 2024

10:30am – COMMUNION in the Chapel.

7:00pm – MOVIE / Media Room

