



Melville Heights Activity Sheet

May's Flower – Lily of the Valley!

Monday May 6th to Sunday May 12th, 2024

Monday May 6th, 2024

10:00am – Exercises

11:00am – Bethany United Church
Video from May 5th, 2024 will be played in the Media Room today.

1:30pm – Bridge / Games Room.



2:00pm – Join the NSCC Students for ROCK PAINTING in the Cafe on the 1st Floor.



3:00pm – Full Residents Meeting in the Ballroom to Elect or Re-Elect the Residents' Council.

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



Tuesday May 7th, 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 Lori for Alphabet Geography in the Ballroom.



7:00pm – CRIBBAGE / Cafe.



Wednesday May 8th, 2024

10:00am – Exercises

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

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

NSWalks

2:30pm – Nova Scotia Walk Day. Join us in the Lobby & we will walk around Melville Heights!

Thursday May 9th, 2024

10:00am – Exercises



11:00am – KNITTING CLUB in the Ballroom.

1:00pm – BRIDGE in the Cafe

2:00pm – BINGO in the Ballroom.



7:00pm - CRIBBAGE in the Cafe



Friday May 10th, 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



10am – 12noon LINDT CHOCOLATES for Sale in the Lobby.

1:00pm – SKIP BO in the Cafe



3:00pm – 4:00pm MUSIC by Shirley Jackson & Jef Wirchenko. Bar Open!

7:00pm – MOVIE / Media Room.

Saturday May 11th, 2024

1:00pm – Auction 45's in the Cafe.

1:30pm – Bridge / Games Room

7:00pm – MOVIE / Media Room.

Sunday May 12th, 2024

10:30am – COMMUNION / Chapel



5-7pm- Mothers Day Buffet /

Music by John Lindsay Botten.

7:00pm – MOVIE / Media Room