



# Melville Heights Activity Sheet

## March's Flower – Daffodil!

### Monday March 17<sup>th</sup> to Sunday March 23<sup>rd</sup> 2025

Monday March 17<sup>th</sup>, 2025

10:00am – Exercises

1:00pm – 45's in the Cafe.

1:30pm – Bridge in the Games Room



3:00pm –  
4:00pm -Saint  
Patrick's  
Celebration in  
the Ballroom.  
Music by the  
John Lindsay  
Botten. Bar Open.

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



Tuesday March 18<sup>th</sup>, 2025

10:00am – Exercises

11:00am NEWS &  
VIEWS in the  
Ballroom.



Massage Therapist / Heike  
LeBlanc will be in the Art Room  
Today from 11am – 4pm.

1:00pm – SKIP BO  
in the Cafe



1:30pm – DRIVE



around TOWN  
with Lori ....  
Please sign up if  
interested! See

what fun we can have!!!

7:00pm –  
CRIBBAGE /Cafe



Wednesday March 19<sup>th</sup>, 2025

10:00am – Exercises



10:00am – Improve & Relax  
your brain with Coloring in  
the Lobby / Lounge Area!

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

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

1:00pm – RUMMOLI in the Games Rm  
1:30pm – MASS in the CHAPEL  
with Father Francesco. All Welcome!



3:00pm – Join  
Lori for TRIVIA  
in the Ballroom.

Thursday March 20<sup>th</sup>, 2025

10:00am – Exercises

11:00am –  
KNITTING  
CLUB in the  
Ballroom



3:00pm –  
Join MEL  
ROBBINS  
(Let Them  
Theory)  
Podcast /

Talk on “Look, Feel & Stay Young  
Forever with Dr. Wright /  
Orthopedic Surgeon /  
MOVEMENT IS MEDICINE...  
7:00pm -CRIBBAGE in the Cafe

Friday March 21<sup>st</sup>, 2025

10:00am – Exercises Cancelled



Red Friday / Wear Red  
on Fridays in Honour of  
those who have served,  
those who have fallen &  
those who continue to  
serve.



10am – 1pm  
BAKING by  
ZETTIE in the

Lobby.

1:00pm – SKIP  
BO in the Cafe.



7:00pm – MOVIE / Media Room

Saturday March 22<sup>nd</sup> 2025

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Room



2pm – Opera:  
TOSCA

in the Media Room

7:00pm – MOVIE / Media Room.

Sunday March 23<sup>rd</sup>, 2025



7:00pm –  
MOVIE / Media  
Room.

