



Melville Heights Activity Sheet

March's Flower – Daffodil!

Monday March 10th to Sunday March 16th 2025

Monday March 10th, 2025

10:00am – Exercises
 1:00pm – 45's in the Cafe.
 1:30pm – Bridge in the Games Room
 3:00pm -
 Melville Heights
 Resident Meeting
 with Sara, Lori &
 Rick in the ballroom. Looking for
 a Positive Experience in 2025.
 7:00pm – Catholic
 ROSARY with Denise
 Parrott from Stella
 Maris / Chapel.

Tuesday March 11th, 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 
 2:00pm – 3:00pm – Health
 & Wellness with the
 Nursing Team in the
 7:00pm –
 CRIBBAGE /Cafe 

Wednesday March 12th, 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
 3:00pm
 Presentation
 by Barry
 Paton on his
 adventures in
 Australia in the Media Room. Hope
 to see you there!

Thursday March 13th, 2025

10:00am – Exercises
 11:00am – KNITTING
 & CROCHETING
 CLUB in the Ballroom 
 3:00pm –
 FUSION / NS
 SYMPHONY/
 JP Cormier /
 Singer /
 Songwriter in
 the Media Room
 7:00pm -CRIBBAGE
 in the Cafe

Friday March 14th, 2025

10:00am – Exercises
 Red Friday / Wear Red
 on Fridays in Honour of
 those who have served,
 those who have fallen &
 those who continue to
 serve.
 1:00pm – SKIP BO
 in the Cafe. 
 3:00pm- MUSIC in the
 Ballroom with Bruce
 Elliot. Bar Open.
 7:00pm – MOVIE / Media Room

Saturday March 15th, 2025

1:00pm – Auction 45's in the Cafe.
 1:30pm – BRIDGE in the Games Room
 2pm -
 Opera :Olafur
 Arnalds – Live at
 the Sydney
 Opera House
 1 hr 18min / Media Room
 7:00pm – MOVIE / Media Room.

Sunday March 16th, 2025

NO COMMUNION TODAY
MASS ON March 19th at 1:30pm in
the Chapel instead.
 7:00pm – MOVIE / Media Room.