



Melville Heights Activity Sheet

April's Flower – Daisy!

Monday April 14th to Sunday April 20th 2025


Monday April 14th 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. 
 7:00pm – Holy Week Movie / Media Rm.

Tuesday April 15th 2025

10:00am – Exercises
**Massage Therapist / Heike
 LeBlanc will be in the Art
 Room Today from
 11am – 4pm.**
 11:00am – NEWS &
 VIEWS in the
 Ballroom.
 11:30am- PICNIC
 at the
**HYDROSTONE &
 Shopping at the
 Hydrostone Market. Please sign
 up. Lunch provided.**
 1:00pm – SKIP BO in 
 the Cafe
 7:00pm –
CRIBBAGE /Cafe 
 7:00pm – Holy Week Movie / Media Rm.

Wednesday April 16th 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 – LIBERAL CANDIDATE
 Shannon Miedema in the Ballroom
 for an informal Discussion.
 7:00pm – Holy Week Movie / Media Rm.


Thursday April 17th 2025

10:00am – Exercises
10am –
BAKING by
ZETTIE in
the Lobby. 
 11:00am –
KNITTING CLUB 
 in the Ballroom
 3:00pm – TRIVIA in the Ballroom
 7:00pm -CRIBBAGE in the Cafe
 7:00pm – Holy Week Movie / Media Rm.

Friday April 18th 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
 & continue to serve.
 1:00pm – SKIP
 BO in the Cafe. 
 7:00pm – MOVIE / Media Room

Saturday April 19th 2025

1:00pm – Auction 45's in the Cafe.
 1:30pm – BRIDGE in the Games Room
 1:30pm – Opera:
 in the Media
 Room
 7:00pm – MOVIE / Media Room.

Sunday April 20th 2025

 5pm – 7pm
EASTER BUFFET
 in th Ballroom
 Music by John
 Lindsay Botten.
 7:00pm – MOVIE / Media Room.