



Melville Heights Activity Sheet

April's Flower – Daisy!

Monday April 21st to Sunday April 27th 2025

Monday April 21st, 2025

10:00am – Exercises Cancelled



1:00pm – 45's in the Cafe.
1:30pm – Bridge in the Games Room
7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.



Tuesday April 22nd 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.

1:00pm – SKIP BO in the Cafe



1:30pm – EARTH DAY WALK... Join Lori as we walk to Herring Cove Road & help pick up trash!!



7:00pm – CRIBBAGE /Cafe



Wednesday April 23rd, 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.

1:30pm – MASS in the Chapel

1:00pm – RUMMOLI in the Games Rm



3:00pm – Presentation by Ally Chant / Waste Education Officer / to talk about Reducing, Reusing & Recycling & Composting.....

Thursday April 24th, 2025

10:00am – Exercises

11:00am – **KNITTING CLUB in the Ballroom**



3:00pm – 4:00pm – Residents Birthday Party in the Ballroom. Music by Diane & Ron Arsenault. Bar Open!

7:00pm -CRIBBAGE in the Cafe

7:30pm – Join the BON ACCORD DANCERS in the Ballroom for a Demonstration...



Friday April 25th, 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 & continue to serve.



1:00pm – SKIP BO in the Cafe.



3:00pm – YOUTUBE Videos in the Media Room.

7:00pm – MOVIE / Media Room

Saturday April 26th, 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 27th, 2025



3:00pm – MUSIC in the Ballroom by Cindy Fahie / (Vocals & More) / Bar Open.

7:00pm – MOVIE / Media Room.