



Melville Heights Activity Sheet

May's Flower – Lily of the Valley!

Monday May 12th to Sunday May 18th 2025

Monday May 12th 2025

10:00am – Exercises
 1:00pm – 45's in the Cafe.
 1:30pm – Bridge in the Games Room
 3:00pm -
Meeting 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 May 13th 2025

National Denim Day! Join the Fight against Breast Cancer! Wear Jeans or get a PINK ribbon at the Front desk & support the Cure Foundation!

Donate at the front desk!

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 – DRIVE
 AROUND TOWN & a
 Stop at Dee Dee's for
 an Ice Cream Shop!
 Please sign up.



7:00pm – Cribbage / Cafe

Wednesday May 14th 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



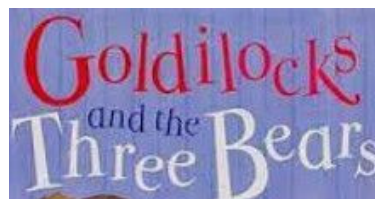
NSWalks

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

Thursday May 15th 2025

10:00am – Exercises

11:00am –
KNITTING CLUB
 in the Ballroom



2:30pm –
 LIVE
 PLAY..

**Goldilocks
 & the Three Bears... Melville
 Heights Style.. directed by Eva
 Mae Gray in the Ballroom.**

7:00pm -CRIBBAGE in the Cafe

Friday May 16th, 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 by Dennis
 McCormack (Voice
 & Piano) &
 George Ewanick
 (Tenor Sax) / Bar Open.**



7:00pm – MOVIE / Media Room

Saturday May 17th 2025

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Room

Opera 1:30pm – Opera:
 in the Media
 Room

7:00pm – MOVIE / Media Room.

Sunday May 18th, 2025

7:00pm – MOVIE / Media Room.

