



Melville Heights Activity Sheet

March's Flower – Daffodil!

Monday March 16th to Sunday March 22rd 2026

Monday March 16th, 2026

10:00am – Exercises-**Canceled**
 11am- Bethany United Church video in Media room
 1:00pm – 45's in the Cafe.
 1:30pm – Bridge in the Games Room
 3pm-Tunes with Terry Smith in the Ballroom
 7:00pm – Catholic ROSARY with Denise Parrott from Stella Maris / Chapel.



Thursday March 19th, 2026

10:00am – Exercises

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



1:30 pm – Baking Peanut Butter cookies Paul LeVangie's recipe. in the Cafe
 Come down and make some cookies and take some home with you to enjoy



7:00pm -**CRIBBAGE** in the Cafe

Friday March 20th 2026

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.

11am- Washer Toss in Lobby with Jess



1:00pm – SKIP BO in the Cafe



1:30pm Mass in Chapel Everyone is Welcome

3:00pm -Show and share at Tea time in the ballroom



7:00pm – MOVIE / Media Room

Tuesday March 17th, 2026

10:00am – Exercises

11:00am NEWS & VIEWS in the Ballroom.



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

2:00pm – Nail Painting with Jess in the Lobby. Only nail painting and not nail care



3:00pm – 4:00pm -Saint Patrick's Day Celebration in the Ballroom.



Music by the John Lindsay Botten. Bar Open.

1:00pm – SKIP BO in the Cafe



7:00pm – CRIBBAGE /Cafe



Saturday March 21th 2026

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Room

1:30pm-4pm-Opera



7:00pm – MOVIE / Media Room.



Wednesday March 18th, 2026

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

Sunday March 22th, 2026

7:00pm – MOVIE / Media Room.



