



Melville Heights Activity Sheet

March's Flower – Daffodil!

Monday March 23rd to Sunday March 29th 2026

Monday March 23rd, 2026

10:00am – Exercises
1:00pm – 45's in the Cafe.
1:30pm – Bridge in the Games Room
11:00am- Bethany United Church
Video in Media Room
3pm-Tunes with Terry
Smith in Ballroom



7:00pm – Catholic
ROSARY with Denise
Parrott from Stella
Maris / Chapel.



Tuesday March 24th, 2026

10:00am – Exercises
Massage Therapist / Heike LeBlanc will
be in the State room/Party Today from
11am – 4pm.

1:00pm – SKIP BO
in the Cafe



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



7:00pm CRIBBAGE in Cafe



Wednesday March 25th 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 Sobeyes
/ Herring Cove Road & NSLC.

1:00pm – RUMMOLI in the Games Rm

2:30pm – Easter Egg
Painting and Cookies
Decoration



Thursday March 26th, 2026

10:00am – Exercises

11:00am –
KNITTING
CLUB in the
Ballroom



1:30pm -Drive around
Town &a stop at Dee Dee
for a Ice cream treat



7:00pm -CRIBBAGE in the Cafe

Friday March 27th, 2026

10:00am – Exercises

**WEAR
RED
FRIDAY**

Red Friday / Wear Red
on Fridays in Honour of
those who have served,
those who have fallen &
those who continue to
serve.

11:00am – Washer Toss with Jess
in Lobby



1:00pm – SKIP BO in the Cafe



3:00pm – MUSIC by Bruce
Elliot in the Ballroom / Bar open.
Please come Celebrate March
Birthdays will be Cake



7:00pm – MOVIE / Media Room

Saturday March 28th, 2026

1:00pm – Auction 45's in the Cafe.

1:30pm – BRIDGE in the Games Room

O Opera **1:30pm – Opera**
in the Media Room
7:00pm – MOVIE /
Media Room.

Sunday March 29th, 2026



7:00pm –
MOVIE / Media
Room.