



# Melville Heights Activity Sheet

## April's Flower – Daisy!

**Monday April 20<sup>th</sup> to Sunday April 26<sup>th</sup> 2026**

**Monday April 20<sup>th</sup>, 2026**

10:00am – Exercises

10:00am-1:00pm-She got leggz closing out sale in the Lobby



1:00pm – 45's in the Cafe.

1:30pm – Bridge in the Games Room

3:00pm: Tunes with Terry Smith in the Ballroom



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



**Tuesday April 21<sup>th</sup> 2026**

10:00am – Exercises

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

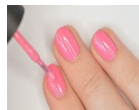
11:00am – NEWS & VIEWS in the Ballroom.



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 /Cafe



**Wednesday April 22<sup>nd</sup>, 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

3:00pm Earth Day Walk around to Pick up Garbage



**Thursday April 23<sup>rd</sup>, 2026**

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom



1:30 pm- Bingo in Ballroom



7:00pm - CRIBBAGE in the Cafe

**Friday April 24<sup>th</sup>, 2026**

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.

3:00pm – Music in Ballroom by Shirley Jackson and Jef Wirchenko



7:00pm – MOVIE / Media Room

**Saturday April 25<sup>th</sup>, 2026**

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 26<sup>th</sup>, 2026**

7:00pm – MOVIE / Media Room.

