



# Melville Heights Activity Sheet

## May's Flower – Lily of the Valley!

Monday April 27<sup>th</sup> to Sunday May 3<sup>rd</sup>, 2026

Monday April 27<sup>th</sup> 2026

10:00am – Exercises

11:00am - **Bethany United Church video in Media Room**

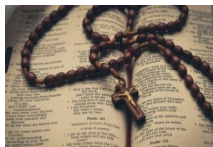
1:00pm – 45's in the Cafe.

1:30pm – Bridge in the Games Room

3:00 pm – Tunes with Terry Smith and Resident's Birthday Party for April



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



Tuesday April 28<sup>th</sup> 2026

10:00am – Exercises

Massage Therapist / Heike LeBlanc will be in the State Room /Party on the 2<sup>nd</sup> floor Today from

11am – 4pm.

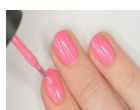
11:00am – NEWS & VIEWS in the Ballroom.



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 29<sup>th</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

Thursday April 30<sup>th</sup> 2026

10:00am – Exercises

11:00am – KNITTING CLUB in the Ballroom



1:30pm – 55 steps a movie on Cosmo Go in the Media Room



7:00pm -CRIBBAGE in the Cafe

7:30pm - Bon Accord Dancers- Nurse Deanna is a Dancer in this



Friday May 1<sup>st</sup> 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 & continue to serve.

1:00pm – SKIP BO in the Cafe.



3:00pm – 4:00pm MUSIC by Leander Mendoza in the Ballroom / Vocals & Piano / Bar Open.



Saturday May 2<sup>nd</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 May 3<sup>th</sup>, 2026

7:00pm – MOVIE / Media Room.



