



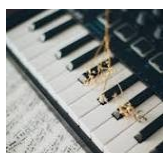
# Melville Heights Activity Sheet

## May's Flower – Lily of the Valley!

**Monday May 11<sup>th</sup> to Sunday May 17<sup>th</sup> 2026**

**Monday May 11<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  
 3:00pm- Tunes with  
 Terry Smith in  
 Ballroom



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



**Tuesday May 12<sup>th</sup> 2026**

Canadian CURE Foundation  
 Denim Day for Breast Cancer  
 Fundraiser Wear jeans Cash  
 donations accepted at the front  
 Desk



10:00am – Exercises

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

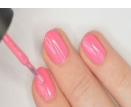


11:00am – NEWS & VIEWS in the Ballroom.

1:00pm – SKIP BO in the Cafe  
 2pm- Nail Painting with Jess in  
 the Lobby. Only nail painting  
 and not nail care



3:00pm- Tunes with Bob  
 Schmeisser( our new resident)  
 he will play guitar and  
 sing hope to see you there!



7:00pm – Cribbage / Cafe



**Wednesday May 13<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 Sobeyes /  
 Herring Cove Road & NSLC.

1:00pm – RUMMOLI in the Games room

2:30pm Rio and Joanna Dog therapy

3:00pm NS Walk Day a walk around



Melville Heights



**Thursday May 14<sup>th</sup> 2026**

10:00am – Exercises

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



1:30pm -Public Gardens and  
 Dee Ice cream

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



**Friday May 15<sup>th</sup>, 2026**

10:00am – Exercises in the Ballroom

**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.

1:00pm – SKIP BO in  
 the Cafe.



3:00pm –  
 Mike  
 Campbell  
**MUSIC** by  
 Bar Open.



7:00pm – MOVIE / Media Room

**Saturday May 16<sup>th</sup> 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 May 17<sup>th</sup>, 2026**

7:00pm – MOVIE / Media Room.

