



Melville Heights Activity Sheet

May's Flower – Lily of the Valley!

Monday May 4th to Sunday May 10th 2026

Monday May 4th 2026

10:00am – Exercises

11:00 am -Bethany United Church
in Media Room

1:00pm – 45's in the Cafe.

1:30pm – Bridge in the Games Room

1:30 pm- Health Clinic in
Media Room



3:00pm- Tunes
with Terry Smith in
Ballroom



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



Tuesday May 5th 2026

10:00am – Exercise

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

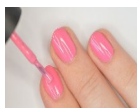
11:00am – NEWS &
VIEWS in the
Ballroom.



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 May 6th 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 May 7th 2026

10:00am – Exercises

11:00am –
KNITTING CLUB
in the Ballroom



1:30pm Public
Gardens and Dee
Ice cream please
sign up



7:00pm -
CRIBBAGE in the
Cafe

Friday May 8th 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.



10:30 am - MEET & GREET with
NDP MLA Rod Wilson in the
Ballroom.

1:00pm – SKIP BO in the Cafe.

3:00pm – MUSIC by
CONCERTS in Care / Bar
Open. In Ballroom



7:00pm – MOVIE /
Media Room

Saturday May 9th 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 10th 2026

10:30am – COMMUNION in the
Chapel.



5-7pm- Mothers Day
Buffet /
Music by John
Lindsay Botten.

7:00pm – MOVIE / Media Room.

