Multiresolution Analysis (MRA) is a mathematical tool for the construction of orthonormal wavelet bases for $L^2(\mathbb{R}^n)$. Motivated by MRA in the Euclidean setting, in this talk I will present a notion and then a concrete example of a multiresolution analysis on the Heisenberg group $\mathbb{H}$. For our example, in contrast to the usual approach on $\mathbb{R}^n$, we start with construction of a sinc-type function using the group Fourier transform. As we will discuss, the sinc-type function implies the existence of a band-limited scaling function in a shift-invariant and closed subspace of $L^2(\mathbb{H})$ and hence the existence of a Parseval frame for $L^2(\mathbb{H})$. We call the generator of this frame a Shannon-type wavelet on $\mathbb{H}$. (Received September 16, 2009)