



Melville Heights Activity Sheet

March 23rd - March 29th, 2020

March's Flower – Daffodil

Drop Everything & Walk! Mon. Tues. Thurs. & Fri. 1:00pm. Meet

in the Lobby & Enjoy a stroll around Melville Heights.



Monday March 23rd, 2020

10:00am – Coffee Hour / Ballroom

10:00am – Exercises

11:00am
Virtual
Church
Service
in our



Media Room / Bethany United Church (Aired March 22nd)

12noon – 1:30pm – Lunch / Dining Room

3:00pm – Afternoon Tea

3:00- 4:00pm – Virtual Gentle
CHAIR YOGA CLASS in the
Media Room with Abra
Morrison. Please pay \$10.00 at
the Front Desk.



7:00pm – Bridge in the Cafe

10:00 am – Coffee Hour / Ballroom

10:00am – Exercises

11:00am – Knitting
Club in the Lobby.

12noon – 1:30pm – Lunch
/ Dining Room

1:00 pm – BRIDGE /
Exercise Room.

3:00pm – Afternoon Tea.



3:30pm – Ted
Talk in the
Media room.

Friday March 27th, 2020

10:00am-11:30am- Continental Breakfast

10:00am – Exercises

10:30 – Painters / Art Room

12noon – 1:30pm – Lunch /
Dining Room.



1:00pm – SKIP BO in the
Cafe.

3:00pm – Afternoon Tea

7:00pm – MOVIE / Media
Room



Saturday March 28th, 2020

10:00am – Coffee Hour / Ballroom

12noon – 1:30pm – Lunch / Dining Room

3:00pm Afternoon Tea

7:00pm – Movie / Media
Room.



Sunday March 29th, 2020

10:00am – Coffee Hour / Ballroom

11:00am – Catholic
Communion in the Chapel
Cancelled!


12noon – Lunch / Dining
Room

1-3pm – Composting / Bins are located in the
Hallway down from the Media Room

3:00- Afternoon Tea

7:00 pm – MOVIE /Media Rm.



 **Be kind to one
another!
Please Turn Over!**

Tuesday March 24th, 2020

10:00am - Coffee Hour / Ballroom

10:00am – Exercises

11:00am- News &
Views in the
Ballroom.



12noon – 1:30pm –
Lunch / Dining Room

3:00pm – Afternoon Tea.

7:00pm – Cribbage in
the Cafe.



Wednesday March 25th, 2020

10:00 am – Coffee Hour / Ballroom

10:00am – Exercises

**Shopping
Cancelled
Until Further
Notice!**



Please be advised

that you can purchase milk & bread
from the Kitchen. We are hoping your
family & friends will bring groceries to
our front door & we will deliver to your
suite. If you have no one to pick up
groceries, please see Lori.

1:00pm-3:00pm – Bring your
COMPOST across from the Kitchen.

2:30pm – Come & Enjoy
our Internal Actors for a
play written by Eva Mae
Gray in the Ballroom.

3:00pm- Afternoon Tea.



Thursday March 26th, 2020

ACTIVITY SHEET - MELVILLE HEIGHTS

Monday March 23rd, to Sunday March 29th, 2020

Happy Birthday to those Residents who Celebrate their Birthday during the month of **March:**



Mrs. McKay – 13th
Miss Fraser – 19th
Mr. Cameron – 26th
Mrs. James – 28th
Mrs. Goulding - 30th

If any birthday has been missed, please contact the Recreation Dept!

PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



1 Wet your hands with warm running water



2 Add soap and scrub for 15–20 seconds



3 Wash backs, thumbs, between fingers, and under nails



4 Rinse off soap under running water



5 Dry your hands with a clean towel



6 Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.

NOVA SCOTIA

***Protect
Yourself!
Proper
Hand
Washing!***

Please
Use Hand Sanitizer



APPLY



RUB



DRY