



Melville Heights Activity Sheet
September 14th - September 20th, 2020
September's Flower –
Aster!

Walk or relax on the deck or the front benches anytime. Enjoy the fresh air!



Monday September 14th, 2020

10:00am - Coffee Hour
 10:00am – Exercises
 11:00am – Recent Virtual Church Service (Sunday September 13th) from Bethany United Church will be played in the Media Room. All Welcome!
 12noon – 1:30pm – Lunch / Dining Rm.
 3:00pm – Afternoon Tea / Take out
 Video Calls with family will continue with Lori this week.

Tuesday September 15th, 2020

10:00am - Coffee Hour
 10:00am – Exercises (Mask Required)
 11:00am – NEWS & VIEWS in the Media Room.

 12noon – 1:30pm – Lunch / Dining Rm.
 1:00pm – SKIP BO in the Cafe.
 3:00pm – Afternoon Tea / Take out
 3:00pm – NATURE VIDEOS with Mr. Ruggles in the Media Room.
 7:00pm – CRIBBAGE in the Cafe.





Wednesday September 16th, 2020

Massage Therapy with Heike LeBlanc in the Art Room Today!!!!
 10:00 am – Coffee Hour
 10:00am – Exercises (Mask Required)
 11:00am – Grocery Shopping / Walmart & Halifax Shopping Centre.
 12noon – 1:30pm – Lunch Dining Rm.
 1:00 pm & 1:20pm – Shopping at Sobeyes / Herring Cove Road & NSLC.
 1-3pm – Composting / Bins are located on the stage in the Ballroom.
 3:00pm – Afternoon Tea / Take Out.


Thursday September 17th, 2020

10:00 am – Coffee Hour
 10:00am – Exercises (Mask Required)
 11:00am – KNITTING CLUB / Lobby.
 12noon – 1:30pm – Lunch / Dining Room
 1:00pm – BRIDGE in the Cafe / 1st Floor.
 2:00pm – Join Abra Morrison for a Gentle Chair YOGA class today in the Exercise Room. \$10.00 for a drop in Visit. All Welcome!
 3:00pm – Afternoon Tea / Take out.


Friday September 18th, 2020

Red Friday / Wear red on Fridays in Honour of those who have fallen & those who continue to serve.
 10:00am-11:30am- Continental Breakfast
 10:00am – Exercises (Mask Required)
 10:30am – Melville Painters / Art Room
 11:00am – Storytelling with Terry Harnish in the Cafe (1st Floor). Hope you are able to join us!
 12noon – 1:30pm – Lunch / Dining Room
 1:00pm – SKIP BO in the Cafe
 3:00pm-Afternoon Tea / Take Out.
 3:30pm – 4:30pm – MUSIC by Alex Vaughan in the front parking lot.
 7:00pm – MOVIE / Media Room.
 (Mask required in Media Room)

Saturday September 19th, 2020

10:00am – Coffee Hour
 12noon – 1:30pm – Lunch / Dining Room
 3:00pm – Afternoon Tea / Take Out.
 7:00pm – MOVIE / Media Room.

Sunday September 20th, 2020

10:00am – Coffee Hour
 12noon – 1:30pm – Lunch / Dining Room
 1-3pm – Composting / Bins are located on the stage in the Ballroom.
 3:00pm – Afternoon Tea / Take Out.
 7:00pm – MOVIE / Media Room.

Please Turn Over!

ACTIVITY SHEET - MELVILLE HEIGHTS
Monday September 14th to **Sunday** September 20th, 2020

Happy Birthday to those Residents who Celebrate their Birthday during the month of **September..**



Mrs. Wilkie - 2nd
Mr. Tregunno - 5th
Mrs. Hashem - 10th
Mrs. Parnell - 13th
Mrs. Campbell - 16th
Mrs. Ivey - 26th

*If any Birthday has been missed,
please see Lori in the Recreation Dept.*

BOSOM BUDDIES

**We all have stories to tell... let's start an
old craft of
Storytelling at Melville Heights**



Our own Terry Harnish is well known in Hubbards for her annual storytelling festival. She is also known to many through her family as she is the eldest

daughter of Roy Harnish, the founder of the popular dance hall the Shore Club, where I am sure many of you folks have enjoyed dances over the years!!

Ms. Harnish will guide & direct us!

**Bring a picture of you from the past to the
cafe / 1st Floor on Friday September 18th at 11:00am
and see what fun we can have.**