



Melville Heights Activity Sheet

October 19th - October 25th, 2020

October's Flower – Cosmos!



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

Monday October 19th, 2020

10:00am - Coffee Hour

10:00am – Exercises



11:00am – Recent Virtual Church Service (Sunday October 18th) from Bethany

United Church will be played in the Media Room. All Welcome!

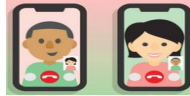
12noon – 1:30pm – Lunch / Dining Rm.



2:00pm – YOUTUBE VIDEOS in the Media Room with Lori.

3:00pm – Afternoon Tea / Take out

Video Calls with family will continue with Lori this week.



Tuesday October 20th, 2020

10:00am – Coffee Hour

10:00am – Exercises

(Mask Required)

11:00am – NEWS & VIEWS

12noon – 1:30pm – Lunch / Dining Rm.



1:00pm – SKIP BO in the Cafe.

3:00pm – Afternoon Tea / Take

7:00pm – CRIBBAGE in the Cafe.



Wednesday October 21st, 2020

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 Sobey's / Herring Cove Road & NSLC.



1-3pm – Composting / Bins are located on the stage in the Ballroom.

3:00pm – Afternoon Tea / Take Out.



Thursday October 22nd, 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.

Pay as you can! All Welcome!

3:00pm – Afternoon Tea / Take out.

3:30pm – Afternoon of MUSIC with Shirley Jackson on the Back Deck!



Friday October 23rd, 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). Bring a baby picture of yourself!!!!

12noon – 1:30pm – Lunch / Dining Room

1:00pm – SKIP BO in the Cafe

3:00pm-Afternoon Tea / Take Out.

7:00pm – MOVIE / Media



Saturday October 24th, 2020

10:00am – Coffee Hour

12noon – 1:30pm – Lunch / Dining Room

3:00pm – Afternoon Tea / Take Out.

7:00pm – MOVIE / Media Room.



Sunday October 25th, 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 ^{October 19th} **to Sunday** ^{October 25th, 2020}

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



Mr. Doane - 2nd

Mrs. Watts - 7th

Mr. Evong - 22nd

Mr. MacPherson – 29th

Mr. Gosse - 29th

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

Friendly Reminder!

**It is mandatory that
all residents wear a
mask in our building
except while eating /
drinking in the
dining room**



Wearing a non-medical mask...

When worn properly, non-medical masks can reduce the risk of transmitting the virus in the same way that following cough and sneeze etiquette can protect others. **As of July 31, 2020 it is mandatory to wear a mask in most indoor public places in Nova Scotia. Using a mask alone isn't enough to prevent the spread of COVID-19. You should also make sure to keep your hands clean, follow cough and sneeze etiquette, practice social distancing and stay home if you're feeling sick.**