



Melville Heights Activity Sheet

October 26th - November 1st, 2020

October's Flower – Cosmos!



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

Monday October 26th, 2020

9:30am – 12 noon –
FLU SHOTS in the
Exercise Room.



10:00am - Coffee
Hour

10:00am – Exercises Cancelled



11:00am – Recent Virtual
Church Service (Sunday
October 26th) 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 October 27th, 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 28th, 2020



Massage Therapy in the Art
Room today with Heike
Leblanc.

10:00 am – Coffee Hour

10:00am – Exercises (Mask Required)

11:00am – Grocery Shopping /
Spryfield Shopping Mall. (No Frills,
Lawton's, Dollarama & More)



12noon – 1:30pm –
Lunch Dining Rm.

1:00 pm & 1:20pm –
Shopping at Sobeys / Herring Cove Road &
NSLC.

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

3:00pm – Afternoon Tea / Take out

4:00pm – MUSIC with Tony
Quinn in the Exercise
Room.



Thursday October 29th, 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.

Friday October 30th, 2020

RED FRIDAY

Red Friday / Wear red on
Fridays in Honour of
those who have served,
those who have fallen & those who
continue to serve.

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

10:00am – Exercises (Mask Required)

10:30am – Melville Painters / Art Rm

11:00am – GHOST Stories with
Terry Harnish in the Cafe!!!!
Dress up & enjoy Halloween.



12noon – 1:30pm – Lunch / Dining Rm.

1:00pm – SKIP BO in the Cafe

3:00pm-Afternoon Tea / Take Out.

3:00pm – Pumpkin Carving in
the Exercise Room. Dress
Up & come enjoy the
Halloween Fun!!!



7:00pm – MOVIE / Media Room.

Saturday October 31st, 2020

10:00am – Coffee Hour

12noon – 1:30pm – Lunch /
Dining Room



3:00pm – Afternoon Tea / Take Out.

7:00pm – MOVIE / Media Room.

Sunday November 1st, 2020

10:00am – Coffee Hour

12noon – 1:30pm – Lunch /
Dining Room

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

3:00pm – Afternoon Tea / Take Out.

7:00pm – MOVIE / Media Room.

Please Turn Over!!



ACTIVITY SHEET - MELVILLE HEIGHTS

Monday ^{October 26th} **to Sunday** ^{November 1st, 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.**