



Melville Heights Activity Sheet

November 16th - November 22nd, 2020

November's Flower – Chrysanthemum
**Walk or relax on the deck
 or the front benches
 anytime. Enjoy the fresh air!**



Monday November 16th, 2020

10:00am - Coffee Hour
 10:00am – Exercises (Mask Required)



11:00am – Recent Virtual Church Service (Sunday November 15th) from Bethany United Church will be played in the Media Room. All Welcome!

12noon – 1:30pm – Lunch Dining Rm.



Encore Presentation!

2:00pm - Please join Mrs. Heather Watts for a First Hand Survivors Dramatic Story of surviving the Sinking of the SS Athenia in the Media Room.

Tuesday November 17th, 2020



10:00am – Coffee Hour
 10:00am – Exercises (Mask Required)

11:00am – NEWS & VIEWS Media Canceled due to Staff Training.

12noon – 1:30pm – Lunch / Dining Rm.

1:00pm – SKIP BO in the Cafe.

3:00pm – Afternoon Tea / Take



3:00pm – Join Mr. Ruggles for NATURE Videos in the Media Room.

7:00pm – CRIBBAGE / Cafe.



Wednesday November 18th, 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

Thursday November 19th, 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 November 20th, 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.

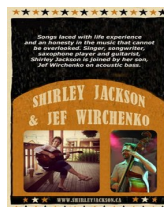
10:00am-11:30am- Continental Breakfast

10:00am – Exercises (Mask Required)

10:30am – Melville Painters / Art Rm

12noon – 1:30pm – Lunch / Dining Rm.

1:00pm – SKIP BO in the Cafe



3:00pm-Afternoon Tea / Take Out.

3:30pm – 4:30pm – Music in the Exercise Room with Shirley Jackson & Jef Wirchenko.

7:00pm – MOVIE / Media Room.

Saturday November 21st, 2020

10:00am – Coffee Hour

12noon – 1:30pm – Lunch / Dining Room

3:00pm – Afternoon Tea / Take Out.

7:00pm – MOVIE / Media Room.

Sunday November 22nd, 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^{November 16th} to Sunday^{November 22nd, 2020}

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



Mrs. Madelyne Harnish – 6th

Mrs. Quackenbush - 9th

Mrs. Joyce Anderson – 15th

Mrs. Marshall – 15th

Mr. Layton - 26th

Mr. Watts – 28th

*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 or cloth mask....

**(FACE SHIELDS are NOT PERMITTED,
they do not provide the same protection!)**

When worn properly, non-medical masks & cloth 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.