Melville Heights Activity Sheet
November 23rd - November 29th, 2020
November's Flower – Chrysanthemum

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

Monday November 23rd, 2020

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

11:00am – Recent Virtual Church Service (Sunday November 22nd) from Bethany United Church will be played in the Media Room. All Welcome!
12noon – 1:30pm – Lunch Dining Rm.
2:00pm – HEALTH & WELLNESS clinic in the Media room.

3:00pm – Afternoon Tea / Take out

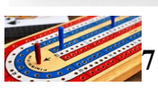
Tuesday November 24th, 2020

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

The ChronicleHerald

11:00am – NEWS & VIEWS in the Media Room with Lori

12noon – 1:30pm – Lunch / Dining Rm.
1:00pm – SKIP BO in the Cafe.
3:00pm – Afternoon Tea / Take
3:00pm – Tellabration / International day of Storytelling with Terry Harnish in the Cafe / 1st Floor.



7:00pm – CRIBBAGE / Cafe.

Wednesday November 25th, 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 Sobeys / Herring Cove Road & NSLC.

1-3pm – Composting / Bins are located on the stage in the Ballroom.
3:00pm – Afternoon Tea / Take Out.
3:30 pm – Afternoon of MUSIC with Nelson Ferguson & friends in the Exercise Room.

Thursday November 26th, 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 27th, 2020

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

RED FRIDAY

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
2:00pm – Join Lori in the Ballroom as we decorate the Christmas Trees. Live music with Tracey Rodgers on the Piano. Christmas tunes / no singing!!

3:00pm-Afternoon Tea / Take Out.
7:00pm – MOVIE / Media Room.

Saturday November 28th, 2020

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

Sunday November 29th, 2020

10:00am – Coffee Hour
12noon – 1:30pm – Lunch / Dining Room
1-3pm – Composting / Bins /stage in the Ballroom.

Movie Night

3:00pm – Afternoon Tea / Take Out.
7:00pm – MOVIE / Media Room.

Please Turn Over!!

ACTIVITY SHEET - MELVILLE HEIGHTS

Monday November 23rd to Sunday November 29th, 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.