



# Melville Heights Activity Sheet

March 8<sup>th</sup> – March 14<sup>th</sup>, 2021

March's Flower –  
Daffodil

Walk or relax on the deck or the front benches anytime.

Enjoy the fresh air!



## Monday March 8<sup>th</sup>, 2021

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

 11:00am – Recent Virtual Church Service (Sunday February 28<sup>th</sup> from Bethany United Church will be played in the Media Room.

12noon – 1:30pm – Lunch/ Dining Room  
 2pm – TED TALK in the Media Room

**TED** Ideas worth spreading

3:00pm – Afternoon Tea / Take out

## Tuesday March 9<sup>th</sup>, 2021

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

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

12noon–1:30pm – Lunch / Dining Room  
 1:00pm – SKIP BO in the Cafe. 

3:00pm – Afternoon Tea / Take out  
 7:00pm – CRIBBAGE in the Cafe. 

## Wednesday March 10<sup>th</sup> 2021

**Shopping in the Melville Heights Van is Cancelled.** 

1:00pm – 5:00pm – Face Time Video Calls with family in the Computer Lab. (Book Time with Lori) 

2:00pm – Nature Videos with Mr. Paul Ruggles in the Media Room. 

## Thursday March 11<sup>th</sup> 2021

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 

 Relax Gentle Chair YOGA with Abra Morrison is cancelled today due to recent Restrictions.

3:00pm – Afternoon Tea / Take out.  
 7:00pm – CRIBBAGE in the Cafe. 

## Friday March 12<sup>th</sup>, 2021

**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)  
 12noon – 1:30pm – Lunch / Dining Room  
 1:00pm – SKIP BO in the Cafe 

3:00pm – Afternoon Tea / Take Out. 

7:00pm – MOVIE / Media Room.

## Saturday March 13<sup>th</sup>, 2021

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

## Sunday March 14<sup>th</sup>, 2021

**Day Light Savings Time!** 

10:00am – Coffee Hour  
 12noon – 1:30pm – Lunch / Dining Room  
 1-3pm – Composting / Bins 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 <sup>March 8<sup>th</sup></sup> to Sunday <sup>March 14<sup>th</sup></sup>, 2021

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



*Mrs. Kelly – 10<sup>th</sup>*

*Mrs. McKay – 13<sup>th</sup>*

*Mr. Webb – 13<sup>th</sup>*

*Miss. Fraser – 19<sup>th</sup>*

*Mr. Scarfe - 23<sup>rd</sup>*

*Mr. Cameron – 26<sup>th</sup>*

*Mrs. James – 28<sup>th</sup>*

*Mrs. Goulding - 30<sup>th</sup>*

*Mrs. Evong - 31<sup>st</sup>*

*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.