

MEMORY LANE MHAL

Merry Heart Essential Living

118 Main Street
Succasunna, NJ 07876

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	2 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	3 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Trivia 2:00 Basketball Fun! 3:00 Snacks 3:45 50's Music	4 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	5 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 St. Patrick Coloring 3:30 Instrumental Songs	6 9:30 Friday Fitness 10:30 Brain Games <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:00 Music w/ Rich Stillman 	7 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo!
8 <u>Daylight Savings</u> 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime 	9 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	10 <u>Barber 9:00am</u> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 3:00 Snacks 3:45 60's Music	11 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	12 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Relaxation Time 2:00 Shamrock Coloring 3:30 Instrumental Songs	13 9:30 Friday Fitness 10:30 Sow Bird Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	14 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 St. Patrick Social
15 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	16 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	17 <u>St. Patrick's Day!</u> 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Resident Council 2:00 Balloon Toss 3:00 Snacks 3:45 70's Music 	1 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	19 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Flower Coloring 3:30 Instrumental Songs	20 <u>First Day of Spring</u> 9:30 Friday Fitness 10:30 Bunny Trivia <u>TGIF - Ed Clark</u> 1:00  2:00 Bingo! 3:15 Snack Shack	21 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
22 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:00 Piano Music in Lobby 3:45 Storytime	23 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	24 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss  3:30 Music w/ Alexander & Reema	25 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	26 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Spring Coloring  3:00 Birthday Party w/ DJ Bernie	27 9:30 Friday Fitness 10:30 Brain Games <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	28 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
29 Palm Sunday 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	30 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	31 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Resident Council 2:00 Balloon Toss 3:00 Snacks 3:45 70's Music	Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change			