

# MEMORY LANE MHAL

Merry Heart Essential Living

118 Main Street  
Succasunna, NJ 07876



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change</b>	<b>1</b> 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	<b>2</b> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	<b>3</b> <u><b>Hairdresser 8am</b></u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! <b>3:45 Catholic Mass</b>	<b>4</b> 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	<b>5</b> 9:30 Friday Fitness 10:30 Summer Trivia 1:00 Piano Music on TV 2:00 Bingo! 3:15 Snack Shack	<b>6</b> 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
<b>7</b> 9:00 Sunday Café <b>10:30 Catholic Mass</b> 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	<b>8</b> 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	<b>9</b> <u><b>Barber 9:00am</b></u> 9:30 Sit & Be Fit 10:30 Worship on TV <b>2:00 Rose City Songsters</b> 1:00 Coloring 3:00 Snacks 3:45 70's Music	<b>10</b> <u><b>Hairdresser 8am</b></u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! <b>3:45 Catholic Mass</b>	<b>11</b> 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	<b>12</b> 9:30 Friday Fitness 10:30 Bird Trivia <u><b>TGIF - Ed Clark</b></u> 1:00 2:00 Bingo! 3:15 Snack Shack	<b>13</b> 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
<b>14</b> 9:00 Sunday Café <b>10:30 Catholic Mass</b> 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	<b>15</b> 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	<b>16</b> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	<b>17</b> <u><b>Hairdresser 8am</b></u> 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time <b>2:00 Movie Matinee</b> <b>3:45 Catholic Mass</b>	<b>18</b> 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	<b>19</b> 9:30 Friday Fitness 10:30 Summer Trivia 1:00 Piano Music on TV 2:00 Bingo! 3:15 Snack Shack	<b>20</b> 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
<b>21</b> <u><b>Father's Day</b></u> 9:00 Sunday Café <b>10:30 Catholic Mass</b> 1:00 Game Toss 2:00 Bingo <b>3:00 Father's Day Social w/ Live Music</b>	<b>22</b> 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Meditation	<b>23</b> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo <b>3:30 Music w/ Alexander &amp; Reema</b>	<b>24</b> <u><b>Hairdresser 8am</b></u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! <b>3:45 Catholic Mass</b>	<b>25</b> 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo <b>3:30 Birthday Celebrants w/ DJ Bernie</b>	<b>26</b> 9:30 Friday Fitness 10:30 Butterfly Games <u><b>TGIF - Ed Clark</b></u> 1:00 2:00 Bingo! 3:15 Snack Shack	<b>27</b> 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
<b>28</b> 9:00 Sunday Café <b>10:30 Catholic Mass</b> 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	<b>29</b> 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	<b>30</b> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Resident Council 2:00 Bingo 3:00 Snacks 3:45 50's Music				