

MEMORY LANE MHAL

Merry Heart Assisted Living
118 Main Street
Succasunna, NJ 07876

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change						1 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
2 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	3 National Watermelon Day 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation 2:00 Nail Flair 3:00 Snacks 3:45 Meditation 	4 9:30 Sit & Be Fit 10:30 Worship on TV 2:00 Bingo 1:00 Coloring 3:00 Snacks 3:45 70's Music	5 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	6 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	7 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	8 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
9 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	10 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation 2:00 Nail Flair 3:00 Snacks 3:45 Meditation Monday	11 Barber 9:00am 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	12 Hairdresser 8am 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	13 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	14 9:30 Friday Fitness 10:30 Summer Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	15 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
16 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:45 Story Time	17 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation 2:00 Bingo 3:00 Snacks 3:45 Meditation Monday	18 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	19 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	20 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Birthday Celebrants w/ DJ Bernie 	21 9:30 Friday Fitness 10:30 Butterfly Games TGIF - Ed Clark 1:00 1:30 Bingo! 3:00 LUAU PARTY 	22 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
23/30 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	24/31 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation 2:00 Nail Flair 3:00 Snacks 3:45 Meditation Monday	25 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:30 Music w/ Alexander & Reema 	26 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	27 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	28 9:30 Friday Fitness 10:30 Summer Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	29 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat