

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

OCTOBER 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 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Music w/ Alexander & Reema	2 9:30 Friday Fitness 10:30 Fall Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:00 Snack Shack	3 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
4 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	5 9:30 Morning Stretch 10:30 Storytime 1:00 Seasonal Coloring 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	6 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	7 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Crafts 2:00 Bingo Fun! 3:45 Catholic Mass	8 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	9 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:00 Snack Shack	10 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
11 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	12 9:30 Morning Stretch 10:30 Storytime 1:00 Painting Class 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	13 Barber 9:00am 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	14 Hairdresser 8am 9:30 Balloon Toss 10:30 Word Game 1:00 Crafts 2:00 Movie Matinee 3:45 Catholic Mass	15 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	16 9:30 Friday Fitness 10:30 Halloween Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:00 Snack Shack	17 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
18 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:45 Story Time	19 9:30 Morning Stretch 10:30 Storytime 1:00 Seasonal Coloring 2:00 Bingo 3:00 Snacks 3:45 Meditation	20 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:30 40's Music	21 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Crafts 2:00 Bingo Fun! 3:45 Catholic Mass	22 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	23 9:30 Friday Fitness 10:30 Flower Trivia TGIF - Ed Clark 1:00 1:30 Bingo! 3:00 Snack Shack	24 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
25 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	26 9:30 Morning Stretch 10:30 Storytime 1:00 Painting Class 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	27 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	28 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Crafts 2:00 Bingo Fun! 3:45 Catholic Mass	29 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	30 9:30 Friday Fitness 10:30 Fall Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:00 Snack Shack	31 HALLOWEEN 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat