MEMORY LANE MHAL

Merry Heart Assisted Living
118 Main Street
Succasunna, NJ 07876

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Savings** 9:00 Sunday Café **10:30 Catholic Mass** 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	2 9:30 Morning Stretch 10:30 Storytime 1:00 Painting Class 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	3 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:30 40's Music	4 **Hairdresser 8am** 9:30 Balloon Toss 10:30 Board Games 1:00 Crafts 2:00 Bingo Fun! **3:45 Catholic Mass**	5 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks **3:30 Music w/ Alexander & Reema**	6 9:30 Friday Fitness 10:30 Halloween Trivia **TGIF - Ed Clark** 1:00 2:00 Bingo! 3:00 Snack Shack	7 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
8 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 Storytime 1:00 Seasonal Coloring 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	10 **Barber 9:00am** 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music **4:00 Music w/ Rich Stillman-Patriotic Show**	11 **VETERAN'S DAY** **Hairdresser 8am** 9:30 Balloon Toss 10:45 Veteran's Day Service 1:00 Crafts 2:00 Bingo Fun! **3:45 Catholic Mass**	12 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	13 9:30 Friday Fitness 10:30 Bird Trivia **TGIF - Ed Clark** 1:00 2:00 Bingo! 3:00 Snack Shack	14 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
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 Storytime 1:00 Painting Class 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	17 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	18 **Hairdresser 8am** 9:30 Balloon Toss 10:30 Word Game 1:00 Crafts **2:00 Movie Matinee** **3:45 Catholic Mass**	19 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Instrumental Music 2:00 Bingo 2:45 Snacks	20 9:30 Friday Fitness 10:30 Halloween Trivia **TGIF - Ed Clark** 1:00 2:00 Bingo! 3:00 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 3:45 Story Time	23 9:30 Morning Stretch 10:30 Storytime 1:00 Seasonal Coloring 2:00 Bingo 3:00 Snacks 3:45 Meditation	24 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo **3:00 Birthdays w/ DJ Bernie**	25 **Hairdresser 8am** 9:30 Balloon Toss 10:30 Board Games 1:00 Crafts 2:00 Bingo Fun! **3:45 Catholic Mass**	26 **THANKSGIVING** 9:30 Chair Exercise 10:30 Let's Play Cards 12:00 Thanksgiving Lunch 2:00 Bingo 2:45 Snacks	27 9:30 Friday Fitness 10:30 Flower Trivia **TGIF - Ed Clark** 1:00 1:30 Bingo! 3:00 Snack Shack	28 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
29 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 Storytime 1:00 Painting Class 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	**Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change**				