

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

December 2025

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 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	2 Pajama Day! 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:30 The Polar Express Movie Matinee 	3 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	4 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Tree Coloring 3:00 Instrumental Songs	5 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	6 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
7 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	8 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	9 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Christmas Trivia 2:00 Basketball Fun! 3:00 Snacks 3:30 Music w/ Deb D'Anne 	10 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	11 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Santa Coloring 3:30 Instrumental Songs	12 Barber 9:00am 9:30 Friday Fitness 10:30 Brain Games TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	13 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:00 Art of Dance Performance 
14 Hanukkah Starts 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	15 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	16 A & L SALES 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 3:00 Roxbury Women's Club 	17 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	18 9:30 Chair Exercises 11:00 Christmas Paint & Sip (Bistro) 1:00 Relaxation Time 2:00 Tree Coloring 3:00 Christmas w/ DJ Bernie 	19 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 4:00 Christmas Carolers 	20 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
21 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	22 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	23 9:30 Sit & Be Fit 10:30 Worship on TV 2:00 Balloon Toss 1:00 Resident Council 2:00 Balloon Toss 3:00 Snacks 3:30 Music w/ Alexander & Reema 	24 Hairdresser 8am 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	25 Christmas Day 9:30 Chair Exercises 10:30 Let's Play Cards! 12:00 Christmas Lunch  2:00 Flower Coloring 3:30 Christmas Songs	26 9:30 Friday Fitness 10:30 Flower Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	27 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
28 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	29 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	30 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 New Years Trivia 2:00 Basketball Fun! 3:00 Snacks 3:30 Sing Along	3 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass			