

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>Hairdresser Sam</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	2 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo Fun 3:00 Sing Along to Winter Music	3 9:30 Friday Fitness 10:30 New Year's Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	4 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
5 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	6 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	7 <u>Barber 9:00am</u> 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Winter Trivia 2:00 Basketball Fun! 3:00 Snacks 3:30 Group Sing Along in Lobby	8 <u>Hairdresser Sam</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	9 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time <u>Snowflake Craft</u> 2:00 3:00 Musical Social	10 9:30 Friday Fitness 10:30 Brain Games <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Music w/ the Gypsy Sisters	11 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
12 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	13 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	14 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Winter Games 2:00 Let's Make Cookies! 3:00 Snacks 3:30 Sing Along	15 <u>Hairdresser Sam</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time <u>Christmas Craft</u> 2:00 3:45 Catholic Mass	16 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Instrument Fun <u>Live Music w/ DJ Bernie</u> 3:00 	PAJAMA DAY! 17 9:30 Friday Fitness 10:30 Snow Animal Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:30 Music w/ Christene 	18 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
19 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	20 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	21 9:30 Sit & Be Fit 10:30 Worship on TV 2:00 Burger King Lunch! 1:00 Resident Council 2:00 Balloon Toss 3:00 Snacks	22 <u>Hairdresser Sam</u> 9:30 Balloon Toss 10:30 Word Game 2:00 Frosty the Snowman Movie Matinee 3:45 Catholic Mass	23 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo Fun 3:00 Let's Make Bracelets!	24 9:30 Friday Fitness 10:30 New Year's Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	25 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
26 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	27 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	28 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Winter Trivia 2:00 Balloon Toss 3:00 Snacks 3:30 Sing Along	29 <u>Hairdresser Sam</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	30 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo Fun 3:00 Sing Along to Winter Music	31 9:30 Friday Fitness 10:30 New Year's Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change