

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

January 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 Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Tree Coloring 3:00 Instrumental Songs	2 9:30 Friday Fitness 10:30 Winter Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	3 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
4 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	5 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	6 9:30 Sit & Be Fit 10:30 Worship on TV 1:00 Trivia 2:00 Basketball Fun! 3:00 Snacks 3:45 50's Music	7 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	8 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Winter Coloring 3:30 Instrumental Songs	9 Barber 9:00am 9:30 Friday Fitness 10:30 Brain Games TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	10 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:45 Kim Dance Studio Performance
11 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	12 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	13 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 3:00 Snacks 3:45 60's Music	14 Hairdresser 8am 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	15 9:30 Chair Exercise 11:00 Winter Paint & Sip (Bistro) 1:00 Relaxation Time 2:00 Snowman Coloring 3:00 Music w/ DJ Bernie 🎵	16 9:30 Friday Fitness 10:30 Sow Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	17 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
18 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	19 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	20 9:30 Sit & Be Fit 10:30 Worship on TV 11:00 Music w/ Albert Mulad 🎵 2:00 Balloon Toss 1:00 Resident Council 2:00 Balloon Toss 3:00 Snacks 3:45 70's Music	21 Hairdresser 8am 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	22 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Flower Coloring 3:30 Instrumental Songs	23 9:30 Friday Fitness 10:30 Bunny Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	24 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
25 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	26 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 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 Balloon Toss 3:45 80's Music	28 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	29 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Snowflake Coloring 🎵 3:30 Music w/ Alexnder & Reema	30 9:30 Friday Fitness 10:30 Brain Games TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	31 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack