

LONG TERM CARE

Merry Heart Nursing Home
200 Main Street
Succasunna, NJ 07876
Third Flr. CALENDAR

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 9:00 Meet & Greet 10:30 Morning Exercise 11:00 Virtual Catholic Mass 2:00 Build A word 3:00 Sunday Games 7:00 Evening snacks 	2 9:00 Meet & Greet/Reality Orientation 10:45 Moving Monday 2:00 Catholic Mass 2:30 Bingo 7:00 Evening Snacks	3 9:00 Schedules for the Day 10:00 Stretch For Life 11:00 Tune-up Tuesday 1:30 Restorative Fun 2:00 Rosary 3:00 Karaoke Sing Along 7:00 Evening Snacks	Trivia Day 4 9:00 Meet & Greet/Morning Discussions 11:00 B & B Dogs 1:30 Restorative Fun 2:00 Worship w/ Pastor Fred 2:30 Trivia 7:00 Evening Snacks	Hairdresser 9 am 5 9:00 Meet & Greet/Morning Announcements 11:00 Music In Motion 1:00 Group Puzzles 2:00 Bingo 3:00 Trivia 7:00 Evening Snacks	Epiphany 6 9:00 Meet & Greet/Morning Mass 10:00 Worship W/ Chaplain Sue 11:00 Friday Exercise 1:00 Group Puzzles 2:00 Dance To The Music 3:30 Trivia 7:00 Evening Snacks	7 9:00 Meet & Greet 10:30 Morning Stretching 11:00 Nail Flair With Music 1:30 Restorative Fun 1:00 1:1 Visits 2:00 Bingo 2:00 Nail Flair & Relaxing Music 7:00 Evening Snacks
8 9:00 Meet & Greet 10:30 Morning Exercise 11:00 Virtual Catholic Mass 2:00 Build A word 3:00 Sunday Games 7:00 Evening snacks	9 9:00 Meet & Greet/Reality Orientation 10:45 Moving Monday 2:00 Catholic Mass 2:30 Bingo 7:00 Evening Snacks	Tone It Up Tuesday 10 9:00 Meet & Greet/Schedules for the Day 10:00 Stretch For Life 11:00 Tune-up Tuesday 1:30 Restorative Fun 2:00 Worship with Pastor Dan of BCI 3:00 Karaoke Sing Along 7:00 Evening Snacks	11 9:00 Meet & Greet/Morning Discussions 1:30 Restorative Fun 2:00 Build On Word 3:30 You Tube Musicals 7:00 Evening Snacks	Hairdresser 9 am 12 9:00 Meet & Greet/Morning Announcements 11:00 Music In Motion 1:00 Group Puzzles 2:00 Bingo 3:00 Trivia 7:00 Evening Snacks	Friday the 13th 13 9:00 Meet & Greet/Morning Mass 10:00 Worship W/ Chaplain Sue 11:00 Friday Exercises 1:00 Group Puzzles 2:00 Bingo Store 3:00 Friday the 13th Discussions 3:30 Trivial Trivia	14 9:00 Meet & Greet 10:30 Morning Stretching 11:00 Trivia 1:30 Restorative Fun 1:00 1:1 Visits 2:00 Bingo 2:00 Nail Flair & Relaxing Music 7:00 Evening Snacks
15 9:00 Meet & Greet 10:30 Morning Exercise 11:15 Catholic Mass 1:30 Restorative Fun 2:00 Word Games 3:00 Musicals 7:00 Evening Snacks 	Martin Luther King Jr 16 9:00 Meet & Greet/Columbus Day 10:45 Moving Monday 2:00 Catholic Mass & Communion Service 2:30 Bingo 6:00 Fun W/ Chris 7:00 Evening Snacks	17 9:00 Meet & Greet/Schedules for the Day 10:00 Stretch for Life 11:00 Tune Up Tuesday 1:30 Restorative Fun 2:00 Rosary 2:30 Hangman 3:00 Karaoke Sing Along 7:00 Evening Snacks	18 9:00 Meet & Greet; Morning Discussions 11:00 Exercises 11:00 B & B Dogs 1:30 Restorative Fun 2:00 Harp Music and Worship 3:00 Noodle Balloon 7:00 Evening Snacks	Hairdresser 9 am 19 9:00 Meet & Greet/Morning News 11:00 Music In Motion 1:30 Restorative Fun 2:00 Bingo 3:30 Trivia 7:00 Evening Snacks	20 9:00 Meet & Greet/Morning Mass 10:00 Worship W/ Chaplain Sue 11:00 Friday Exercise 1:00 Group Puzzles 2:00 Cooking Demo 3:00 Musicals 7:00 Evening Snacks	21 9:00 Meet & Greet 10:30 Exercises 11:00 Nail Flair W/ Music 1:30 Restorative Fun 2:00 Bingo 3:15 Coloring Fun! 7:00 Evening Snacks
Activity 22 9:00 Meet & Greet 10:30 Table Games 11:15 Catholic Mass 2:00 Worship W/ Pastor Leo Hillside Lutheran 3:00 Make a Word 7:00 Evening Snacks	Professionals 23 9:00 Meet & Greet/Reality Orientation 10:45 Moving Monday 2:00 Catholic Mass & Communion Service 2:30 Bingo 6:00 Fun W/ Chris 7:00 Evening Snacks	Week 24 9:00 Meet & Greet/Morning Discussions 10:00 Worship W/ Chaplain Sue 11:00 Friday Exercises 2:00 Rosary 2:30 Build A Word 7:00 Evening Snacks	1/22 – 1/28 25 9:00 Meet & Greet; Morning Discussions 11:00 Exercises 1:30 Restorative Fun 2:00 Chinese New Year 3:30 Trivia 7:00 Evening Snacks	Hairdresser 9 am 26 9:00 Meet & Greet/Morning News 11:00 Music In Motion 2:00 Trivia 3:00 Birthday Party W/ DJ Bernie 7:00 Evening Snacks	27 9:00 Meet & Greet/Morning Mass 10:00 Worship W/ Chaplain Sue 11:00 Friday Exercise 2:00 Resident Council 7:00 Evening Snacks	28 9:00 Meet & Greet 10:30 Morning Exercises 11:00 Finishing Lines 1:30 Restorative Fun 2:00 Bingo 3:15 Nail Flair & Music 7:00 Evening Snacks
29 9:00 Meet & Greet 10:30 Morning Exercise 11:15 Catholic Mass 2:00 Worship w/ Pastor Leo of Hillside Lutheran 3:00 Spelling/Simple Math 7:00 Evening snacks	30 9:00 Meet & Greet/Reality Orientation 10:45 Moving Monday 2:00 Catholic Mass & Communion Service 2:30 Bingo 6:00 Fun W/ Chris 7:00 Evening Snacks	31 9:00 Meet & Greet/Schedule for the Day 10:00 Stretch For Life 11:00 Tune Up Tuesday 2:00 Rosary 2:30 ABC Word Game 3:30 You Tube Musicals 7:00 Evening Snacks			Activity Calendar is Subject To Change & Subject to Covid Precautions Please observe social distancing!	- Video Calls Can Be Scheduled through MH Website Snacks at 10. 2 and 7 pm 