





LONG TERM CARE

Merry Heart Nursing Home

200 Main Street
Succasunna, NJ 07876

Third Flr. CALENDAR

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Activity Calendar is Subject to Change & Subject to Covid 19 Precautions!	1 <u>Hairdresser 9am</u> 9:30 Meet & Greet 10:15 Zumba Dance 11:00 Meditation Time 1:00 Group Puzzles 2:00 Bingo 3:30 Trivia 7:00 Activities w/ Kim	2 <u>Barber 9:00am</u> 9:30 Meet and Greet 10:00 Worship w/ Chaplain Sue 11:00 Friday Fitness 1:00 Relaxation Time 2:00 Bingo 3:00 Hangman 6:00 Activities with Kim	3 9:30 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
4 9:30 Meet & Greet 10:30 Morning Exercise 11:15 Catholic Mass on the TV 1:30 Restorative Fun 2:00 Hangman 3:00 Balloon Toss	5 9:30 Meet & Greet 10:15 Yoga Exercise 11:00 Meditation Time 1:15 Sing Along 2:00 Catholic Mass/ Communion 2:30 Bingo 4:00 Worship w/ Pastor Leo	6 9:30 Meet & Greet 10:15 Tune Up Tuesday 11:00 Meditation Time 1:30 B & B Dogs 2:00 Hangman 3:00 Guess the Word 7:00 Evening Snacks 	7 9:30 Meet & Greet 10:15 Rosary Wednesday 11:00 Morning Stretch 11:45 Sing Along 1:00 American Trivia 2:00 Worship w/ Pastor Fred 3:00 Tabletop Game 7:00 Activities w/ Kim	8 <u>Hairdresser 9am</u> 9:30 Meet & Greet 10:15 Zumba Dance 11:00 Meditation Time 1:00 Restorative Fun 2:00 Bingo 3:30 Trivia 7:00 Activities w/ Kim	9 9:30 Meet and Greet 10:00 Worship w/ Chaplain Sue 11:00 Friday Fitness 1:00 Relaxation Time 2:00 Card Games 3:00 Trivia 4:00 Hangman 6:00 Activities with Kim	10 9:30 Meet & Greet 10:30 Exercises 11:00 Nail Flair W/ Music 1:30 Restorative Fun 2:30 Kim Dance Studio Performance  4:15 Coloring 7:00 Evening Snacks
11 9:30 Meet & Greet 10:30 Table Games/Exercises 11:15 Catholic Mass on the TV 1:30 Restorative Fun 2:00 Hangman 3:00 Balloon Games	12 9:30 Meet & Greet 10:15 Morning Exercises 11:00 Meditation Time 1:15 Tabletop Games 2:00 Catholic Mass/Communion 2:30 Bingo 4:00 Worship w/ Pastor Leo	13 9:30 Meet & Greet 10:15 Tune up Tuesday 11:00 Meditation Time 1:30 Worship w/ Pastor Jerome 2:00 Hangman 3:00 Seasonal Coloring 7:00 Evening Snacks	14 9:30 Meet & Greet 10:15 Rosary Wednesday 11:00 Morning Stretch 1:00 Tabletop Games 2:00 Guess the Animal 3:00 Afternoon Coloring 3:00 Concentration Game 7:00 Activities w/ Kim	15 <u>Paparazzi Jewelry</u> <u>Hairdresser 9am</u> 9:30 Meet & Greet 10:15 Zumba Dance 11:00 Meditation Time 1:00 Group Puzzles 2:00 Bingo 3:30 Trivia 7:00 Activities w/ Kim	16 9:30 Meet and Greet 10:00 Worship w/ Chaplain Sue 11:00 Friday Fitness 1:00 Relaxation Time 2:00 Bingo 3:00 Trivia 4:00 Snack Time 6:00 Activities with Kim	17 9:30 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
18 9:30 Meet & Greet 10:30 Table Games/Exercises 11:15 Catholic Mass on the TV 1:30 Restorative Fun 2:00 Build A Word 3:00 Balloon Games	19 9:30 Meet & Greet 10:15 Pilates Exercises 11:00 Meditation Time 1:15 Sing Along 2:00 Catholic Mass/Communion 2:30 Bingo 4:00 Worship w/ Pastor Leo	20 9:30 Meet & Greet 10:00 Music w/ Albert Mulad  10:15 Tune Up Tuesday 11:00 Meditation Time 1:30 B & B Dogs  2:00 Hangman 3:00 Guess the Word 7:00 Evening Snacks	21 9:30 Meet & Greet 10:15 Rosary Wednesday 11:00 Morning Stretch 11:45 Sing Along 1:00 Tabletop Games 2:00 Guess the Animal 3:00 Worship w/ Helen 7:00 Activities w/ Kim	22 <u>Hairdresser 9am</u> 9:30 Meet & Greet 10:15 Zumba Dance 11:00 Meditation Time 1:00 Group Puzzles 2:00 Bingo 3:00 Music w/ DJ Bernie  7:00 Activities w/ Kim	23 9:30 Meet and Greet 10:00 Worship w/ Chaplain Sue 11:00 Friday Fitness 1:00 Relaxation Time 2:00 Men's Club 2:00 Resident Council 3:00 Hangman 6:00 Activities with Kim	24 9:30 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-
25 9:30 Meet & Greet 10:30 Table Games/Exercises 11:15 Catholic Mass on the TV 1:30 Restorative Fun 2:00 Hangman 3:00 Balloon Games	26 9:30 Meet & Greet 10:15 Morning Exercises 11:00 Meditation Time 1:15 Tabletop Games 2:00 Catholic Mass/Communion 2:30 Bingo 4:00 Worship w/ Pastor Leo	27 9:30 Meet & Greet 10:15 Tune Up Tuesday 11:00 Meditation Time 1:30 Winter Trivia 2:00 Hangman 3:00 Guess the Word 7:00 Evening Snacks	28 9:30 Meet & Greet 10:15 Rosary Wednesday 11:00 Morning Stretch 1:00 Tabletop Games 2:00 Guess the Animal 3:00 Afternoon Coloring 3:00 Concentration Game 7:00 Activities w/ Kim	29 <u>Hairdresser 9am</u> 9:30 Meet & Greet 10:15 Zumba Dance 11:00 Meditation Time 1:00 Group Puzzles 2:00 Music w/ Alexander & Reema  3:30 Trivia	30 9:30 Meet and Greet 10:00 Worship w/ Chaplain Sue 11:00 Friday Fitness 1:00 Relaxation Time 2:00 Bingo 3:00 Trivia 4:00 Snack Time 6:00 Activities with Kim	31 9:30 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