

# MHS MEMORY LANE

Merry Heart Nursing Home  
200 Route 10 West  
Succasunna, NJ 07876  
First Flr. CALENDAR

# FEBRUARY 2026

| Sunday                                                                                                                                                                                                                     | Monday                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                        | Saturday                                                                                                                                                                                                    |
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| <b>1</b><br>9:30 Radiant Café<br>10:15 Morning Stretch<br><b>11:15 Catholic Mass</b><br>1:45 Nail Flair w/ Music<br>2:30 Balloon Toss & Music<br>3:30 Music Appreciation<br>6:00 Relaxing Musical                          | <b>2</b><br>9:30 Radiant Café<br>10:00 Dance with Me<br>10:45 Sing Along-Oldies<br>11:15 Independent Activity<br>1:30 Help Fold Clothes<br><b>2:00 Mass/Bingo MDR</b><br>2:45 Reminiscing<br>4:30 Monday Matinee                           | <b>3</b><br>9:30 Radiant Café<br>10:15 Hand Exercise<br>10:45 Ball Toss<br>11:15 Independent Activity<br><b>1:30 B &amp; B Dogs</b><br><b>1:45 Valentine Craft</b><br>2:30 Let's Color<br>4:30 Music Appreciation<br>6:00 Sitcoms        | <b>4</b><br>9:30 Radiant Café<br>10:15 Morning Exercise<br>10:45 Sing Along-60's<br>11:15 Independent Activity<br>1:45 Balloon Volleyball<br>2:30 Guess What Game<br>4:30 Music Fun<br>6:00 Instrumental                          | <b>5</b><br><u>Hairdresser 9am</u><br>9:30 Radiant Café<br>10:15 Thursday Exercises<br>11:15 Independent Activity<br>1:15 Music Relaxation<br><b>2:00 Music w/ Rich Stillman</b><br>4:30 Music Appreciation<br>6:00 Sitcoms    | <b>6</b><br>9:30 Radiant Café<br>10:15 Breathing Exercises<br>10:45 Therapy Music<br>11:15 Independent Activity<br>1:15 Ribbon Spool<br>2:00 Tabletop Games<br>6:30 Game Shows                                                                | <b>7</b><br>9:30 Radiant Café<br>10:15 Move w/ Me<br>10:45 Rhymes<br>11:15 Independent Activity<br>1:45 Hand Massages<br>2:30 Table Puzzles<br>4:30 Music Appreciation                                      |
| <b>8</b><br><u>Superbowl Sunday</u><br>9:30 Radiant Café<br>10:15 Morning Stretch<br><b>11:15 Catholic Mass</b><br>1:45 Nail Flair w/ Music<br>2:30 Balloon Toss & Music<br>3:30 Music Appreciation<br>6:00 Superbowl Game | <b>9</b><br>9:30 Radiant Café<br>10:00 Dance with Me<br>10:45 Sing Along-50's<br>11:15 Independent Activity<br>1:30 Sing Along<br><b>2:00 Mass/Bingo MDR</b><br>2:45 Meditation<br>4:30 Monday Matinee                                     | <b>10</b><br>9:30 Radiant Café<br>10:15 Ball Toss<br>10:45 Sing Along-60's<br><b>1:00 Relaxation Time</b><br>1:45 Sing Along<br>2:30 Block Building<br>3:00 Let's Color<br>6:00 Sitcoms                                                  | <b>11</b><br>9:30 Radiant Café<br>10:15 Yoga Exercise<br>10:45 Sing Along-50's<br>11:15 Independent Activity<br>1:15 Balloon Volleyball<br>2:30 Bingo<br>4:30 Music Appreciation<br>6:00 Instrumental                             | <b>12</b><br><u>Hairdresser 9am</u><br>9:30 Radiant Café<br>10:15 Chair Exercise<br>11:15 Independent Activity<br>1:15 Heart Craft<br>2:30 Hand Massage<br>4:30 Music Appreciation<br>6:00 Sitcoms                             | <b>13</b><br>9:30 Radiant Café<br>10:15 Breathing Exercises<br>10:45 Therapy Music<br>11:15 Independent Activity<br>1:45 Let's Fold Clothes<br>2:00 Coffee & Teatime<br>4:30 Music Appreciation<br>6:30 Game Shows                            | <b>14</b><br><u>Valentine's Day</u><br>9:30 Radiant Café<br>10:15 Move w/ Me<br>10:45 Rhymes<br>11:15 Independent Activity<br>1:45 Hand Massages<br><b>2:30 Valentine Social</b><br>4:30 Music Appreciation |
| <b>15</b><br>9:30 Radiant Café<br>10:15 Morning Stretch<br><b>11:15 Catholic Mass</b><br>1:45 Nail Flair w/ Music<br>2:30 Balloon Toss & Music<br>3:30 Music Appreciation<br>6:00 Relaxing Musical                         | <b>16</b><br><u>Presidents Day</u><br>9:30 Radiant Café<br>10:00 Dance with Me<br>10:45 Sing Along-Oldies<br>11:15 Independent Activity<br>1:30 Help Fold Clothes<br><b>2:00 Mass/Bingo MDR</b><br>2:45 Reminiscing<br>4:30 Monday Matinee | <b>17</b><br>9:30 Radiant Café<br>10:15 Hand Exercise<br>10:45 Ball Toss<br>11:15 Independent Activity<br><b>1:00 Relaxation Time</b><br><b>1:30 B &amp; B Dogs</b><br>2:30 Let's Color<br><b>3:15 Mardi Gras Social</b><br>6:00 Sitcoms | <b>18</b><br><u>Ash Wednesday</u><br>9:30 Radiant Café<br>10:15 Morning Exercise<br>10:45 Sing Along-60's<br>11:15 Independent Activity<br>1:45 Balloon Volleyball<br>2:30 Guess What Game<br>4:30 Music Fun<br>6:00 Instrumental | <b>19</b><br><u>Hairdresser 9am</u><br>9:30 Radiant Café<br>10:15 Chair Exercise<br>11:15 Independent Activity<br>1:15 Trivia<br>2:30 Hand Massage<br>Birthday Celebrations<br>w/ DJ Bernie<br>3:00<br>4:30 Music Appreciation | <b>20</b><br>9:30 Radiant Café<br>10:15 Breathing Exercises<br>10:45 Therapy Music<br>11:15 Independent Activity<br>1:15 Ribbon Spool<br>2:00 Tabletop Games<br>6:30 Game Shows                                                               | <b>21</b><br>9:30 Radiant Café<br>10:15 Move w/ Me<br>10:45 Rhymes<br>11:15 Independent Activity<br>1:45 Hand Massages<br>2:30 Table Puzzles<br>4:30 Music Appreciation                                     |
| <b>22</b><br>9:30 Radiant Café<br>10:15 Morning Stretch<br><b>11:15 Catholic Mass</b><br>1:45 Nail Flair w/ Music<br>2:30 Balloon Toss & Music<br>3:30 Music Appreciation<br>6:00 Relaxing Musical                         | <b>23</b><br>9:30 Radiant Café<br>10:00 Dance with Me<br>11:15 Independent Activity<br>1:30 Sing Along<br><b>2:00 Mass/Bingo MDR</b><br>2:45 Meditation<br>4:30 Monday Matinee                                                             | <b>24</b><br>9:30 Radiant Café<br>10:15 Ball Toss<br>10:45 Sing Along-60's<br><b>1:00 Relaxation Time</b><br><b>2:00 Music w/ Alexander &amp; Reema</b><br>3:00 Let's Color<br>6:00 Sitcoms                                              | <b>25</b><br>9:30 Radiant Café<br>10:15 Morning Exercise<br>10:45 Sing Along-70's<br>11:15 Independent Activity<br><b>1:45 Movie Matinee</b><br>4:30 Music Fun<br>6:00 Instrumental                                               | <b>26</b><br><u>Hairdresser 9am</u><br>9:30 Radiant Café<br>10:15 Thursday Exercises<br>11:15 Independent Activity<br>1:15 Music Relaxation<br>2:30 Hand Massage<br>4:30 Music Appreciation<br>6:00 Sitcoms                    | <b>27</b><br>9:30 Radiant Café<br>10:15 Breathing Exercises<br>10:45 Therapy Music<br>11:15 Independent Activity<br>1:15 Ribbon Spool<br><b>2:00 Men's Club</b><br><b>2:00 Resident Council</b><br>4:30 Music Appreciation<br>6:30 Game Shows | <b>28</b><br>9:30 Radiant Café<br>10:15 Move w/ Me<br>10:45 Rhymes<br>11:15 Independent Activity<br>1:45 Hand Massages<br>2:30 Table Puzzles<br>4:30 Music Appreciation                                     |
| Activity Calendar<br>is Subject to<br>Change & Subject<br>to Covid 19<br>Precautions!                                                                                                                                      |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                |                                                                                                                                                                                                                                               |                                                                                                                                                                                                             |