

MHS MEMORY LANE

Merry Heart Nursing Home
200 Route 10 West
Succasunna, NJ 07876
First 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 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Card Game 2:30 Hand Massage 4:30 Music Appreciation 6:00 Sitcoms	2 <u>Barber 9:00am</u> 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:15 Snowflake Craft 2:30 Let's Fold Clothes 4:30 Music Appreciation 6:30 Game Shows	3 9:30 Radiant Café 10:15 Move w/ Me 10:45 Rhymes 11:15 Independent Activity 1:45 Hand Massages 2:30 Table Puzzles 4:30 Music Appreciation
4 9:30 Radiant Café 10:15 Morning Stretch 11:15 Catholic Mass 1:45 Nail Flair w/ Music 2:30 Balloon Toss & Music 3:30 Music Appreciation 6:00 Relaxing Musical	5 9:30 Radiant Café 10:00 Dance with Me 10:45 Sing Along-50's 11:15 Independent Activity 1:30 Sing Along 2:00 Mass/Bingo MDR 2:45 Meditation 4:30 Monday Matinee	6 9:30 Radiant Café 10:15 Ball Toss 10:45 Sing Along-60'S 1:00 Relaxation Time 1:30 B & B Dogs 1:45 Sing Along 2:30 Block Building 3:00 Let's Color 6:00 Sitcoms 	7 9:30 Radiant Café 10:15 Yoga Exercise 10:45 Sing Along-50's 11:15 Independent Activity 1:15 Balloon Volleyball 2:30 Bingo 4:30 Music Appreciation 6:00 Instrumental	8 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Making Snowmen 2:30 Hand Massage 4:30 Music Appreciation 6:00 Sitcoms	9 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:45 Let's Fold Clothes 2:00 Coffee & Teatime 4:30 Music Appreciation 6: 30 Game Shows	10 9:30 Radiant Café 10:15 Move w/ Me 10:45 Rhymes 11:15 Independent Activity 1:45 Hand Massages 2:30 Kim Dance Studio Performance 4:30 Music Appreciation
11 9:30 Radiant Café 10:15 Morning Stretch 11:15 Catholic Mass 1:45 Nail Flair w/ Music 2:30 Balloon Toss & Music 3:30 Music Appreciation 6:00 Relaxing Musical	12 9:30 Radiant Café 10:00 Dance with Me 10:45 Sing Along-Oldies 11:15 Independent Activity 1:30 Help Fold Clothes 2:00 Mass/Bingo MDR 2:45 Reminiscing 4:30 Monday Matinee	13 9:30 Radiant Café 10:15 Hand Exercise 10:45 Ball Toss 11:15 Independent Activity 1:00 Relaxation Time 1:45 Winter Craft 2:30 Let's Color 4:30 Music Appreciation 6:00 Sitcoms	14 9:30 Radiant Café 10:15 Morning Exercise 10:45 Sing Along-60's 11:15 Independent Activity 1:45 Balloon Volleyball 2:30 Guess What Game 4:30 Music Fun 6:00 Instrumental	15 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Winter Cookies 2:30 Hand Massage 4:30 Music Appreciation 6:00 Sitcoms	16 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:15 Ribbon Spool 2:00 Tabletop Games 6:30 Game Shows	17 9:30 Radiant Café 10:15 Move w/ Me 10:45 Rhymes 11:15 Independent Activity 1:45 Hand Massages 2:30 Table Puzzles 4:30 Music Appreciation
18 9:30 Radiant Café 10:15 Morning Stretch 11:15 Catholic Mass 1:45 Nail Flair w/ Music 2:30 Balloon Toss & Music 3:30 Music Appreciation 6:00 Relaxing Musical	19 9:30 Radiant Café 10:00 Music w/ Albert Mulad  11:15 Independent Activity 1:30 Sing Along 2:00 Mass/Bingo MDR 2:45 Meditation 4:30 Monday Matinee	20 9:30 Radiant Café 10:15 Ball Toss 10:45 Sing Along-60'S 1:00 Relaxation Time 1:30 B & B Dogs 1:45 Sing Along 2:30 Block Building 3:00 Let's Color 6:00 Sitcoms 	21 9:30 Radiant Café 10:15 Morning Exercise 10:45 Sing Along-70's 11:15 Independent Activity 1:45 Movie Matinee 4:30 Music Fun 6:00 Instrumental	22 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Thursday Exercises 11:15 Independent Activity 1:15 Music Relaxation 2:30 Hand Massage Birthday Celebrations  w/ DJ Bernie 3:00	23 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:45 Let's Fold Clothes 2:30 Tabletop Games 4:30 Music Appreciation 6:30 Game Shows	24 9:30 Radiant Café 10:15 Move w/ Me 10:45 Rhymes 11:15 Independent Activity 1:45 Hand Massages 2:30 Table Puzzles 4:30 Music Appreciation
25 9:30 Radiant Café 10:15 Morning Stretch 11:15 Catholic Mass 1:45 Nail Flair w/ Music 2:30 Balloon Toss & Music 3:30 Music Appreciation 6:00 Relaxing Musical	26 9:30 Radiant Café 10:00 Dance with Me 10:45 Sing Along-Oldies 11:15 Independent Activity 1:30 Help Fold Clothes 2:00 Mass/Bingo MDR 2:45 Reminiscing 4:30 Monday Matinee	27 9:30 Radiant Café 10:15 Hand Exercise 10:45 Ball Toss 11:15 Independent Activity 1:00 Relaxation Time 1:45 Let's Color 2:30 Warm Cookies 4:30 Music Appreciation	28 9:30 Radiant Café 10:15 Morning Exercise 11:15 Independent Activity 1:15 Balloon Volleyball 2:00 Music w/ Alexander & Reema 2:30 Guess What Game 4:30 Music Fun  6:00 Instrumental	29 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Snow Exploration 2:30 Hand Massage 4:30 Music Fun	30 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:45 Let's Fold Clothes 2:30 Card Games 4:30 Music Appreciation 6:30 Game Shows	31 9:30 Radiant Café 10:15 Move w/ Me 10:45 Rhymes 11:15 Independent Activity 1:45 Hand Massages 2:30 Table Puzzles 4:30 Music Appreciation