

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

SEPTEMBER

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 9:30 Sit & Be Fit 10:30 Worship on TV 2:00 Bingo 1:00 Coloring 3:00 Snacks 3:45 70's Music	2 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	3 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Music w/ Alex & Reema 🎵	4 9:30 Friday Fitness 10:30 Summer Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	5 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat	
	6 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	7 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	8 <u>Barber 9:00am</u> 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	9 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	10 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	11 9:30 Friday Fitness 10:30 Bird Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	12 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
	13 <u>NATIONAL GRANDPARENTS DAY</u> 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	14 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	15 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	16 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	17 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	18 9:30 Friday Fitness 10:30 Summer Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	19 <u>SUCKASUNNY DAY</u> 10:00am-3:00pm  3:15 Snack & Chat
	20 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:45 Story Time	21 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Meditation	22 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:30 40's Music	23 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	24 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Birthday Celebrants w/ DJ Bernie 🎵	25 9:30 Friday Fitness 10:30 Butterfly Games <u>TGIF - Ed Clark</u> 1:00 1:30 Bingo! 3:00	26 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
	27 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	28 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	29 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	30 <u>Hairdresser 8am</u> 9:30 Balloon Toss 11:00 Music w/ Albert Mulad 🎵 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change		
 'TIS THE SEASON							