

# ASSISTED LIVING

Merry Heart Assisted Living

118 Main Street  
Succasunna, NJ 07876

# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year! 1</b> <b>10:30 Catholic Mass</b> 1:00 Relaxing Music 2:00 Bingo! 3:15 Afternoon Matinee 	<b>2</b> 10:00 Sit & Be Fit 11:00 Trivia 1:00 Country Classics 2:00 Bingo! 3:15 Divine Mercy 4:00 Silly Sitcoms	<b>3</b> <b>10:00 Worship</b> 11:00 Morning Stretch 1:00 Jazz Classics 2:00 Bingo! 3:15 Musical	<b>4</b> 10:00 Sit & Be Fit 11:00 Word Games 1:00 Travelogue 2:00 Bingo! 3:15 Hymns <b>4:00 Catholic Mass</b>	<b>5</b> 10:00 Yoga 11:00 Meditation 1:00 Nature's Music 2:00 Bingo! 3:15 Comedy	<b>6</b> <b>Epiphany</b> 10:00 Music & Motion 11:00 Sing-Along 1:00 Classic Piano 2:00 Bingo! 3:15 Divine Mercy 4:00 Romance	<b>7</b> 10:00 Exercise 11:00 Word Games 1:00 Music/50's 2:00 Bingo! 3:15 Weekend Matinee
<b>8</b> <b>10:30 Catholic Mass</b> 1:00 Relaxing Music 2:00 Bingo! 3:15 Afternoon Matinee	<b>9</b> 10:00 Sit & Be Fit 11:00 Trivia 1:00 Country Classics 2:00 Bingo! 3:15 Divine Mercy 4:00 Silly Sitcoms	<b>10</b> <b>10:00 Worship</b> 11:00 Morning Stretch 1:00 Jazz Classics 2:00 Bingo! 3:15 Musical	<b>11</b> 10:00 Sit & Be Fit 11:00 Word Games 1:00 Travelogue 2:00 Bingo! 3:15 Hymns <b>4:00 Catholic Mass</b>	<b>12</b> 10:00 Yoga 11:00 Meditation 1:00 Nature's Music 2:00 Bingo! 3:15 Comedy	<b>13</b> 10:00 Music & Motion 11:00 Sing-Along 1:00 Classic Piano 2:00 Bingo! 3:15 Divine Mercy 4:00 Romance	<b>14</b> 10:00 Exercise 10:30 Bible Study 1:00 Music/40's 2:00 Bingo! 3:15 Weekend Matinee
<b>15</b> <b>10:30 Catholic Mass</b> 1:00 Relaxing Music 2:00 Bingo! 3:15 Afternoon Matinee	<b>16</b> 10:00 Sit & Be Fit 11:00 Trivia 1:00 Country Classics 2:00 Bingo! 3:15 Divine Mercy 4:00 Silly Sitcoms <b>Martin Luther King Jr. Day</b>	<b>17</b> <b>10:00 Worship</b> 11:00 Morning Stretch 1:00 Jazz Classics 2:00 Bingo! 3:15 Musical	<b>18</b> 10:00 Sit & Be Fit 11:00 Word Games 1:00 Travelogue 2:00 Bingo! 3:15 Hymns <b>4:00 Catholic Mass</b>	<b>19</b> 10:00 Yoga <b>11:00 Food Committee Meeting</b> 1:00 Nature's Music 2:00 Bingo! 3:15 Comedy	<b>20</b> 10:00 Music & Motion 11:00 Sing-Along 1:00 Classic Piano 2:00 Bingo! 3:15 Divine Mercy 4:00 Romance	<b>21</b> 10:00 Exercise 10:30 Word Games 1:00 Music/50's 2:00 Bingo! 3:15 Weekend Matinee
<b>22</b> <b>10:30 Catholic Mass</b> 1:00 Relaxing Music 2:00 Bingo! 3:15 Afternoon Matinee 	<b>23</b> 10:00 Sit & Be Fit 11:00 Trivia 1:00 Country Classics 2:00 Bingo! 3:15 Divine Mercy 4:00 Silly Sitcoms	<b>24</b> <b>10:00 Worship</b> <b>11:00 Resident Council Meeting</b> 1:00 Jazz Classics 2:00 Bingo! G 3:15 Musical	<b>25</b> 10:00 Sit & Be Fit 11:00 Word Games 1:00 Travelogue 2:00 Bingo! 3:15 Hymns <b>4:00 Catholic Mass</b>	<b>26</b> 10:00 Yoga 11:00 Meditation 1:00 Nature's Music 2:00 Bingo! 3:15 Comedy	<b>27</b> 10:00 Music & Motion 11:00 Sing-Along 1:00 Classic Piano 2:00 Bingo! 3:15 Divine Mercy 4:00 Romance	<b>28</b> 10:00 Exercise 10:30 Bible Study 1:00 Music/40's 2:00 Bingo! 3:15 Weekend Matinee
<b>29</b> <b>10:30 Catholic Mass</b> 1:00 Relaxing Music 2:00 Bingo! 3:15 Afternoon Matinee	<b>30</b> 10:00 Sit & Be Fit 11:00 Trivia 1:00 Country Classics 2:00 Bingo! 3:15 Divine Mercy 4:00 Silly Sitcoms	<b>31</b> <b>10:00 Worship</b> 11:00 Morning Stretch 1:00 Jazz Classics 2:00 Bingo! 3:15 Musical	<b>Calendar is VIRTUAL for January. Please tune your TV to channel 591.</b>	<b>Afternoon snack available by request at the nurse stations.</b>	<b>Activity Calendar is Subject to Change &amp; Subject to Covid 19 Precautions!</b>	<b>Video Calls can be scheduled through the MH Website.</b>