

MHL MEMORY LANE

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Daily Chronicle 10:30 Catholic Mass 2:30 Snack & Chat</p> 	<p>2</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 2:30 Snacks</p>	<p>3</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo 3:00 Hydration</p>	<p>4</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo 3:00 Snacks B 4:00 Catholic Mass</p>	<p>5</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Thursday Exercise 10:45 Card Games 2:30 Bingo! G 3:00 Hydration 3:30 Fall Social</p>	<p>6</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Friday Exercise 2:30 Bingo! G 3:15 Friday Snack Shack</p>	<p>7</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 10:30 Word Games 1:00 Music/50's 591 2:30 Bingo! 3:15 Snack & Chat</p>
<p>8</p> <p>9:00 Daily Chronicle 10:30 Catholic Mass 2:30 Snack & Chat</p>	<p>9</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 2:30 Snacks</p>	<p>10</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo 3:00 Hydration</p>	<p>11</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo 3:00 Snacks B 4:00 Catholic Mass</p>	<p>12</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Thursday Exercise 10:45 Dominoes 2:30 Bingo! G 3:30 Music Social-</p>	<p>13</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Friday Exercise 2:30 Bingo! G 3:15 Friday Snack Shack</p>	<p>14</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 10:30 Bible Study 1:00 Classical Music 591 2:30 Bingo! 3:15 Snack & Chat B</p>
<p>15</p> <p>9:00 Daily Chronicle 10:30 Catholic Mass 2:30 Snack & Chat</p> 	<p>ML King Jr. 16</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 2:30 Snacks</p> 	<p>17</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo! 3:00 Hydration 3:30 Sing Along</p>	<p>18</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo! 3:00 Snacks 4:00 Catholic Mass</p>	<p>19</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Thursday Exercise 10:45 Card Games 2:30 Bingo! G</p>	<p>20</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Friday Exercise 2:30 Bingo! G 3:15 Friday Snack Shack</p>	<p>21</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 10:30 Word Games 1:00 Music/50's 591 2:30 Bingo! 3:15 Snack & Chat</p>
<p>22</p> <p>9:00 Daily Chronicle 10:30 Catholic Mass 2:30 Snack & Chat</p> 	<p>23</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 2:30 Snacks</p>	<p>24</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo! 3:30 Sing Along</p>	<p>25</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:30 Bingo! 3:00 Snacks 4:00 Catholic Mass</p>	<p>26</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Thursday Exercise 10:45 Card Games 2:30 Bingo! G 3:30 Social</p>	<p>27</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Friday Exercise 2:00 Bingo! 3:15 Friday Snack Shack</p>	<p>28</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 10:30 Bible Study 1:00 Classical Music 591 2:30 Bingo! 3:15 Snack & Chat B</p>
<p>29</p> <p>9:00 Daily Chronicle 10:30 Catholic Mass 2:30 Snack & Chat</p>	<p>30</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Exercise 2:30 Snacks</p> 	<p>31</p> <p>9:00 Meet & Greet 9:30 Daily Chronicle 10:00 Sit & Be Fit 2:00 Bingo 3:00 Hydration 3:30 Sing Along</p>	<p>Happy New Year 2023</p> 		<p>Video Calls Can Be Scheduled through MH Website</p>	<p>Activity Calendar is Subject to Change & Subject to Covid 19 Precautions</p>