

MHS MEMORY LANE

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

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Barber 9:00am</u> 9:30 Radiant Café 10:15 Hand Exercise 10:45 Ball Toss 11:15 Name That Tune 1:30 B & B Dogs 2:00 Hangman 4:30 Music Appreciation 6:00 Sitcoms	2 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Solo Engagement 1:15 Tabletop game 2:00 Hand massages 4:30 Music Appreciation 6:00 Sitcoms	3 9:30 Radiant Café 10:15 Morning Exercise 10:45 Sing Along-60's 11:15 Independent Activity 2:00 Music w/ Alex & Reema	4 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:15 Sing along 2:30 Tabletop Games 6:30 Game Shows	5 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
	6 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	7 9:30 Radiant Café 10:00 Dance with Me 10:45 Sing Along-50's 11:15 Independent Activity 1:30 Help Fold Clothes 2:00 Mass/Bingo MDR 2:45 Meditation 4:30 Monday Matinee	8 9:30 Radiant Café 10:15 Ball Toss 10:45 Sing Along-60'S 1:00 Relaxation Time 1:45 Sing Along 2:30 Block Building 3:00 Let's Color 6:00 Sitcoms	9 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Trivia 2:30 Math Game 4:30 Music Appreciation 6:00 Sitcoms	10 9:30 Radiant Café 10:15 Yoga Exercise 10:45 Sing Along-50's 11:15 Independent Activity 1:30 Let's Paint 2:30 Balloon table game 4:30 Music Appreciation 6:00 Instrumental	11 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:45 Let's Fold Clothes 2:00 Tabletop Games 4:30 Music Appreciation 6: 30 Game Shows
13 <u>NATIONAL GRANDPARENTS' DAY</u> 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	14 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	15 9:30 Radiant Café 10:15 Hand Exercise 10:45 Ball Toss 11:15 Name That Tune 1:30 B & B Dogs 2:00 Hangman 4:30 Music Appreciation 6:00 Sitcoms	16 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Thursday Exercises 11:15 Independent Activity 1:15 Music Relaxation 1:45 Movie Matine 4:30 Music Appreciation 6:00 Sitcoms	17 9:30 Radiant Café 10:15 Morning Exercise 10:45 Sing Along-60's 11:15 Independent Activity 1:30 Let's Paint 2:30 Read with me 4:30 Music Fun 6:00 Instrumental	18 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:15 Sing along 2:30 Tabletop Games 6:30 Game Shows	19 <u>SUCKASUNNY DAY</u> 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
20 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	21 9:30 Radiant Café 10:00 Dance with Me 11:15 Independent Activity 1:30 Help Fold Clothes 2:00 Mass/Bingo MDR 2:45 Meditation 4:30 Monday Matinee	22 9:30 Radiant Café 10:15 Ball Toss 10:45 Sing Along-60'S 1:00 Relaxation Time 1:45 Sing Along 2:30 Block Building 3:00 Let's Color 6:00 Sitcoms	23 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Trivia 2:30 Math Game 4:30 Music Appreciation 6:00 Sitcoms	24 9:30 Radiant Café 10:15 Morning Exercise 10:45 Sing Along-70's 11:15 Independent Activity 2:00 Music w/ DJ Bernie 4:30 Music Fun 6:00 Instrumental	25 9:30 Radiant Café 10:15 Breathing Exercises 10:45 Therapy Music 11:15 Independent Activity 1:15 Sing alone 2:00 Men's Club 4:30 Music Appreciation 6:30 Game Shows	26 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
27 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	28 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	29 9:30 Radiant Café 10:15 Ball Toss 10:45 Sing Along-60'S 1:00 Relaxation Time 1:45 Sing Along 2:30 Block Building 3:00 Let's Color 6:00 Sitcoms	30 <u>Hairdresser 9am</u> 9:30 Radiant Café 10:15 Chair Exercise 11:15 Independent Activity 1:15 Trivia 2:30 Math Game 4:30 Music Appreciation 6:00 Sitcoms	Activity Calendar is Subject to Change & Subject to Covid 19 Precautions!		