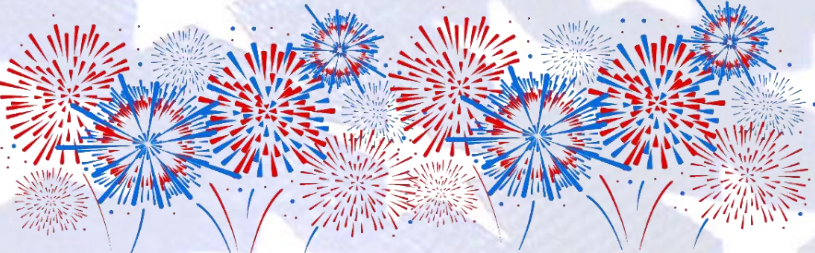


MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	2 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Music w/ Alexander & Reema	3 9:30 Friday Fitness 10:30 Summer Trivia 1:00 Piano Music on TV 2:00 Bingo! 3:15 Snack Shack	4 <u>Independence Day</u> 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
5 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snacks 3:45 Storytime	6 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	7 <u>Barber 9:00am</u> 9:30 Sit & Be Fit 10:30 Worship on TV 2:00 Bingo 1:00 Coloring 3:00 Snacks 3:45 70's Music	8 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	9 9:30 Chair Exercise 10:30 Let's Play Cards 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	10 9:30 Friday Fitness 10:30 Bird Trivia <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	11 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Chat
12 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	13 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	14 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	15 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	16 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	17 9:30 Friday Fitness 10:30 Summer Trivia 1:00 Piano Music on TV 2:00 Bingo! 3:15 Snack Shack	18 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
19 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:45 Story Time	20 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Meditation	21 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:45 50's Music	22 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	23 9:30 Chair Exercise 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Birthday Celebrants w/ DJ Bernie	24 9:30 Friday Fitness 10:30 Butterfly Games <u>TGIF - Ed Clark</u> 1:00 2:00 Bingo! 3:15 Snack Shack	25 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
26 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	27 9:30 Morning Stretch 10:30 Storytime 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	28 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Bingo 3:00 Snacks 3:45 60's Music	29 <u>Hairdresser 8am</u> 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	30 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bingo 3:30 Instrumental Songs	31 9:30 Friday Fitness 10:30 Summer Trivia 11:00 Music w/ Albert Mulad 1:00 Piano Music on TV 2:00 Bingo! 3:15 Snack Shack	Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change