

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

JULY 2025

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