

MEMORY LANE MHAL

Merry Heart Assisted Living

118 Main Street
Succasunna, NJ 07876

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BACK to School 7 9:00 Sunday Café 10:30 Catholic Mass Carnival Day 1:00pm-4:00pm 	Labor Day 1 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	2 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 3:00 Snacks 3:30 Sing Along	3 Hairdresser Sam 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	4 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bird Coloring 3:30 Music w/ The Gypsy Sisters 🎵	5 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	6 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
8 9:00 Sunday Café 10:30 Catholic Mass Carnival Day 1:00pm-4:00pm 	8 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Bingo 3:00 Snacks 3:45 Nail Flair	9 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	10 Hairdresser Sam 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	11 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Instrumental Fun 3:00 Musical Social	12 9:30 Friday Fitness 10:30 Brain Games TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	13 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
14 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	15 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	16 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 🎵 3:00 Snacks 3:30 Music w/ Kris Phiphany	17 Hairdresser Sam 9:30 Balloon Toss 10:30 Board Games 1:00 Relaxation Time 2:00 Bingo Fun! 3:45 Catholic Mass	18 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Bird Coloring 3:00 Summer Songs	19 9:30 Friday Fitness 10:30 Bird Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	20 9:30 Weekend Workout 10:30 Trivia 1:00 Sing along 2:00 Bingo! 3:15 Snack & Shack
21 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Story Time	22 First Day of Fall 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	23 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	24 Hairdresser Sam 9:30 Balloon Toss 10:30 Word Game 1:00 Relaxation Time 2:00 Movie Matinee 3:45 Catholic Mass	25 9:30 Chair Exercises 10:30 Let's Play Cards! 1:00 Relaxation Time 2:00 Flower Coloring 3:30 Music w/ DJ Bernie 🎵	26 9:30 Friday Fitness 10:30 Flower Trivia TGIF - Ed Clark 1:00 2:00 Bingo! 3:15 Snack Shack	27 9:30 Weekend Workout 10:30 Trivia 1:00 Word Games 2:00 Bingo! 3:15 Snack & Chat
28 9:00 Sunday Café 10:30 Catholic Mass 1:00 Game Toss 2:00 Bingo 3:15 Snack & Chat 3:45 Storytime	29 9:30 Morning Stretch 10:30 Word Games 1:00 Meditation Monday 2:00 Nail Flair 3:00 Snacks 3:45 Meditation	30 9:30 Game Room! 10:30 Sit & Be Fit 1:00 Coloring 2:00 Balloon Toss 3:00 Luau Party!	Video Calls can be scheduled through the MH Website Activity Calendar is Subject to Change			Hello, September!