











HOLDEN REHABILITATION & SKILLED NURSING CENTER













Please observe or join our activity programs. Programs may be changed as needed.

(CR) Community room (CS) Coffee shop (L) Library (W) Wachusett

(RR) Resident Rooms (LD) Laurel dining room (OD) Oak dining room Oriol Network (53) Patio (P)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Introducing a New Way to Engage! Throughout The Summer of 2022 the Activities Department will be rolling out a Resident Led and Focused Small Group Club Model. There will be a wide variety of different interests represented in the clubs offered and every Month during Resident Council we can check in and see how they're going and if New Ones should be added. THE CLUBS WILL BEGIN on JULY 18th</p>		<p>Spiritual Wellness Club: SWC Bible Study Club: BSC – Arts and Craft Club: ACC – Fitness and Sports Club: FSC Tabletop Games: TTG Music Appreciation Club: MAC -- Riddles and Word Games Club: RPC Card Club: CC Cinema and Drama Club: CDC Culinary Club: Cul-C – Literary Club: LC</p>	<p><i>Activities are subject to change to better meet the needs and safety of the residents... Though not scheduled we are hoping to have a cook-out for Residents by End of July.</i></p>	<p><i>Kindly see Resident Life staff for scheduling manicure appointments</i></p> 	<p>1 10:30 Easy Morning Listening (W/53) 10:45 Physical Games (CR) 11:30 Guided Meditation and Videos for Relaxation (W/53) 2:30 Games of Skill and Luck (CR) 6:00 Movie Memories (OD/53)</p>	<p>2 9:30 Wake-Up Calls 10:45 Sunshine in the Morning (P) 11:30 Great Concerts In History (53) 2:00 Manicures and Movies (CR+53)</p>
<p>3 9:30 Wake-Up Calls 10:00 Morning Exercise (CR+53) 11:00 Sunday Church Service (CR+53) 11:45 Variety Hour (53) 1:30 Audio Books (W+53) 2:30 Sunday Funday Bingo (53)</p> 	<p>4 10:45 Patriotic Trivia Challenge (CR) 11:30 Independence Day Concert (53) 1:15 Puzzles and Games (LD) 1:30 Virtual Parade (53+CR) 2:30 4th Of July Ice Cream Social (CR)</p> 	<p>5 10:00 Music of Worship (53) 10:30 Communion and Rosary Service (53+CR) 11:00 Virtual Zoo Trip (53) 1:30 Bible Study (W) 2:30 Live Music with the Return of PE James! (CR+53) 6:00 Movie Memories (LD)</p>	<p>6 10:30 Video Variety (W+53) 10:45 Morning Salutations and Exercise (CR) 11:00 Lunch at the Ballet (53) 1:00 Aromatherapy (W) 2:30 Bingo Bonanza (CR+53)</p> 	<p>7 10:00 Classic Music Morning (W+53) 10:30 Current Events (LD) 10:45 Word Games (CR) 11:30 Armchair Adventures: The Ocean 1:30 Book Cart Visits (RR) 2:30 Sweet Tooth Trivia (CR)</p> 	<p>8 10:00 Guided Breathing and Virtual Walk (W+53) 10:30 Pastry Café (CR) 11:30 Guided Meditation for Joy (W+53) 1:30 Variety Hour (CR+W) 2:30 Sunshine Social (P) 6:30 Short Stories (CR)</p>	<p>9 9:30 Wake-Up Calls 10:30 Virtual Field of Flowers (W+53) 10:45 Morning Physical Fun with Balloon Toss (CR) 11:30 Armchair Adventures: THE CIRCUS 2:00 Saturday Matinee and Hand Massages (CR+53)</p>
<p>10 9:30 Wake-Up Calls 10:00 Morning Music (CR+53) 11:00 Sunday Church Service (CR+53) 11:45 Virtual Beaches (53) 1:30 Variety Hour (W+53) 2:30 Sunday Funday Bingo (53)</p> 	<p>11 10:45 Daily Chronicle & Morning Exercise (CR+53) 11:30 Audiobook Short Stories (W+53) 1:00 Aromatherapy (W) 1:30 Sitcom Classics (CR+53) 2:30 Mystery Auction (CR) 6:00 Hand Massages and Music (OD)</p>	<p>12 10:30 Communion and Rosary Service (53+CR) 11:00 Most Beautiful Churches (53) 1:30 Bible Study (W) 1:00 Tabletop Variety (CR) 2:30 Bingo Bonanza (CR/53)</p> 	<p>13 10:30 Guided Meditation (W+53) 11:00 Art Class with Merry (CR) 11:30 Afternoon at the Virtual Symphony (53) 2:00 Fitness Fun With Marty (CR/53) 3:00 Resident Council (CR)</p>	<p>14 10:30 Morning Music (W+53) 10:45 Morning Salutations and Balloon Volleyball (CR) 11:30 Armchair Adventures: Mountains 1:00 Classic Concerts (53) 1:30 Listening To Records (CR) 2:30 Birdfeeder Building (CR)</p>	<p>15 10:30 National Storytelling Competition (53) 10:45 Sunshine and Music (P) 11:30 Poetry Visits (W/RR) 1:00 Musical Variety (CR/53) 2:00 Friday Matinee and Manicures (CR/53) 6:00 Short Stories (OD)</p>	<p>16 9:30 Wake-Up Calls 10:45 Daily Chronicle & Aerobics (CR/53) 11:15 Word Scramble (53) 11:45 Afternoon at the Symphony (53) 2:30 <u>LIVE MUSIC with LITTLE BLACK DRESS!</u> (CR/53)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>9:30 Wake-Up Calls 10:30 Morning Exercise (CR+53) 11:00 Sunday Church Service (CR+53) 11:45 Music Variety (53) 1:30 Audio Books (W+53) 2:30 Sunday Funday Bingo (53)</p> 	<p>18</p> <p>10:00 Music and Variety (53) 10:30 Spiritual Wellness Club First Meeting (W) 10:45 Riddles and Puzzle Club Initial Meeting (OD) 11:00 Music Appreciation Club First Meeting (CR) 11:30 Armchair Relaxation in Nature (53) 1:30 Tabletop Game Club (CR) 2:30 Literary Club Meeting (LD)</p>	<p>19</p> <p>10:30 Communion and Rosary Service (53+CR) 11:00 Fitness and Sports Club Meeting (OD) 11:30 Music Of Worship (53) 1:15 Quite Moments in The Sun-SWC (Patio) 1:45 Cinema and Drama Club First Meeting (W) 2:30 Arts and Craft Club First Meeting (CR) 6:00 Trivia (OD)</p>	<p>20</p> <p>10:00 A Guided Walk On the Beach SWC (W/53) 10:45 Culinary Club First Meeting (OD) 11:15 Afternoon Concert Presented by MAC (53) 1:00 Card Club Meeting (LD) 2:30 Bingo Bonanza (CR/53) 6:00 Short Stories (OD)</p> 	<p>21</p> <p>10:30 Audio Short Stories Presented by LC (53) 10:30 Games Of Skill FSC-(CR) 11:15 Dining Committee (CR/W) 11:30 Armchair Adventures (53) 1:00 Sitcom Classics Presented by CDC (53) 1:30 Aroma Therapy SWS (W) 2:30 Mystery Auction (CR)</p>	<p>22</p> <p>10:30 Morning Poetry LC (53/W) 10:45 Pastries Café (CR) 11:15 Afternoon at the Ballet (53) 1:15 Tabletop Games Club (LD) 2:00 Cinema and Drama Club (W/53) 2:30 Riddles and Word Games (CR) 3:00 Sunshine and Peace (Patio)</p>	<p>23</p> <p>9:30 Wake-Up Calls 10:30 Morning Music (W/53) 10:45 Trivia and Exercise (CR) 11:30 Afternoon Visits (RR) 2:00 Saturday Matinee and Hand Massages (CR/53)</p>
<p>24</p> <p>9:30 Wake-Up Calls 10:00 Choirs of the World (53/W) 10:30 Morning Word Games (CR) 11:15 Chapel Service (CR/53) 11:00 Documentaries of The Day (53) 2:30 Sunday Funday Bingo</p> 	<p>25</p> <p>10:30 Guided Meditation and Deep Breathing-SWC (W/53) 10:45 Monday Puzzles and Word Games-RWG- (OD) 11:15 Let's Talk Summer Songs-MAC (Patio) 11:45 Armchair Theater Play Picked by CDC (53) 1:30 Tabletop Game Club (CR) 1:45 Card Club (CR) 2:30 Literary Club Meeting (LD)</p>	<p>26</p> <p>10:30 Communion and Rosary Service (53+CR) 11:00 Exercise and Games of Skill-FSC (OD) 11:30 Classical Music Lunch (53) 1:15 Quite Moments in The Sun-SWC (Patio) 1:45 Cinema and Drama Club (W) 2:30 Arts and Craft Club First Meeting (CR)</p>	<p>27</p> <p>10:30 Audio Books LC (W/53) 10:45 Culinary Club (OD) 11:15 Spiritual Wellness Sensory Hour (W) 1:00 Gameshow Classics (53) 1:15 Summer Songs MAC (CR/53) 2:30 Bingo Bonanza (CR/53)</p> 	<p>28</p> <p>10:30 Documentary Morning CDC (53) 10:45 Sit Down Yoga FSC/SWC (CR/53) 11:30 Word Scrambles RWC (LD) 1:00 Card Club (Café) 1:30 Library Cart Visits (RR) 2:30 Live Entertainment with MR. Magic!</p> 	<p>29</p> <p>10:15 Virtual Guided Forest Walk (W/53) 10:45 July Trivia-RWG (CR) 11:30 July Musicians Playlist (53) 1:00 Tabletop Game Club (LD) 2:30 July Birthday Celebration (CR)</p> 	<p>30</p> <p>9:30 Wake-Up Calls 10:30 Classical Composers in the Morning (W/53) 10:45 What's in a Word (CR) 11:30 Poetry Out Loud (53) 2:00 Saturday Matinee and Manicures (CR)</p>
<p>31</p> <p>9:30 Wake-Up Calls 10:30 Songs of Devotion (53) 10:45 Name that Saint (CR) 11:15 Chapel Service (CR/53) 1:30 Classic Concerts (CR/53) 2:30 Sunday Funday Bingo</p> 		<p><u>Introducing a New Way to Engage!</u></p> <p>Throughout The Summer of 2022 the Activities Department will be rolling out a Resident Led and Focused Small Group Club Model. There will be a wide variety of different interests represented in the clubs offered and every Month during Resident Council we can check in and see how they're going and if New Ones should be added.</p>		<p>Spiritual Wellness Club: SWC Bible Study Club: BSC – Arts and Craft Club: ACC – Fitness and Sports Club-FSC Tabletop Games: TTG Music Appreciation Club: MAC -- Riddles and Word Games Club: RWC Card Club: CC Cinema and Drama Club: CDC Culinary Club: Cul-C Literary Club: LC</p>	<p><i>Kindly see Resident Life staff for scheduling manicure appointments</i></p>  <p><i>Activities are subject to change to better meet the needs of the</i></p>	 <p>2022</p>