



# 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 (CTYD) Courtyard

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



2023

# February



BLACK HISTORY  
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY</b> <b>2023</b> <i>Please observe or join our activity programs All activities subject to change with or without notice to better meet the needs and safety of the residents.</i>	<b>SPECIAL DAYS</b> <b>Groundhog Day</b> February 2 <b>Tu BiShvat</b> February 5-6 <b>Super Bowl</b> February 12 <b>Valentine's Day</b> February 14 <b>Presidents' Day</b> February 20 <b>Mardi Gras</b> February 21 	<i>Kindly see Resident Life staff for scheduling manicure appointments</i> 	<b>1</b> <b>Clark Gable's Birthday ~ 1901</b>  Morning Greetings (RR) 9:45 Chronicle & Workout (CR/53) <b>10:00 Love Balloon Volleyball (CR)</b> <b>11:00 Room Visits &amp; Bookmobile (W/RR)</b> 1:30 Jigsaw Puzzle "Fitness" & Tunes (CR/53) <b>2:00 "William Clark Gable" What's in his Name? (CR)</b> 3:00 Café Hollywood (CR) 6:00 Soldier of Fortune (53) 	<b>2</b> <b>Groundhog Day</b> Morning Greetings (RR) 9:30 Welcome Maggie! 9:45 Chronicle & Fitness (CR/53) <b>10:00 Manicures (CR)</b>  <b>11:30 At the Opera (W/53)</b> <b>1:30 Aroma Therapy (W)</b> <b>2:00 Lucky Bingo Ground (CR)</b>  <b>3:00 Lets Chill with Phil Chocolate</b> <b>Ice Cream Shakes (CR/53)</b> <b>6:00 Sunset Sing-A-Long (CR)</b> <b>6:00 Rosary Resonate (53)</b>	<b>3</b> <b>National Wear Red Day</b>  Morning Greetings (RR) 9:45 Chronicle & Workout (CR/53) <b>10:00 "Cardio" Carnival Games (R)</b>  <b>11:30 Great Museums: Baseball Hall of Fame (W/53)</b> <b>1:30 Virtual Concerts (W/53)</b> <b>2:30 Welcome the Cavaliers! (CR/53)</b> <b>3:00 Strawberry Shortcake Social (CR/53)</b> <b>6:00 Armchair Travels (53)</b> <b>6:00 Friday Fun Night (CR)</b> <b>Shabbat Shalom</b> 	<b>4</b> <b>"Lucky Lindy" Day</b> <b>Charles A. Lindbergh ~1902</b> Morning Greetings (RR) 10:00 Chronicle & Fitness (CR/53) <b>10:30 "Across the Ocean" Dice Games (CR/53)</b>  <b>1:30 Spark: International Space Station (W/53)</b> <b>2:00 BINGO! (CR/53)</b>  <b>3:00 Happy Hour! (CR)</b>  <b>6:00 Spirit of St. Louis (53)</b> <b>6:00 Evening Spa (CR)</b>
<b>5</b> <b>Hank Aaron's Birthday</b> <b>"Hammerin' Hank" ~ 1934</b> <b>Morning Greetings (RR)</b> <b>11:15 Chapel Service with St. Francis Church (CR/53)</b>  <b>11:45 Sunday Jazz (W/53)</b> <b>1:30 Flying Over USA (W/53)</b> <b>2:00 Sunday Matinee &amp; Manicures (CR/53)</b> <b>6:00 Hymns &amp; Nature (53)</b>  <b>Tu B'shevat</b> <b>begins at sundown</b> 	<b>6</b> <b>Make-Believe Monday</b>  Morning Greetings (RR) <b>10:30 Daily Chronicle &amp; Enchanted Fitness (CR/53)</b> <b>11:00 TALES Categories Word Games (CR)</b> <b>11:30 Guided Meditation (53)</b> <b>1:30 TV Classics (53/W)</b> <b>2:00 Crowns &amp; Tiaras</b>  <b>Musical Chair &amp; Social (CR/53)</b> <b>6:00 Movie Night (OD/53)</b> <b>~ Beauty and the Beast ~</b>	<b>7</b> <b>Little House Day</b>  Morning Greetings (RR) <b>10:30 Rosary</b> <b>Service &amp; Prayer with St. Mary's Church (CR/53)</b> <b>11:30 Travelogue (53)</b> <b>11:30 Aroma Therapy (W)</b> <b>1:00 Beyond the Prairie: Story of Laura Ingalls Wilder (W/53)</b> <b>2:00 Y'All, Saddle Up! Bingo (CR/53)</b>  <b>3:00 Chuck Wagon Café (CR)</b> <b>6:00 Best Classic Country Songs (53)</b>	<b>8</b> <b>Laugh &amp; Grow Rich Day</b>  Morning Greetings (RR) 9:45 Chronicle & Workout (CR/53) 10:00 Oh, Shoot, Parachute! (CR) <b>11:00 Room Visits &amp; Bookmobile (W/RR)</b> <b>1:30 Art Class with Merry Benito (CR)</b> 1:30 Vinyl Record & Jigsaw Puzzles (CR) <b>2:00 Magic Ink Pen Pal Society (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b>  <b>6:00 Comedy Night (53)</b>	<b>9</b> <b>National Pizza Day</b>  Morning Greetings (RR) 9:45 Chronicle & Morning Fitness (CR/53) <b>10:00 Nail Studio (R)</b>  <b>11:00 Chapel Service with St. Francis Church (CR/53)</b> <b>11:30 At the Opera (W/53)</b> <b>12:00 Pizza Buffet (CR)</b>  <b>1:30 Aroma Therapy (W)</b> <b>2:00 Bingo (CR)</b> <b>3:00 Apple Pie &amp; Coffee (CR)</b> <b>6:00 Rosary Resonate (53)</b> <b>6:00 Sunset Sing-A-Long (CR)</b>	<b>10</b> <b>Gold Rush Days</b>  Morning Greetings (RR) 9:45 Chronicle & Workout (CR/53) <b>10:00 "Sonora California" Word &amp; Gold Mining Game (CR)</b> <b>11:30 Great Museums: Treasures of the Louvre (W/53)</b> <b>1:30 Virtual Concerts (W/53)</b> <b>2:30 Let the Good Times Roll with Bob Jordan (CR)</b>  <b>3:30 Gold Star Café (CR)</b> <b>6:00 Armchair Travels (53)</b> <b>6:00 Friday Fun Night (CR)</b> <b>Shabbat Shalom</b>	<b>11</b> <b>Be "Electric" Day</b> Morning Greetings (RR) 10:00 Chronicle & Weekend Fitness (CR/53) <b>10:30 Double Dare Dice Games (CR/53)</b>  <b>1:30 How Edison Electrified the USA (W/53)</b> <b>2:00 BINGO! (CR/53)</b>  <b>3:00 Happy Hour! (CR)</b>  <b>6:00 Evening Spa (CR)</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>12 Super Bowl Sunday</div> <div>Morning Greetings (RR)</div> <div>11:15 Chapel Service with St. Francis Church (CR/53)</div> <div>11:45 Sunday Jazz (W/53)</div> <div>1:30 Flying Over (W/53)</div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>5:00 Hymns &amp; Nature (53)</div> <div>Add Your Voice</div> <div>6:30 NBC Super Bowl Night!</div> <div></div>	<div>13 Post Office Day</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Fitness (CR/53)</div> <div>10:00 Positively Postal &amp; Signed Sealed Sent Where? ~ Word Games (CR)</div> <div>11:00 What is in the Parcel? Guessing Game (CR)</div> <div>11:30 Guided Meditation (53)</div> <div>1:30 TV Classics (53/W)</div> <div>2:00 Rolling Zip Codes ~ Game (CR)</div> <div>3:00 Sealed with a Kiss Cupcakes &amp; Coffee (CR)</div> <div>6:00 Hallmark Movie Night (23)</div> <div></div> <div></div> <div></div>	<div>14 HAPPY VALENTINE'S DAY</div> <div>Morning Greetings (RR)</div> <div>10:30 Rosary Service and Prayer with St. Mary's Church (CR/53)</div> <div>11:30 Travelogue (53)</div> <div>11:30 Aroma Therapy (W)</div> <div>1:00 Poetry Corner (W/53)</div> <div>2:00 Sweetheart Bingo (CR)</div> <div>3:00 Cup of Love Café (CR)</div> <div>6:00 Duets Love Songs of All Time (53)</div> <div></div> <div></div> <div></div>	<div>15 Flag Day (Canada)</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle, Exercise &amp; Kickball Circle (CR/53)</div> <div>11:00 Room Visits Bookmobile (W/RR)</div> <div>1:30 Vinyl Record &amp; Jigsaw Puzzle "Fitness" (CR/53)</div> <div>2:00 TRIVIA Pursuit (CR)</div> <div>5:30 Candlelight Dinner (CR)</div> <div>6:00 The Carol Burnett Show (53)</div> <div></div> <div></div> <div></div> <div></div>	<div>16 Studebaker Day</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Fitness (CR/53)</div> <div>10:00 Nail Studio (R)</div> <div>11:30 At the Opera (W/53)</div> <div>1:30 Aroma Therapy (W)</div> <div>11:00 Dining Committee Meeting (CR)</div> <div>2:00 Bingo (CR)</div> <div>3:00 Drive Through Café ~ Root Beer Float (CR)</div> <div>6:00 Rosary Resonate (53)</div> <div>6:00 Sunset Sing-A-Long (CR)</div> <div></div> <div></div> <div></div> <div></div>	<div>17 National Caregivers Day</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Workout (CR/53)</div> <div>10:00 Staff &amp; Residents Donuts &amp; Coffee Lounge (CR)</div> <div>11:30 Great Museums (W/53)</div> <div>1:30 Virtual Concerts (W/53)</div> <div>2:00 Mystery Auction (CR)</div> <div>6:00 Armchair Travels (53)</div> <div>6:00 Friday Fun Night (CR)</div> <div>Shabbat Shalom</div> <div></div> <div></div> <div></div>	<div>18 Happy Birthday, John Travolta ~ 1954</div> <div>Morning Greetings (RR)</div> <div>10:00 Chronicle &amp; Weekend Fitness (CR/53)</div> <div>10:30 Senior Gold Disco Line Dance (CR/53)</div> <div>1:30 Grease (W/53)</div> <div>2:00 BINGO! (CR/53)</div> <div>3:00 Happy Hour! (CR)</div> <div>6:00 Evening Spa (CR)</div> <div></div> <div></div> <div></div>
<div>19 NASCAR</div> <div>Morning Greetings (RR)</div> <div>11:15 Chapel Service with St. Francis Church (CR/53)</div> <div>11:45 Sunday Jazz (W/53)</div> <div>1:30 Flying Over (W/53)</div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>2:30 Daytona 500 NASCAR Race on FOX</div> <div>5:00 Hymns &amp; Nature (53)</div> <div>Add Your Voice</div> <div></div> <div></div>	<div>20 Presidents' Day</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Presidential Fitness (CR/53)</div> <div>10:00 Commander-in-Chief Word Mining (CR)</div> <div>11:00 Race for the White House Game (CR)</div> <div>11:30 Guided Meditation (53)</div> <div>1:30 TV Classics (53/W)</div> <div>2:00 Presidents' Day Celebration with Lauren (CR)</div> <div>3:00 Cherry Pie Social (CR)</div> <div>6:00 George Washington (53)</div> <div></div>	<div>21 MARDI GRAS</div> <div>Morning Greetings (RR)</div> <div>10:30 Rosary Service and Prayer with St. Mary's Church (CR/53)</div> <div>11:30 Travelogue (53)</div> <div>11:30 Aroma Therapy (W)</div> <div>1:00 Virtual Tours (W/53)</div> <div>2:00 Mardi Gras Fat Tuesday</div> <div>3:00 King Cake Catering (CR)</div> <div>6:00 Night Cafe Music - Jazz Lounge Music (53)</div> <div></div>	<div>22 Ash Wednesday</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle, Exercise &amp; Lucky Ducks Ring Toss (CR/53)</div> <div>11:00 Room Visits &amp; Bookmobile (W/RR)</div> <div>1:30 Vinyl Record &amp; Jigsaw Puzzles "Fitness" (CR/53)</div> <div>2:00 Bottom's Up (CR)</div> <div>3:00 Snack &amp; Chat (CR)</div> <div>6:00 Comedy Corner (53)</div> <div></div> <div></div> <div></div>	<div>23 Handel's Birth Anniversary ~ 1685</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Musical Fitness (CR/53)</div> <div>10:00 Nail Studio (R)</div> <div>11:00 Resident Council (CR)</div> <div>11:30 At the Opera (W/53)</div> <div>1:30 Aroma Therapy (W)</div> <div>2:00 Classical Bingo (CR)</div> <div>6:00 Rosary Resonate (53)</div> <div>3:00 Masterpiece Café (CR)</div> <div>6:00 Sunset Sing-A-Long (CR)</div> <div></div> <div></div>	<div>24 "Once Upon a Time" Day</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Workout (CR/53)</div> <div>10:00 Tumbling Down the Rabbit Hole ~ Bowling (CR)</div> <div>11:30 Great Museums (W/53)</div> <div>1:30 Virtual Concerts (W/53)</div> <div>2:00 Alice in Wonderland Tea Party (CR)</div> <div>6:00 Armchair Travels (53)</div> <div>6:00 Friday Fun Night (CR)</div> <div>Shabbat Shalom</div> <div></div> <div></div>	<div>25 Safari Saturday</div> <div>Morning Greetings (RR)</div> <div>10:00 Chronicle &amp; Weekend Fitness (CR/53)</div> <div>10:30 Serengeti Golf Tournament (CR/53)</div> <div>1:30 (W/53)</div> <div>2:00 BINGO! (CR/53)</div> <div>3:00 Happy Hour! (CR)</div> <div>6:00 Evening Spa (CR)</div> <div></div> <div></div> <div></div>
<div>26 Morning Greetings (RR)</div> <div>10:00 "Heart of My Heart" Sing &amp; Party with Jeff Thomas (CR)</div> <div>11:15 Chapel Service with St. Francis Church (CR/53)</div> <div>11:45 Sunday Jazz (W/53)</div> <div>1:30 Flying Over (W/53)</div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>5:00 Hymns &amp; Nature (53)</div> <div>Add Your Voice</div> <div></div> <div></div>	<div>27 Elizabeth Taylor's ~ 1932</div> <div>Morning Greetings (RR)</div> <div>9:45 Chronicle &amp; Hollywood Fitness (CR/53)</div> <div>10:00 Elizabeth Taylor Word Mining (CR/53)</div> <div>11:00 Balloons &amp; Tunes (CR)</div> <div>11:30 Guided Meditation (53)</div> <div>1:30 TV Classics (53/W)</div> <div>2:00 Stars of the Month Birthday Bash (CR)</div> <div>6:00 Elizabeth Taylor ~ A&amp;E Biography (53)</div> <div></div> <div></div>	<div>28 Floral Design Day</div> <div>Morning Greetings (RR)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR/53)</div> <div>11:30 Travelogue (53)</div> <div>11:30 Aroma Therapy (W)</div> <div>1:00 Poetry Corner (W/53)</div> <div>2:00 Blooming Bingo</div> <div>3:00 Red Rose Café (CR)</div> <div>6:00 Classical Music (53)</div> <div></div> <div></div>	<div>Broadcasting Live!! Special Activity Programs</div> <div>LIVE STREAMING</div> <div>Channel 53 Please Tune In!</div> <div>PLAY</div> <div></div> <div></div> <div></div>	<div>Happy Valentine's Day</div> <div>Be Mine</div> <div></div>	<div>What's Lucky in February?</div> <div>Color: Blue</div> <div>Animal: Monkey</div> <div>Letters: L &amp; W</div> <div>Day: Saturday</div> <div>Plant: Rose</div> <div></div>	<div>Presidents' Day</div> <div></div> <div></div>