

# HOLDEN REHABILITATION & SKILLED NURSING CENTER

(CR) Community Room (CS) Coffee Shop (W) Wachusett

(53) Oriol TV Network (C) Courtyard (RR) Resident Rooms

(LD) Laurel Dining/Day Room (OD) Oak Dining/Day Room (L) Library





# September

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sensory Connection: VIP Visits &amp; OTN-53</b>  1:1 Activities include but not limited to: Aroma Therapy, Rhythm Music, Puzzles, Art, Hand Massages, Manicures, Physical Games, P7et visits, Spiritual Readings, Reminiscing, Short Stories, Tactile Sensory, Games & Sensory Items, Daily Devotional as <b>Resident Room Visits</b>	<b>SEPTEMBER 2023</b>  <i>Please observe or Join our activity programs</i>  <i>All activities subject to change with or without notice to better meet the needs and safety of the residents.</i>	Broadcasting Live!! Special Activity Programs <b>LIVE STREAMING</b> Oriol TV Network Channel 53 Please Tune In! 		<b>Special Days</b>  <b>Labor Day</b> September 4 <b>Grandparents' Day</b> September 10 <b>Patriot Day</b> September 11 <b>Rosh Hashanah</b> September 15-17 <b>First Day of Autumn</b> September 23 <b>Yom Kippur</b> September 24-25 <b>Full Harvest Moon</b> September 29	<b>1 The Last Passenger Pigeon ~ 1914</b> Morning Greetings (RR) <b>9:30 Positive Thinking &amp; Yoga Studio (CR)</b> <b>10:30 VIP Visits (W)</b> <b>10:30 Lace Dove Arts &amp; Crafts (CR)</b> <b>1:30 Virtual Concerts (53)</b> <b>2:00 Oriol Academy Travelogue (CR)</b> <b>3:30 Dove Chocolate CAFÉ (CR)</b> <b>5:00 Armchair Travels (53) Shabbat Shalom</b>	<b>2 Rock and Roll Hall of Fame Anniversary ~ 1995</b>  Morning Greetings (RR) <b>9:30 Stretch &amp; Tone (CR)</b> <b>10:30 VIP Visits (W)</b> <b>10:30 Rock &amp; Roll Dice Games (CR)</b> <b>2:00 Rock Star Bingo (CR/53)</b> <b>3:00 Happy Hour! (CR)</b> <b>5:00 NATIONAL GEOGRAPHIC (53)</b>
<b>3 American Flag Flown in Battle Day ~ 1777</b> <b>9:30 Sunday Jazz (53)</b> <b>10:30 Silver Sneakers Fitness (CR)</b> <b>11:15 Chapel Service with St. Francis Church (CR)</b> <b>2:00 Sunday Matinee &amp; Manicures (CR/53)</b> <b>5:30 Classical Music (53)</b>	<b>4 HAPPY LABOR DAY</b> Morning Greetings (RR) <b>9:30 AM Workout (CR)</b> <b>10:30 Labor Day Clay Time ~ Finishing Touches (CR)</b> <b>1:30 TV Classics (53)</b> <b>2:00 LABOR DAY Celebration (CR)</b> Labor Day Laughs ~ Would You Rather? & A-Z Occupational Trivia <b>3:30 Snack &amp; Chat (CR)</b> <b>5:00 Russian Music (53)</b> <b>5:00 Dinner Theater (24)</b> 	<b>5 Service Dogs Day</b> Morning Greetings (RR) <b>9:30 Stretch &amp; Tone Fitness (CR)</b> <b>10:30 VIP Visits (RR)</b> <b>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</b> <b>11:30 Show Time (53)</b> <b>1:00 Zen (53)</b> <b>2:00 K9 Bingo (CR/53)</b> <b>3:00 Pawsome Café (CR)</b> <b>5:00 Pluto Spanish TV (53)</b>	<b>6 Wiser Now Wednesday</b> Morning Greetings (RR) <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:30 VIP Visits (RR)</b> <b>10:30 PO-KE-NO (CR)</b> <b>1:30 Bookmobile (RR)</b> <b>2:30 Music played with true panache by Clyde Wheatley &amp; Open Juice Bar (CR)</b> <b>5:00 WALT DISNEY (53)</b>	<b>7 KICKOFF DAY</b> Morning Greetings (RR) <b>9:30 Friendly Fitness (CR)</b> <b>9:30 Visits with Maggie Alliance Therapy Dogs</b> <b>10:00 Silver Bullets (CR)</b> <b>10:30 Harvest Spa (CR)</b> <b>10:30 VIP Visits (W)</b> <b>1:30 VIP Visits (RR)</b> <b>2:00 Tackle Bingo (CR/53)</b> <b>3:30 NFL Café (CR)</b> <b>5:00 Rosary Resonate (53)</b> <b>8:20 Kickoff ~ NBC</b>	<b>8 Star Trek ~ 1966</b> Morning Greetings (RR) <b>9:30 Positive Thinking &amp; Yoga Studio (CR)</b> <b>10:30 VIP Visits (W)</b> <b>10:30 Word Mining: "Live long and prosper"</b> <b>11:00 First Congregational Church Service (CR)</b> <b>1:30 Virtual Concerts (53)</b> <b>2:00 Oriol Academy Travelogue (CR)</b> <b>3:30 Enterprise Social (CR)</b> <b>5:00 Armchair Travels (53) Shabbat Shalom</b>	<b>9 Iguana Awareness Day</b> Morning Greetings (RR) <b>9:30 Stretch &amp; Tone (CR)</b> <b>10:30 VIP Visits (W)</b> <b>10:30 LEAPING LIZARDS</b> <b>Dice Games (CR)</b> <b>2:00 Zoo Bingo (CR/53)</b> <b>3:00 Happy Hour! (CR)</b> <b>5:00 NATIONAL GEOGRAPHIC (53)</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10</div> <div> <b>Happy Grandparents Day</b></div> <div>9:30 Sunday Jazz (53)</div> <div>10:30 Silver Sneakers Fitness (CR)</div> <div>11:15 Chapel Service with St. Francis Church (CR)</div> <div></div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>5:30 Classical Music (53)</div>	<div>11</div> <div><i>The Carol Burnett Show</i> ~ 1967</div> <div>Morning Greetings (RR)</div> <div>9:30 AM Workout (CR)</div> <div>10:30 Scarecrow Craft Show (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>1:30 TV Classics (53)</div> <div>2:00 Writers Lounge (CR)</div> <div>3:00 Carol's Café (CR)</div> <div>5:00 Russian Music (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div>	<div>12</div> <div>Jack &amp; Jackie's Wedding Anniversary ~ 1953</div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone Fitness (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>11:30 Show Time (53)</div> <div>1:00 Zen (53)</div> <div>2:00 RSVP Bingo (CR/53)</div> <div>3:00 Kennedy Café (CR)</div> <div>5:00 Pluto Spanish TV (53)</div>	<div>13</div> <div>Happy Birthday Milton S. Hershey ~ 1857</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Up &amp; At'Em! Gym (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 PO-KE-NO (CR)</div> <div></div> <div>1:30 Bookmobile (RR)</div> <div>1:30 Art with Merry (CR)</div> <div>3:00 Chocoholics' Happy Hour (53)</div> <div>5:00  (53)</div>	<div>14</div> <div>Cream-Filled Donut Day</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Friendly Fitness (CR)</div> <div>10:00 Shopping Spree (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>11:00 Chapel Service with St. Francis Church (CR)</div> <div>1:30 VIP Visits (RR)</div> <div>2:00 Bingo (CR/53)</div> <div></div> <div>3:30 Donut Bar (CR)</div> <div>5:00 Rosary Resonate (53)</div>	<div>15</div> <div>Morning Greetings (RR)</div> <div>9:30 Positive Thinking &amp; Yoga Studio (CR)</div> <div>10:00 Silver Bullets (CR)</div> <div>10:30 Harvest Spa (CR)</div> <div></div> <div>1:30 Virtual Concerts (53)</div> <div>2:30 Happy Birthday Party with Jeff Thomas (CR)</div> <div></div> <div>3:00 Coffee &amp; Cake (CR)</div> <div>5:00 Armchair Travels (53)</div> <div></div> <div>HAPPY ROSH HASHANAH!</div>	<div>16</div> <div> Begins</div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div>10:30 VIP Visits (W)</div> <div>10:30 Beer Barrel Dice Games (CR)</div> <div></div> <div>2:00 Bavaria Bingo (CR/53)</div> <div>3:00 Happy Hour! (CR)</div> <div></div> <div>5:00  NATIONAL GEOGRAPHIC (53)</div>
<div>17</div> <div><b>M*A*S*H</b> ~ 1972</div> <div>9:30 Sunday Jazz (53)</div> <div>10:30 Silver Sneakers Fitness (CR)</div> <div>11:15 Chapel Service with St. Francis Church (CR)</div> <div></div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>5:30 Classical Music (53)</div>	<div>18</div> <div>Happy Birthday, U.S. Air Force ~ 1947</div> <div>Morning Greetings (RR)</div> <div>9:30 AM Workout (CR)</div> <div>10:30 Birdfeeders for our Flying "Friends" (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>1:30 TV Classics (53)</div> <div>2:30 Enriching Women's Lives ~ Simple Makeup (CR)</div> <div>3:00 Open Juice Bar (CR)</div> <div>5:00 Russian Music (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div>	<div>19</div> <div>Talk Like a Pirate ~ Arrr!</div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone Fitness (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>11:30 Show Time (53)</div> <div>1:00 Zen (53)</div> <div>2:00 Bandit Bingo (CR/53)</div> <div>3:00 Café Ahoy (CR)</div> <div>5:00 Pluto Spanish TV (53)</div>	<div>20</div> <div>"Back to School" Memories Day</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Up &amp; At'Em! Gym (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 PO-KE-NO (CR)</div> <div></div> <div>1:30 Dining Committee (CR)</div> <div>1:30 Bookmobile (RR)</div> <div>2:30 Music of the Decades with John Morello (CR)</div> <div></div> <div>3:30 Snack &amp; Chat (CR)</div> <div>5:00  (53)</div>	<div>21</div> <div>World Alzheimer's Day</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Friendly Fitness (CR)</div> <div>10:00 Silver Bullets (CR)</div> <div>10:30 Harvest Spa (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>1:30 VIP Visits (RR)</div> <div>2:00 Bingo (CR/53)</div> <div>3:30 Fountain of Youth (CR)</div> <div>5:00 Rosary Resonate (53)</div>	<div>22</div> <div>Day of Radiant Peace</div> <div>Morning Greetings (RR)</div> <div>9:30 Positive Thinking &amp; Yoga Studio (CR)</div> <div>10:30 VIP Visits (W)</div> <div></div> <div>10:30 Peaceful Door Decor Crafts (CR)</div> <div>1:30 Virtual Concerts (53)</div> <div>2:00 Oriol Academy Travelogue (CR)</div> <div></div> <div>3:30  (CR)</div> <div>5:00 Armchair Travels (53)</div> <div>Shabbat Shalom</div>	<div>23</div> <div> AUTUMN</div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div>10:30 VIP Visits (W)</div> <div>10:30 Squirrels Marathon Dice Games (CR)</div> <div></div> <div>2:00 Going nuts for Bingo! (CR/53)</div> <div>3:00 Happy Hour! (CR)</div> <div></div> <div>5:00  NATIONAL GEOGRAPHIC (53)</div>
<div>24</div> <div>Pacific Ocean Discovered ~ 1513</div> <div>9:30 Sunday Jazz (53)</div> <div>10:30 Silver Sneakers Fitness (CR)</div> <div>11:15 Chapel Service with St. Francis Church (CR)</div> <div></div> <div>2:00 Sunday Matinee &amp; Manicures (CR/53)</div> <div>5:30 Classical Music (53)</div> <div></div> <div>Begins at Sundown</div>	<div>25</div> <div> ONE HIT WONDER</div> <div>Morning Greetings (RR)</div> <div>9:30 AM Workout (CR)</div> <div>10:30 Pumpkin Pass Musical Chair (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>1:30 TV Classics (53)</div> <div>2:30 Happy Tunes with Gary Landgren (CR)</div> <div></div> <div>3:00 Open Juice Bar (CR)</div> <div>5:00 Russian Music (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div>	<div>26</div> <div>Johnny Appleseed's Birthday ~ 1774</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>11:30 Show Time (53)</div> <div>1:00 Zen (53)</div> <div>2 Orchard Bingo (CR/53)</div> <div>3:00  (CR)</div> <div>5:00 Pluto Spanish TV (53)</div>	<div>27</div> <div>Ancestor Appreciation Day</div> <div>Morning Greetings (RR)</div> <div>9:30 Up &amp; At'Em! Gym (CR)</div> <div>10:30 VIP Visits (RR)</div> <div>10:30 PO-KE-NO (CR)</div> <div></div> <div>12:00 Lunch Bunch (CR)</div> <div>1:30 Bookmobile (RR)</div> <div>2:30 Finding Your Roots ~ Family &amp; Wisdom Tree</div> <div></div> <div>3:30 Heritage Social (CR)</div> <div>5:00  (53)</div>	<div>28</div> <div>Good Neighbor Day</div> <div>Morning Greetings (RR)</div> <div>9:30 Friendly Fitness (CR)</div> <div>10:00 Silver Bullets (CR)</div> <div>10:30 Harvest Spa (CR)</div> <div></div> <div>10:30 VIP Visits (W)</div> <div>11:00 Resident Council (CR)</div> <div>1:30 VIP Visits (RR)</div> <div>2:00 Neighborhood Block Party Bingo (CR/53)</div> <div>3:30  (CR)</div> <div>5:00 Rosary Resonate (53)</div>	<div>29</div> <div>Rockefeller Day</div> <div>Morning Greetings (RR)</div> <div>9:30 Positive Thinking &amp; Yoga Studio (CR)</div> <div>10:30 VIP Visits (W)</div> <div>10:30 Count on IT! Number Games (CR)</div> <div>1:30 Virtual Concerts (53)</div> <div>2:00 Oriol Academy Travelogue (CR)</div> <div></div> <div>3:30 Billionaire's Bash (CR)</div> <div>5:00 Armchair Travels (53)</div> <div></div> <div>Begins at Sundown</div>	<div>30</div> <div>Submarine Day</div> <div></div> <div>Morning Greetings (RR)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div>10:30 VIP Visits (W)</div> <div>10:30 All Aboard! Dice Games (CR)</div> <div></div> <div>2:00 Deep Sea Bingo (CR/53)</div> <div>3:00 Happy Hour! (CR)</div> <div></div> <div>5:00  NATIONAL GEOGRAPHIC (53)</div>