














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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Days New Year's Day January 1 Epiphany January 6 Orthodox New Year January 14 Martin Luther King Day January 15 Makar Sankranti January 15 National Puzzle Day January 29 Hot Chocolate Day January 31	1  Morning Greetings (RR) 9:30 Oriol FM Wish List (53) 9:30 AM Workout (CR) 10:00 Cool Manicures & Hot Cocoas (CR)  11:00 Rose Bowl Parade (CR) 2:00 New Year's Resolution ~ Word Mining, Mix & Mingle Social (CR) 4:00 Cozy Tunes (53) 5:00 Dinner Theater (24)  6:00 Trivia Pursuit (R)	2 Science Fiction Day Morning Greetings (RR) 9:00 Wonderland Zen (53) 9:30 Stretch & Tone (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR)  2:00 BINGO (CR/53) 3:00 The "Blizzard" Ice Cream Shakes (CR)  4:00 Pluto Spanish TV (53) 6:00 Mystery Night (CR)	3 Oh, Baby! It's January! Morning Greetings (RR) 9:30 Positive Thinking & Yogacize! (CR) 10:00 Billboard Hits (53) 10:30 VIP Visits (RR) 10:30 PO-KE-NO (CR)  1:30 Bookmobile (RR) 2:00 Baby Swaddle Relay Competition (CR) 3:00 Chips & Dip Diner (CR)  5:00 Walt Disney (53)	4 Flower Basket Day Morning Greetings (RR) 9:30 Friendly Fitness (CR) 9:30 Visits with Maggie Alliance Therapy Dogs  10:00 Country Music (53) 10:00 Nail Salon (CR)  2:00 Blooming Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 Rosary Resonate (53) 6:00 If you snooze You lose! ~ Game Night (CR)	5 National Bird Day Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 VIP Visits (W)  10:00 Get on Board! Guy's Rally (CR)  1:30 Sitcom Classics (53) 2:00 Oriol Academy Outreach Bagel Bird Feeders (CR)  3:00 Donut Bistro (CR) 4:00 Armchair Travels (53)  6:00 Cup of Conversation (CR) Shabbat Shalom	6 Charlie Brown Day Morning Greetings (RR) 9:30 Stretch & Tone (CR) 10:30 Saturday Jazz (53) 10:30 VIP Visits (W) 10:30 Snowman Marathon  Dice Games (CR) 2:00 BINGO (CR) 3:00 Open Eggnog Bar (CR)  4:00 NATIONAL GEOGRAPHIC (53)
7 Happy Birthday, Nicolas Cage Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns & Songs (CR)  11:00 Chapel Service with St. Francis Church (CR)  2:00 Sunday Matinee (CR/53)  4:00 Classical Music (53) Golden Globe Awards	8 Elvis, "The King" Lives Day Morning Greetings (RR) 9:30 Oriol FM Wish List (53) 9:30 AM Workout (CR) 10:30 VIP Visits (W) 10:00 Cool Manicures & Hot Cocoas (CR)  2:00 "The King" is in the Kitchen Guys & Ladies Baking Bash (CR)  4:00 Cozy Tunes (53) 5:00 Dinner Theater (24)  6:00 Trivia Pursuit (R)	9 "Who Said So?" Share a Quote Day Morning Greetings (RR) 9:00 Wonderland Zen (53) 9:30 Stretch & Tone (CR)  10:30 Rosary Service & Prayer with St. Mary's Church (CR)  2:00 BINGO (CR/53) 4:00 Pluto ~ Spanish TV (53) 6:00 Mystery Night (CR)	10 Chocolate Day Morning Greetings (RR) 9:30 Positive Thinking & Yogacize! (CR) 10:00 Billboard Hits (53) 10:30 VIP Visits (RR) 10:30 PO-KE-NO (CR)  1:30 Bookmobile (RR) 2:00 Fine Art Painting with Elaine (CR)  3:30 Chocoholics Fix! (CR) 5:00 Walt Disney (53)	11 Are You Feeling Lucky? Day Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Nail Salon (CR)  11:00 Chapel Service with St. Francis Church (CR)  2:00 Lucky Bingo (CR/53)  3:00 Snack & Chat (CR) 4:00 Rosary Resonate (53) 6:00 If you snooze You lose! ~ Game Night (CR)	12 Super Hero Day Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 VIP Visits (W)  10:00 Get on Board! Guy's Rally (CR)  11:00 First Congregational Church Service (CR)  1:30 Sitcom Classics (53) 2:30 Music by Clyde Wheatley & Cocktail Hour (CR)  4:00 Armchair Travels (53)  6:00 Cup of Conversation (CR) Shabbat Shalom	13 First Radio Broadcast Morning Greetings (RR) 9:30 Stretch & Tone (CR) 10:30 Saturday Jazz (53) 10:30 VIP Visits (W) 10:30 Snowman Marathon  Dice Games (CR) 2:00 BINGO (CR) 3:00 Open Eggnog Bar (CR)  4:00 NATIONAL GEOGRAPHIC (53)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>14</div> <div>Spice of Life Day</div> <div>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns & Songs (CR) 11:00 Chapel Service with St. Francis Church (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</div> <div></div>	<div>15</div> <div>MARTIN LUTHER KING, JR. DAY</div> <div>Morning Greetings (RR) 9:30 Oriol FM Wish List (53) 9:30 AM Workout (CR) 10:30 VIP Visits (W) 10:00 Cool Manicures & Hot Cocoas (CR) 2:30 I Have a Dream" Celebration with Heather (CR) 4:00 Cozy Tunes (53) 5:00 Dinner Theater (24) 6:00 Trivia Pursuit (R)</div> <div></div>	<div>16</div> <div>Hello, Dolly! opened on Broadway</div> <div>Morning Greetings (RR) 9:00 Wonderland Zen (53) 9:30 Stretch & Tone (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 BINGO (CR/53) 3:00 The "Blizzard" Ice Cream Shakes (CR) 4:00 Pluto ~ Spanish TV (53) 6:00 Mystery Night (CR)</div> <div></div>	<div>17</div> <div>Aloha! Hawaii</div> <div>Aloha! Greetings (RR) 9:30 Waikiki Workout (CR) 10:00 Billboard Hits (53) 10:30 VIP Visits (RR) 10:30 Beach Ball Volleyball (CR) 11:00 Pass the Coconut Musical Chair (CR) 12:00 Chef's Luau (CR) 1:30 Dining Committee (CR) 1:30 Bookmobile (RR) 2:00 Lei & Ukulele Blast (CR) 5:00 Walt Disney (53)</div> <div></div>	<div>18</div> <div>Happy Birthday, John Travolta</div> <div>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Nail Salon (CR) 2:00 Look Who's Talking? Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 Rosary Resonate (53) 6:00 If you snooze You lose! ~ Game Night (CR)</div> <div></div>	<div>19</div> <div>Coffee & Tea Around the World Day</div> <div>Morning Greetings (RR) 9:00 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 VIP Visits (W) 10:00 Get on Board! Guy's Rally (CR) 1:30 Sitcom Classics (53) 2:00 Oriol Academy Buckingham Palace Tea Party (CR) 4:00 Armchair Travels (53) 6:00 Cup of Conversation (CR) Shabbat Shalom</div> <div></div>	<div>20</div> <div>Penguin Awareness Day</div> <div>Morning Greetings (RR) 9:30 Stretch & Tone (CR) 10:30 Saturday Jazz (53) 10:30 VIP Visits (W) 10:30 Snowman Marathon Dice Games (CR) 2:00 BINGO (CR) 3:00 Open Eggnog Bar (CR) 4:00 NATIONAL GEOGRAPHIC (53)</div> <div></div>
<div>21</div> <div>Christian Dior Day</div> <div>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns & Songs (CR) 11:00 Chapel Service with St. Francis Church (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</div> <div></div>	<div>22</div> <div>T.G.I.M. (Thank God It's Monday!)</div> <div>Morning Greetings (RR) 9:30 Oriol FM Wish List (53) 9:30 AM Workout (CR) 10:30 VIP Visits (W) 10:00 Cool Manicures & Hot Cocoas (CR) 2:00 I Love Mondays Party with Gary (CR) 4:00 Cozy Tunes (53) 5:00 Dinner Theater (24) 6:00 Trivia Pursuit (R)</div> <div></div>	<div>23</div> <div>Coldest Day in U.S. History Anniversary -80F ~ 1971</div> <div>Morning Greetings (RR) 9:00 Wonderland Zen (53) 9:30 Stretch & Tone (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 BINGO (CR/53) 4:00 Pluto ~ Spanish TV (53) 6:00 Mystery Night (CR)</div> <div></div>	<div>24</div> <div>Compliment Day</div> <div>Morning Greetings (RR) 9:30 Positive Yogacize! (CR) 10:00 Billboard Hits (53) 10:30 VIP Visits (RR) 10:30 PO-KE-NO (CR) 12:00 Lunch Bunch (CR) 1:30 Bookmobile (RR) 2:00 Fine Art Painting with Elaine (CR) 3:30 Tasty Treats (CR) 5:00 Walt Disney (53) Tu B'Shevat Begins at Sunset</div> <div></div>	<div>25</div> <div>Wolf Moon ~ Full Moon</div> <div>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Nail Salon (CR) 11:00 Resident Council (CR) 2:00 Howling, Bingoooo! (CR/53) 3:00 Snack & Chat (CR) 4:00 Rosary Resonate (53) 6:00 If you snooze You lose! ~ Game Night (CR)</div> <div></div>	<div>26</div> <div>Rocky Mountain Park</div> <div>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 VIP Visits (W) 10:00 Get on Board! Guy's Rally (CR) 1:30 Sitcom Classics (53) 2:00 Oriol Academy Rocky Mountain Climbing & Picnic (CR) 4:00 Armchair Travels (53) 6:00 Cup of Conversation (CR) Shabbat Shalom</div> <div></div>	<div>27</div> <div>Mozart's Birthday</div> <div>Morning Greetings (RR) 9:30 Stretch & Tone (CR) 10:30 Saturday Jazz (53) 10:30 VIP Visits (W) 10:30 Snowman Marathon Dice Games (CR) 2:00 BINGO (CR) 3:00 Open Eggnog Bar (CR) 4:00 NATIONAL GEOGRAPHIC (53)</div> <div></div>
<div>2</div> <div>Blueberry Pancake Day</div> <div>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns & Songs (CR) 11:00 Chapel Service with St. Francis Church (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</div> <div></div>	<div>29</div> <div>Happy Birthday, Oprah</div> <div>Morning Greetings (RR) 9:30 Oriol FM Wish List (53) 9:30 AM Workout (CR) 10:30 VIP Visits (W) 10:00 Cool Manicures & Hot Cocoas (CR) 2:00 Happy Birthday Party with Alexandria (CR) 3:00 Make a Wish! ~ Café (CR) 4:00 Cozy Tunes (53) 5:00 Dinner Theater (24) 6:00 Trivia Pursuit (R)</div> <div></div>	<div>30</div> <div>Favorite Sports Team Day</div> <div>Morning Greetings (RR) 9:00 Wonderland Zen (53) 9:30 Stretch & Tone (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 BINGO (CR/53) 3:00 The "Blizzard" Ice Cream Shakes (CR) 4:00 Pluto ~ Spanish TV (53) 6:00 Mystery Night (CR)</div> <div></div>	<div>31</div> <div>Inspire Your Heart with Fun Day</div> <div>Morning Greetings (RR) 9:30 Positive Thinking & Yogacize! (CR) 10:00 Billboard Hits (53) 10:30 VIP Visits (RR) 10:30 PO-KE-NO (CR) 1:30 Bookmobile (RR) 2:00 Winter Carnival (CR) 5:00 Walt Disney (53)</div> <div></div>	<div>JANUARY 2024</div> <div>Please observe or Join our activity programs.</div> <div>All activities subject to change with or without notice to better meet the needs and safety of the residents.</div>	<div>Broadcasting Live!! Special Activity Programs</div> <div>LIVE STREAMING</div> <div>&riol TV Network Channel 53 Please Tune In!</div> <div>53</div>	<div>Sensory Connection: VIP Visits & OTN-53</div> <div>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 Resident Room Visits</div>