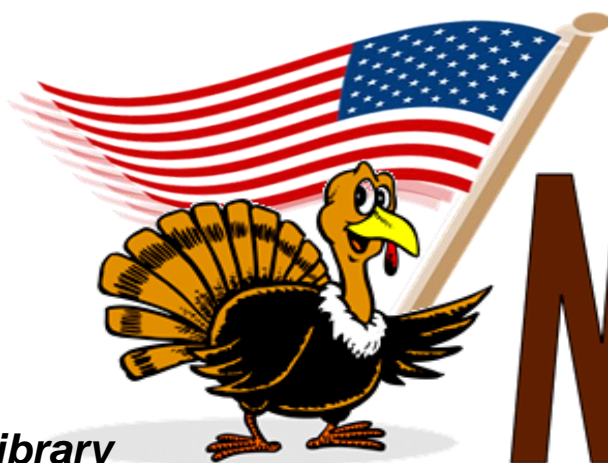


HOLDEN REHABILITATION & SKILLED NURSING CENTER



(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



2024 November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sensory Connection: VIP Visits & OTN-53 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</p>	<p>NOVEMBER 2024 Please observe or Join our activity programs All activities subjects to change with or without notice to better meet the needs and safety of the residents.</p>	<p>SPECIAL DAYS All Saints' Day November 1 Election Day November 3 Daylight Saving Ends November 9 Veterans Day November 11 National Cake Day November 25 Thanksgiving November 28</p>	<p>Happy Thanksgiving Day!</p>	<p>Broadcasting Live!! Special Activity Programs Oriol TV Network Channel 53 Please Tune In! </p>	<p>1 All Saints' Day Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 Word Games (CR) 11:00 First Congregational Church Service (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 Name that Tune (CR) Billboard 3 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>2 First Scheduled Radio News Broadcast ~1920 Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00 turkey BINGO (CR/53) 3:00 Laugh & Lounge Comedy Hour (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>
<p>3 Standard Time Resumes Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>	<p>4 Amazing Chimpanzees Day Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Monkeying Around Arts & Crafts (CR) 2:00 Manicures (CR) Nail Salon 3:00 Chunky Monkey Smoothies (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>5 Election Day Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR)</p>	<p>6 Wiser Now Wednesday Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Namaste/Yogacize (CR) 10:30 Manicures (CR) Nail Salon 10:30 Picasso's Painting Class (CR) 2:00 PO-KE-NO (CR) & Happy Hour 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>7 Men Make Dinner Day Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Men make dinner (CR) 2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR) 4:00 Rosary Resonate (53)</p>	<p>8 Funny Couple Friday Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 All Aboard! Word Mining (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:30 Music played with true panache by Clyde Wheatley (CR) 3 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>9 Chrysanthemum Day Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion with Youth Group from ST. Columba Church (CR) 2:00 turkey BINGO (CR/53) 3:00 Laugh & Lounge Comedy Hour (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 Marine Corps Anniversary ~1775</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR)  2:00 Sunday Matinee (CR/53)  4:00 Classical Music (53)</p>	<p>11 Veterans Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Manicures (CR)  Nail Salon 2:30  Celebration with Heather (CR) 3:00 Café Salute (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>12 Surf's Up Day</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR)  2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR)</p>	<p>13 Dress Like a Rockstar Day</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Namaste/Yogacize (CR) 10:30 Manicures (CR)  Nail Salon 10:30 Picasso's Painting Class (CR) 1:30 Dining Committee (CR) 2:00 PO-KE-NO (CR)  & Happy Hour  5:00 MOVIE NIGHT (53) 6:00 Evening Shindig Rock 'n' Roll Trivia (CR)</p>	<p>14 American Teddy Bear Day</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 BEAR Categories (CR)  11:00 St. Francis Church Communion Service (CR)  2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR) 3:00 Rosary Resonate (53)</p>	<p>15 Full Moon Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 Word Games (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 Name that Tune (CR)</p> <p>Billboard 3 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>16 In View of the Pacific Day ~1805</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00  (CR/53) 3:00 Laugh & Lounge Comedy Hour (CR) 4:00  (53)</p>
<p>17 Homemade Bread Day</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR)  2:00 Sunday Matinee (CR/53)  4:00 Classical Music (53)</p>	<p>18 Happy Birthday, Mickey Mouse ~1928</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Manicures (CR)  Nail Salon 2:30 Let the good times roll with Alexandria (CR) 3:00 Say, Cheese!  Café Disney (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>19 Entrepreneurial Day</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR)  2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR)</p>	<p>20 Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Namaste/Yogacize (CR) 10:30 Manicures (CR)  Nail Salon 10:30 Picasso's Painting Class (CR) 2:00 PO-KE-NO (CR)  & Happy Hour  5:00 MOVIE NIGHT (53) 5:00 Harvest Dinner (CR) </p>	<p>21 Up, Up, and Away Day ~1783</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Flying Balloons Volleyball (CR)  2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR) 4:00 Rosary Resonate (53)</p>	<p>22 Sagittarius, the Archer</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 All Aboard! Word Games (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 "Critter Party" All Hands-on Deck! Stuffing Turkeys (CR)  3 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>23 Billy the Kid's Birth Anniversary ~1859</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00  (CR/53) 3:00 Laugh & Lounge Comedy Hour (CR) 4:00  (53)</p>
<p>24 Family Week Begins</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR)  2:00 Sunday Matinee (CR/53)  4:00 Classical Music (53)</p>	<p>25 National Cake Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Manicures (CR)  Nail Salon 2:30 Happy Birthday Party with Gary Landgren (CR)  2:30 Make a Wish! Cake & Coffee Social (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>26 The Price Is Right Day ~1956</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR)  2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR)</p>	<p>27 Pumpkin Pie Day</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Namaste/Yogacize (CR) 10:30 Manicures (CR)  Nail Salon 10:30 Free Style Arts & Crafts (CR) 1:30 Resident Council (CR) 2:00 PO-KE-NO (CR)  & Happy Hour  5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>28 Happy Thanksgiving</p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 MACY'S THANKSGIVING DAY PARADE (CR)  2:00 Gobble Bingo (CR)  3:30 Turkey ~ Bowl Football (CR)  4:00 Rosary Resonate (53)</p>	<p>29 Shop 'til You Drop Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 Word Games (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 Name that Tune (CR)</p> <p>Billboard 3 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>30 Wish Upon a Wishbone Day</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00  (CR/53) 3:00 Laugh & Lounge Comedy Hour (CR) 4:00  (53)</p>