

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
<p>Happy Grand Parents Day</p>	<p>1 Happy Labor Day!</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Studio (CR)</p> <p>HAPPY LABOR DAY</p> <p>Celebration with Gary! Cake & Coffee Lounge (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p> <p>Hallmark Channel</p>	<p>2 Anniversary of V-J Day ~ 1945</p> <p>Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Catholic Mass with Fr. Miguel Pagan & Rosary Service (CR/53)</p> <p>2:00 VIP Visits (RR) 2:00 Victory Bingo! (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>3 Substitute Teacher Appreciation</p> <p>Morning Greetings (RR) 9:00 Classic Cartoons (53) 9:30 Positive Thinking & Yogacize! (CR) 10:30 Painting Class & Manicures (CR) 2:00 PO-KE-NO (CR) & Happy Hour (CR) 5:00 MOVIE NIGHT (53)</p>	<p>4 Kickoff Day</p> <p>Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 VIP Visits with Therapy Dog, Stella 9:30 Friendly Fitness (CR) 10:30 Kickoff the day with Coffee & Donuts (CR) 2:00 VIP Visits (RR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>5 We Will Rock You! Day</p> <p>Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:00 "Freddie Mercury" Word Mining (CR) 11:00 First Congregational Church Service (CR) 12 Residents & Family BBQ 2:00 Shining Star! (CR) HE GOT TALENT 3:30 Mix & Mingle (OD/LD) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>6 Coffee & Cream Day</p> <p>Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Residents' Choice!</p> <p>Weekend</p> <p>Games (CR) 2:00 BINGO (53/CR) 3:00 Mocha Mania & Music (CR) 4:00 NATIONAL GEOGRAPHIC (53) 6:00 Chat & Chill with Erin (CR)</p>
<p>7 Happy Grandparents Day 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) 6:00 Winner's Circle (CR)</p>	<p>8 Boss for a Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Studio (CR) 2:00 Pass the Crown! Musical Chair (CR) 3:00 Imperial Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p> <p>Hallmark Channel</p>	<p>9 "We're on Cloud Nine" Day ~ 9/9</p> <p>Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR) 10:30 Bookmobile (RR) 2:00 VIP Visits (RR) 2:00 Sky is the limit! Bingo (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>10 Good News Day</p> <p>Morning Greetings (RR) 9:00 Classic Cartoons (53) 9:30 Positive Thinking & Yogacize! (CR) 10:30 Painting Class & Manicures (CR) 2:00 PO-KE-NO (CR) & Happy Hour (CR) 5:00 MOVIE NIGHT (53)</p>	<p>11 Patriot Day ~ 2001</p> <p>Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 "We will never forget" Word Mining (CR) 11 St. Francis Church Communion Service (OD) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>12 Video Games Day</p> <p>Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Chocolate Milkshake Mugs & Memoirs (CR) 2:00 Lucky Arcade ~ Live Slot Machine 3:30 Mix & Mingle (OD/LD) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>13 Happy Birthday Milton S. Hershey ~ 1857</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Let's Roll Dice Games (CR) 2:00 BINGO (CR/53) 3:00 Apple Cider Club (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 Every Cat Should Have Its 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>15 Columbo Anniversary ~ 1971</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Welcome Sir. Erick! the Alpaca (CR/RR) 2:30 Birthday Party with Heather Marie (CR) 3:00 Make a Wish! Cake & Coffee Social (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p>16 Tin Foil Day ~ 1947</p> <p>Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR) 2:00 Wrap-Up Bingo (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>17 Constitution Day ~1787</p> <p>Morning Greetings (RR) 9:00 Classic Cartoons (53) 9:30 Positive Thinking & Yogacize! (CR) 10:30 Painting Class & Manicures (CR) 2:00 PO-KE-NO (CR) & Happy Hour (CR) 5:00 MOVIE NIGHT (53)</p>	<p>18 Happy Birthday, U.S. Air Force ~ 1947</p> <p>Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 "Time flies when you're having fun!" (CR) 1:30 Dining Committee (CR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>19 Talk Like a Pirate Day (Arrr!)</p> <p>Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Play Like a Pirate! On Deck Golf Tournament (CR) 2:00 Pirate Ship Bottoms-Up (CR) 3:30 Mix & Mingle (OD/LD) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>20 Oktoberfest Begins</p> <p>Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Residents' Choice! 2:00 BINGO (53/CR) 3:00 Oktoberfest Soda Shack (CR) 4:00 NATIONAL GEOGRAPHIC (53) 6:00 Chat & Chill with Erin (CR)</p>
<p>21 National Dog Week</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:00 VIP Visits with Therapy Dogs, Bridget 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53) 6:00 Winner's Circle (CR)</p>	<p>22 Autumn Begins</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Studio (CR) 2:30 Autumn in Paris with Clyde (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) HAPPY ROSH HASHANAH! Begins at Sundown</p>	<p>23 Neptune Discovery Day ~ 1846</p> <p>Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR) 2:00 VIP Visits (RR) 2:00 Sky is the limit! Bingo (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>24 Cruise Ship Day</p> <p>Morning Greetings (RR) 9:00 Classic Cartoons (53) 9:30 Positive Thinking & Yogacize! (CR) 10:30 Painting Class & Manicures (CR) 2:00 Resident Council (CR) 2:00 PO-KE-NO (CR) & Happy Hour (CR) 5:00 MOVIE NIGHT (53)</p>	<p>25 One-Hit Wonder Day</p> <p>Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 Shopping Spree (CR) 2:00 VIP Visits (RR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 5:00 Rosary Resonate (53) 6:00 Resident & Family Fun Night with Gary Lundgren (CR)</p>	<p>26 Fall Foliage Friday</p> <p>Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:00 Autumn Leaves Arts & Crafts (CR) 2:00 Mix & Mingle Pumpkin Pie Tasting (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>27 Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Let's Roll Dice Games (CR) 2:00 BINGO (CR/53) 3:00 Apple Cider Club (CR) 3:30 7th Day Adventist Church Service (R) 4:00 NATIONAL GEOGRAPHIC (53)</p>
<p>28 Gold Star Mother's and Family's 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>29 Happy Birthday, Scotland Yard ~ 1829</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Studio (CR) 2:00 Undercover Mystery Auction (CR) 3:00 Café London (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p>30 The Flintstones ~ 1960</p> <p>Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary & Prayer Service ~ St. Mary's Church (CR) 12 Paleo Lunch Bunch (CR) 2:00 VIP Visits (RR) 2:00 Yabba Dabba Doo!! Bingo (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>Sensory Connection: VIP Visits & OTN-53</p> <p>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>Broadcasting Live!! Special Activity Programs</p> <p>Oriol TV Network Channel 53 Please Tune In!</p>	<p>SPECIAL DAYS</p> <p>Labor Day September 1 Day of Charity September 5 Grandparents' Day Full Corn Moon September 7 Patriot Day September 11 World Gratitude Day September 21 First Day of Autumn Rosh Hashanah September 22</p>	<p>SEPTEMBER 2025</p> <p>Please observe or Join our activity programs</p> <p>All activities subject to change with or without notice to better meet the needs and safety of the residents.</p>