



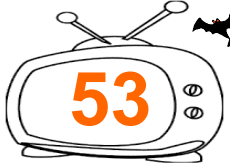


















# HOLDEN REHABILITATION & SKILLED NURSING CENTER











# OCTOBER 2025



(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><b>OCTOBER 2025</b></p> <p><i>Please observe or Join our activity programs</i></p> <p><i>All activities subject to change with or without notice to better meet the needs and safety of the residents.</i></p>	<p><b>Broadcasting Live!! Special Activity Programs</b></p> <p><b>LIVE STREAMING</b></p> <p><b>Oriol TV Network Channel 53</b></p> <p><b>Please Tune In!</b></p> 	<p><b>Sensory Connection: VIP Visits &amp; OTN-53</b></p> <p>1:1 Activities include but not limited to: Aroma Therapy, Rhythm Music, Puzzles, Art, Hand Massages, Manicures, Physical Games, Pet visits, Spiritual Readings, Reminiscing, Short Stories, Tactile Sensory, Games &amp; Sensory Items, Daily Devotional as</p> <p><b>Resident Room Visits</b></p>	<p><b>1 Happy Birthday, Julie Andrews 1935</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Classic Cartoons (53)</b></p> <p><b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b></p> <p><b>10:30 Manicures (CR)</b></p> <p> Nail Salon</p> <p><b>10:30 Painting Class (CR)</b></p> <p><b>2:00 PO-KE-NO (CR)</b></p> <p> &amp; Happy Hour</p> <p><b>5:00 MOVIE NIGHT (53)</b></p> <p><b>YOM KIPPUR</b></p> <p><b>Begins at Sundown</b></p>	<p><b>2 World Farm Animals Day</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Country Music (53)</b></p> <p><b>9:30 Friendly Fitness (CR)</b></p> <p><b>10:00 Baking Dog Biscuits</b></p> <p><b>All Paws on Deck Community Outreach (CR)</b></p> <p></p> <p><b>2:00 VIP Visits (RR)</b></p> <p><b>2:00 Bingo (CR/53)</b></p> <p><b>3:00 Snack &amp; Chat (CR)</b></p> <p><b>5:00 Rosary Resonate (53)</b></p>	<p><b>3 Techies Day</b></p> <p>Morning Greetings (RR)</p> <p><b>9:00 Virtual Pet Visits (53)</b></p> <p><b>9:30 Up &amp; At'Em! Gym (CR)</b></p> <p><b>10:00 "Computer Setting" Word Mining (CR)</b></p> <p><b>11:00 First Congregational Church Service (CR)</b></p> <p></p> <p><b>2:00 Hey Google</b></p> <p></p> <p><b>Discover &amp; Learn Tech Corner (CR)</b></p> <p><b>3:30 Mix &amp; Mingle (OD/LD)</b></p> <p><b>4:00 Armchair Travels (53)</b></p> <p><b>Shabbat Shalom</b></p>	<p><b>4 World Space Week Begins</b></p> <p>Morning Greetings (RR)</p> <p><b>9:00 Gameshows (53)</b></p> <p><b>9:30 Exercise (CR)</b></p> <p><b>10:30 Residents' Choice!</b></p> <p><b>Weekend</b></p> <p><b>Games (CR)</b></p> <p><b>2:00 BINGO (53/CR)</b></p> <p><b>3:00 Apple Cider Club (CR)</b></p> <p></p> <p><b>4:00 NATIONAL GEOGRAPHIC (53)</b></p> <p><b>6:00 "Saturday Night Live" with Courtney (CR)</b></p>
<p><b>5 007 Day 1962</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Sunday Jazz (53)</b></p> <p><b>9:30 Silver Sneakers Fitness (CR)</b></p> <p><b>10:00 VIP Visits with Therapy Dogs, Bridget</b></p> <p><b>10:30 VIP Visits (W)</b></p> <p><b>10:30 Spiritual Hymns &amp; Songs (CR)</b></p> <p><b>11:00 St. Francis Church Service (CR)</b></p> <p></p> <p><b>2:00 Sunday Matinee (CR/53)</b></p> <p><b>4:00 Classical Music (53)</b></p> <p><b>6:00 Restless Minds Trivia (CR)</b></p>	<p><b>6 Hunter's Moon Full Moon</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Virtual Pet Visits (53)</b></p> <p><b>9:30 Stretch &amp; Tone (CR)</b></p> <p><b>10:30 Manicures (CR)</b></p> <p> Nail Salon</p> <p><b>2:30 Welcome The Silver Moon Gypsies (CR)</b></p> <p></p> <p><b>2:00 Hot Cocoa Bar (CR)</b></p> <p><b>4:00 Space Traveling (53)</b></p> <p><b>5:00 Dinner Theater (24)</b></p> <p></p>	<p><b>7 That's Italian Tuesday</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Tuesday Tunes (53)</b></p> <p><b>9:30 AM Workout (CR)</b></p> <p><b>10:30 Rosary &amp; Prayer Service ~ St. Mary's Church (CR)</b></p> <p></p> <p><b>2:00 VIP Visits (RR)</b></p> <p><b>2:00 Ciao Bingo! (OD/53)</b></p> <p><b>3:00 Cup of Conversation (OD)</b></p> <p><b>4:00 Italiano Eve (53)</b></p>	<p><b>8 Octopus Day</b></p> <p>Morning Greetings (RR)</p> <p><b>9:30 Classic Cartoons (53)</b></p> <p><b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b></p> <p><b>10:30 Manicures (CR)</b></p> <p> Nail Salon</p> <p><b>10:30 Picasso's Painting Class (CR)</b></p> <p><b>2:00 PO-KE-NO (CR)</b></p> <p> &amp; Happy Hour</p> <p><b>5:00 MOVIE NIGHT (53)</b></p>	<p><b>9 John Lennon Day 1940 – 1980</b></p> <p>Morning Greetings (RR)</p> <p><b>9:00 Country Music (53)</b></p> <p><b>9:30 Friendly Fitness (CR)</b></p> <p><b>10:00 "Give Peace a Chance" Word Mining (CR)</b></p> <p><b>11:00 St. Francis Church Communion Service (OD)</b></p> <p></p> <p><b>2:00 VIP Visits (RR)</b></p> <p><b>2:00 Bingo (CR/53)</b></p> <p><b>3:00 Snack &amp; Chat (CR)</b></p> <p><b>5:00 Rosary Resonate (53)</b></p>	<p><b>10 Perfect "Ten" 10/10</b></p> <p>Morning Greetings (RR)</p> <p><b>9:00 Virtual Pet Visits (53)</b></p> <p><b>9:30 Up &amp; At'Em! Gym (CR)</b></p> <p><b>10:00 VIP Visits with Therapy Dog, Minnie</b></p> <p></p> <p><b>10 The Perfect 10 High Rollers Dice Games &amp; Music with Jim(CR)</b></p> <p></p> <p><b>2:00 Name That Tune (CR)</b></p> <p></p> <p><b>3:30 Mix &amp; Mingle (OD/LD)</b></p> <p><b>4:00 Armchair Travels (53)</b></p> <p><b>Shabbat Shalom</b></p>	<p><b>11 Scarecrow Saturday</b></p> <p>Morning Greetings (RR)</p> <p><b>9:00 Gameshows (53)</b></p> <p><b>9:30 Exercise (CR)</b></p> <p><b>10:30 Residents' Choice!</b></p> <p><b>Weekend</b></p> <p><b>Games (CR)</b></p> <p><b>2:00 BINGO (53/CR)</b></p> <p><b>3:00 Apple Cider Club (CR)</b></p> <p></p> <p><b>4:00 NATIONAL GEOGRAPHIC (53)</b></p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 The Bob Hope Show 1952 Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR)  2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>	<p>13 Happy Columbus Day Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10 Niña, Pinta, Santa Maria Free Style Art (CR) 10:30 Manicures (CR) 2:30 Columbus Day Celebration with Gary (CR)  4:00 Space Traveling (53) 5:00 Dinner Theater (24) <i>Simchat Torah</i> Begins at Sundown</p>	<p>14 Winnie-the-Pooh Day 1926 Morning Greetings (RR) 9:00 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Catholic Mass with Fr. Miguel Pagan &amp; Rosary Service (CR/53)  2:00 VIP Visits (RR) 2:00 Oh Pooh Bingo! (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>15 Fall Harvest Day Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Thinking &amp; 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)  &amp; Happy Hour 5:00 MOVIE NIGHT (53)</p>	<p>16 “Orange” You Glad It’s October? Day Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 Hello Pumpkin! Arts &amp; Crafts (CR)  2:00 VIP Visits (RR) 2:00 Bingo (CR/53) 3:00 Lets Face It! Snack &amp; Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>17 Evel Knievel Day 1938 - 2007 Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up &amp; At’Em! Gym (CR) 10 “Robert Craig Knievel” Word Mining (CR) 2:00 Lucky Arcade ~ Live Slot Machine (CR)  3:30 Mix &amp; Mingle (OD/LD) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>18 Sweetest Day Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Residents’ Choice!  Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Club (CR)  4:00 NATIONAL GEOGRAPHIC (53) 6:00 “Saturday Night Live” with Courtney (CR)</p>
<p>19 Pastoral Care Week Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR)  2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53) 6:00 Restless Minds Trivia (CR)</p>	<p>20 “Monster Mash” Day 1962 Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:30 Manicures (CR)  Nail Salon 2:30 Happy Birthday Party with Performer P.E. (CR)  2:30 Make a Wish! Cake &amp; Coffee Social (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>21 Reptile Awareness Day Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary &amp; Prayer Service ~ St. Mary’s Church (CR)  2:00 VIP Visits (RR) 2:00 Gecko Bingo! (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>22 National Color Day Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Thinking &amp; Namaste Yogacize (CR) 10:30 Manicures (CR)  Nail Salon 10:30 Picasso's Painting Class (CR) 2:00 PO-KE-NO (CR)  &amp; Happy Hour 5:00 MOVIE NIGHT (53)</p>	<p>23 Eatin’ Pumpkin Day Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Pumpkin-spice Donut &amp; Coffee (CR)  2:00 VIP Visits (RR) 2:00 Bingo (CR/53) 3:00 Snack &amp; Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>24 Wear It Pink Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up &amp; At’Em! Gym (CR) 10:00 Think Pink! Hangman Word Game &amp; Music with Jim(CR)  2:00 Pink Classics (CR) Jukebox Junction Party 3:30 Mix &amp; Mingle (OD/LD) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>25 Pablo Picasso Day 1881 Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Residents’ Choice!  Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Club (CR)  3:30 7th Day Adventist Church Service (R) 4:00 NATIONAL GEOGRAPHIC (53)</p>
<p>26 Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns (CR) 11:00 St. Francis Church Service (CR)  2:00 Children’s Halloween Costume Festival &amp;  Trick or Treat (R) 4:00 Classical Music (53)</p>	<p>27 Friendly Ghosts Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:30 Manicures (CR)  Nail Salon 2:00 Ghostbusters!!  &amp; Spooky Bar (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>28 Statue of Liberty 1886 Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary &amp; Prayer Service ~ St. Mary’s Church (CR)  2:00 VIP Visits (RR) 2:00 Freedom Bingo! (CR/53) 3:00 Cup of Conversation (CR) 4:00 Spanish Eve (53)</p>	<p>29 National Cat Day Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Thinking &amp; Namaste Yogacize (CR) 10:30 Manicures (CR)  Nail Salon 10:30 Picasso's Painting Class (CR) 1:30 Resident Council (CR) 2:30 PO-KE-NO (CR)  &amp; Happy Hour 5:00 MOVIE NIGHT (53)</p>	<p>30 Jack-o’-Lantern Day Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:00 VIP Visits with Therapy Dog, Stella  10:00 FACE PAINTING (CR) 2:00 VIP Visits (RR) 2:00 Bingo (CR/53) 3:00 Snack &amp; Chat (CR) 5:00 Rosary Resonate (53)</p>	<p>31 Happy Halloween! Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up &amp; At’Em! Gym (CR) 10:00 “Trick or Treat” Word Game (CR) 2:00 Crafty Costumes (CR) 3:30 Mix &amp; Mingle (OD/LD) 4:00 Armchair Travels (53) 6:00  Residents &amp; Family Party with Heather (CR) Shabbat Shalom</p>	<p><b>Special Days</b> Yom Kippur October 1 Columbus Day October 13 Simchat Torah October 13 Sweetest Day October 18 World Pasta Day October 25 Halloween October 31</p>