

# 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
<b>Broadcasting Live!! Special Activity Programs</b>  <b>Oriol TV Network Channel 53 Please Tune In!</b>  <b>NEW!! Spanish TV on Ch23</b>	<b>January 2026</b> <i>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.</i>	<b>Special Days</b> <b>New Year's Day</b> <i>January 1</i> <b>Martin Luther King Jr. Day</b> <i>January 19</i> 	<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>1</b>  <b>Morning Greetings (RR)</b> <b>9:30 Friendly Fitness (CR)</b> <b>10:00 Country Music (53)</b> <b>10:30 New Year Resolutions &amp; The Rose Parade (CR)</b> <b>2:00 First Bingo of the Year! (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b> <b>5:00 Rosary Resonate (53)</b>	<b>2 Buffet Day</b> <b>Morning Greetings (RR)</b> <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:00 Virtual Pet Visits (53)</b> <b>10:30 Balloons &amp; Tunes with Jim (CR)</b> <b>11:00 First Congregational Church Service (CR)</b>  <b>2:00 On the Menu Hangman, Word Games (CR)</b>  <b>3:30 Table Talk (OD/LD)</b> <b>4:00 Armchair Travels (53)</b> <b>Shabbat Shalom</b>	<b>3 Lord of the Rings Day</b> <b>Morning Greetings (RR)</b> <b>10:30 Classic Gameshows (53)</b> <b>9:30 Weekend Workout (CR)</b> <b>10:30 Snowball Games Score! (CR)</b>  <b>2:00 BINGO (CR/53)</b> <b>3:00 Mugs &amp; Melodies (CR)</b>  <b>4:00</b>  <b>NATIONAL GEOGRAPHIC (53)</b>
<b>4 Billboard Day ~ 1936</b> <b>Morning Greetings (RR)</b> <b>9:30 Sunday Jazz (53)</b> <b>9:30 Silver Sneakers Fitness (CR)</b> <b>10:30 Spiritual Hymns &amp; Songs (CR)</b>  <b>11:00 St. Francis Church Service (CR)</b> <b>2:00 VIP Visits (RR)</b>  <b>2:00 Sunday Matinee (CR/53)</b> <b>4:00 Classical Music (53)</b>	<b>5 Handsel Monday</b> <b>Morning Greetings (RR)</b> <b>9:30 Virtual Pet Visits (53)</b> <b>9:30 Stretch &amp; Tone (CR)</b> <b>10:30</b>  <b>Nail Salon (CR)</b> <b>2:30 Let the Good Time Roll with Heather (CR)</b>  <b>3:30 Friendship Circle (OD/LD)</b> <b>4:00 Space Traveling (53)</b> <b>5:00 Dinner Theater (24)</b> 	<b>6 Feast of the Epiphany</b> <b>Morning Greetings (RR)</b> <b>9:00 Winter Wonderland Zen (53)</b> <b>9:30 AM Workout (CR)</b> <b>10:30 Catholic Mass With Fr. Miguel Pagan &amp; Rosary with St. Mary's Church (CR)</b>  <b>2:00 The 12<sup>th</sup> Day of Christmas! Bingo (CR/53)</b> <b>3:00 Snack &amp; Chat (CR)</b> <b>5:00 Sunset Sonata (53)</b> 	<b>7 "Memories Are Made of This" ~ 1956</b> <b>Morning Greetings (RR)</b> <b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b> <b>10:00 Classic Cartoons (53)</b> <b>10:30 Fireside Painting Class &amp; Free Style Art (CR)</b> <b>2:00</b>  <b>Nail Salon (CR)</b> <b>3:30 Mix &amp; Mingle Social (OD/LD)</b> <b>4:00 WALT DISNEY (53)</b>	<b>8 Elvis Lives Day</b> <b>Morning Greetings (RR)</b> <b>9:30 Friendly Fitness (CR)</b> <b>10:00 Country Music (53)</b> <b>10:30 Name That Tune (CR)</b>  <b>11:00 Chapel Service with St. Francis Church (CR)</b>  <b>2:00 ELVIS BINGO (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b> <b>5:00 Rosary Resonate (53)</b>	<b>9 Soup's On Day</b> <b>Morning Greetings (RR)</b> <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:00 Virtual Pet Visits (53)</b> <b>10:30 "Bowl" like never before (CR)</b> <b>2:00 PO-KE-NO (CR)</b>  <b>3:00 Chicken Run &amp; A Cup of Soup Café (CR)</b>  <b>4:00 Armchair Travels (53)</b> <b>Shabbat Shalom</b>	<b>10 Surprise Saturday</b> <b>Morning Greetings (RR)</b> <b>10:30 Classic Gameshows (53)</b> <b>9:30 Weekend Workout (CR)</b> <b>10:30 Joyful Games with Youth Group from ST. Columba Church (CR)</b>  <b>2:00 BINGO (CR/53)</b> <b>3:00 Memories &amp; Melodies (OD/LD)</b> <b>4:00</b>  <b>NATIONAL GEOGRAPHIC (53)</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11 Golden Globe Awards Night</b> Morning Greetings (RR) <b>9:30 Sunday Jazz (53)</b> <b>9:30 Silver Sneakers Fitness (CR)</b> 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) <b>2:00 VIP Visits (RR)</b> <b>2:00 Sunday Matinee (CR/53)</b> <b>4:00 Classical Music (53)</b> <b>8:00 Awards Night CBS</b>	<b>12 Hot Tea Day</b> Morning Greetings (RR) <b>9:30 Virtual Pet Visits (53)</b> <b>9:30 Stretch &amp; Tone (CR)</b> 10:30  <b>Nail Salon (CR)</b> <b>2:30 Melodies of the Heart Karaoke ~ Bill &amp; Roger (CR)</b>  <b>3:30 Cup of Tea Bliss (CR)</b> <b>4:00 Space Traveling (53)</b> <b>5:00 Dinner Theater (24)</b> 	<b>13 Ring, Ring Day ~ 1877</b> Morning Greetings (RR) <b>9:00 Winter Wonderland Zen (53)</b> <b>9:30 AM Workout (CR)</b> 10:30 Rosary Service & Prayer with St. Mary's Church (CR) <b>2:00 Dial Bingo! (CR/53)</b> <b>3:00 Snack &amp; Chat (CR)</b> <b>5:00 Sunset Sonata (53)</b> 	<b>14 Wintertime Memories Day</b> Morning Greetings (RR) <b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b> <b>10:00 Classic Cartoons (53)</b> 10:30 Fireside Painting Class & Free Style Art (CR) 2:00  <b>Nail Salon (CR)</b> <b>3:30 Mix &amp; Mingle Social (OD/LD)</b> <b>4:00 WALT DISNEY (53)</b>	<b>15 Coin Day</b> Morning Greetings (RR) <b>9:30 Friendly Fitness (CR)</b> <b>10:00 Country Music (53)</b> 10:30  <b>Flip a Coin Heads or Tails Game (CR)</b> <b>2:00 Ching ~ Ching Bingo (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b> <b>5:00 Rosary Resonate (53)</b>	<b>16 National Religious Freedom Day</b> Morning Greetings (RR) <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:00 Virtual Pet Visits (53)</b> <b>10:30 Balloons &amp; Tunes with Jim (CR)</b> <b>2:00 VIP Visits with Therapy Dog, Minnie</b> <b>2:00 "Religious Freedom" Word Mining, Word Games (CR)</b> <b>3:30 Table Talk (OD/LD)</b> <b>4:00 Armchair Travels (53)</b> <b>Shabbat Shalom</b>	<b>17 Snowflake Day</b> Morning Greetings (RR) <b>10:30 Classic Gameshows (53)</b> <b>9:30 Weekend Workout (CR)</b> 10:30  <b>Snowball Games Score! (CR)</b> <b>2:00 BINGO (CR/53)</b> <b>3:00 Mugs &amp; Melodies (CR)</b> <b>4:00 NATIONAL GEOGRAPHIC (53)</b>
<b>18 World Religion Day</b> Morning Greetings (RR) <b>9:30 Sunday Jazz (53)</b> <b>9:30 Silver Sneakers Fitness (CR)</b> 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) <b>2:00 VIP Visits (RR)</b> <b>2:00 Sunday Matinee (CR/53)</b> <b>4:00 Classical Music (53)</b>	<b>19 M.L.K. Jr. Day</b> Morning Greetings (RR) <b>9:30 Virtual Pet Visits (53)</b> <b>9:30 Stretch &amp; Tone (CR)</b> 10:30  <b>Nail Salon (CR)</b> <b>2:30 Show Boat with Rusty</b>  <b>(CR)</b> <b>3:30 Friendship Circle (OD/LD)</b> <b>4:00 Space Traveling (53)</b> <b>5:00 Dinner Theater (24)</b> 	<b>20 Penguin Awareness Day</b> Morning Greetings (RR) <b>9:00 Winter Wonderland Zen (53)</b> <b>9:30 AM Workout (CR)</b> 10:30 Rosary Service & Prayer with St. Mary's Church (CR) <b>2:00 Waddle Bingo (CR/53)</b> <b>3:00 Snack &amp; Chat (CR)</b> <b>5:00 Sunset Sonata (53)</b> 	<b>21 Have a Spa Day</b> Morning Greetings (RR) <b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b> <b>10:00 Classic Cartoons (53)</b> 10:30 Fireside Painting Class & Free Style Art (CR) 2:00  <b>Nail Salon (CR)</b> <b>3:30 Mix &amp; Mingle Social (OD/LD)</b> <b>4:00 WALT DISNEY (53)</b>	<b>22 Queen Victoria ~ 1901</b> Morning Greetings (RR) <b>9:30 Friendly Fitness (CR)</b> <b>10:00 Country Music (53)</b>  <b>10 VIP Visits with Stella the Therapy Dog</b> <b>10 Nature Outreach Bagel Bird Feeders (CR)</b> <b>2:00 Royal Bingo (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b> <b>5:00 Rosary Resonate (53)</b>	<b>23 A Day to "Wine" About</b> Morning Greetings (RR) <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:00 Virtual Pet Visits (53)</b> 10:30  <b>PO-KE-NO (CR)</b> <b>2:00 "Wine &amp; Cheese Party." (CR)</b>  <b>4:00 Armchair Travels (53)</b> <b>Shabbat Shalom</b>	<b>24 Compliment Day</b> Morning Greetings (RR) <b>10:30 Classic Gameshows (53)</b> <b>9:30 Weekend Workout (CR)</b> 10:30  <b>Snowball Games Score! (CR)</b> <b>2:00 BINGO (CR/53)</b> <b>3:00 Memories &amp; Melodies (OD/LD)</b> <b>4:00 NATIONAL GEOGRAPHIC (53)</b>
<b>25 Robot Day</b> Morning Greetings (RR) <b>9:30 Sunday Jazz (53)</b> <b>9:30 Silver Sneakers Fitness (CR)</b> 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) <b>2:00 VIP Visits (RR)</b> <b>2:00 Sunday Matinee (CR/53)</b> <b>4:00 Classical Music (53)</b>	<b>26 Cullinan Diamond Day</b> Morning Greetings (RR) <b>9:30 Virtual Pet Visits (53)</b> <b>9:30 Stretch &amp; Tone (CR)</b> 10:30  <b>Nail Salon (CR)</b> <b>2:30 Birthday Party with Gary &amp; Make a Wish Café (CR)</b> <b>4:00 Space Traveling (53)</b> <b>5:00 Dinner Theater (24)</b> 	<b>27 Mad Hatter Day</b> Morning Greetings (RR) <b>9:00 Winter Wonderland Zen (53)</b> <b>9:30 AM Workout (CR)</b> 10:30 Rosary Service & Prayer with St. Mary's Church (CR) <b>2:00 Bingo Adventure (CR/53)</b> <b>3:00 Snack &amp; Chat (CR)</b> <b>5:00 Sunset Sonata (53)</b> 	<b>28 What Goes Around, Comes Around ~ Day</b> Morning Greetings (RR) <b>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</b> <b>10:00 Classic Cartoons (53)</b> 10:30 Fireside Painting Class & Free Style Art (CR) 2:00 Music played with True Panache by Clyde Wheatley (CR) <b>3:30 Mix &amp; Mingle Social (OD/LD)</b> <b>4:00 WALT DISNEY (53)</b>	<b>29 Sleeping Beauty Anniversary</b> Morning Greetings (RR) <b>9:30 Friendly Fitness (CR)</b> <b>10:00 Country Music (53)</b> 10:30  <b>Pillow Toss (CR)</b> <b>2 If you snooze you lose! Bingo (CR/53)</b> <b>3:00 Cup of Conversation (CR)</b> <b>5:00 Rosary Resonate (53)</b>	<b>30 Favorite Sports Team Day</b> Morning Greetings (RR) <b>9:30 Up &amp; At'Em! Gym (CR)</b> <b>10:00 Virtual Pet Visits (53)</b> <b>10:30 Balloons &amp; Tunes with Jim (CR)</b> 2:00  <b>Sports Teams Hangman, Word Games (CR)</b> <b>3:30 Table Talk (OD/LD)</b> <b>4:00 Armchair Travels (53)</b> <b>Shabbat Shalom</b>	<b>31 Hot Chocolate Day</b> Morning Greetings (RR) <b>10:30 Classic Gameshows (53)</b> <b>9:30 Weekend Workout (CR)</b> 10:30  <b>Snowball Games Score! (CR)</b> 10:30  <b>Nail Salon (CR)</b> <b>2:00 BINGO (CR/53)</b> <b>3:00 Mugs &amp; Melodies (CR)</b> <b>4:00 NATIONAL GEOGRAPHIC (53)</b>