

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>Broadcasting Live!! Special Activity Programs</p> <p>LIVE STREAMING</p> <p>Oriol TV Network Channel 53 Please Tune In!</p> <p>53 NEW!! Spanish TV on Ch23</p>	<p>January 2026</p> <p><i>Please observe or Join our activity programs</i></p> <p><i>All activities subjects to change with or without notice to better meet the needs and safety of the residents.</i></p>	<p>Special Days</p> <p>New Year's Day January 1</p> <p>Martin Luther King Jr. Day January 19</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>1</p> <p>happy New Year</p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:30 New Year Resolutions & The Rose Parade (CR) 2:00 First Bingo of the Year! (CR/53) 3:00 Cup of Conversation (CR) 5:00 Rosary Resonate (53)</p>	<p>2</p> <p>Buffet Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 Balloons & Tunes with Jim (CR) 11:00 First Congregational Church Service (CR)</p> <p>2:00 On the Menu Hangman, Word Games (CR) 3:30 Table Talk (OD/LD) 4:00 Armchair Travels (53)</p> <p>2:00 Shabbat Shalom</p>	<p>3 Lord of the Rings Day</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR)</p> <p>10:30 Snowball Games Score! (CR)</p> <p>2:00 BINGO (CR/53) 3:00 Mugs & Melodies (CR)</p> <p>4:00 NATIONAL GEOGRAPHIC (53)</p>
<p>4 Billboard Day ~ 1936</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR)</p> <p>2:00 VIP Visits (RR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>	<p>5 Handsel Monday</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR)</p> <p>10:30 Nail Salon (CR)</p> <p>2:30 Let the Good Time Roll with Heather (CR)</p> <p>3:30 Friendship Circle (OD/LD)</p> <p>4:00 Space Traveling (53)</p> <p>5:00 Dinner Theater (24)</p>	<p>6 Feast of the Epiphany</p> <p>Morning Greetings (RR) 9:00 Winter Wonderland Zen (53)</p> <p>9:30 AM Workout (CR)</p> <p>10:30 Catholic Mass With Fr. Miguel Pagan & Rosary with St. Mary's Church (CR)</p> <p>2:00 The 12th Day of Christmas! Bingo (CR/53)</p> <p>3:00 Snack & Chat (CR)</p> <p>5:00 Sunset Sonata (53)</p>	<p>7 "Memories Are Made of This" ~ 1956</p> <p>Morning Greetings (RR) 9:30 Positive Thinking & Namaste Yogacize (CR)</p> <p>10:00 Classic Cartoons (53)</p> <p>10:30 Fireside Painting Class & Free Style Art (CR)</p> <p>2:00</p> <p>Nail Salon (CR)</p> <p>3:30 Mix & Mingle Social (OD/LD)</p> <p>4:00 Walt Disney (53)</p>	<p>8 Elvis Lives Day</p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53)</p> <p>10:30 Name That Tune (CR)</p> <p>11:00 Chapel Service with St. Francis Church (CR)</p> <p>2:00 ELVIS BINGO (CR/53)</p> <p>3:00 Cup of Conversation (CR)</p> <p>5:00 Rosary Resonate (53)</p>	<p>9 Soup's On Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym (CR) 10:00 Virtual Pet Visits (53)</p> <p>10:30 "Bowl" like never before (CR)</p> <p>2:00 PO-KE-NO (CR)</p> <p>3:00 Chicken Run & A Cup of Soup Café (CR)</p> <p>4:00 Armchair Travels (53)</p> <p>Shabbat Shalom</p>	<p>10 Surprise Saturday</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR)</p> <p>10:30 Joyful Games with Youth Group from ST. Columba Church (CR)</p> <p>2:00 BINGO (CR/53) 3:00 Memories & Melodies (OD/LD)</p> <p>4:00 NATIONAL GEOGRAPHIC (53)</p>

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