

# 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                                                                                                                                                                                                                                                                                                                                              |
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|                                                                                                                                                                                                                                                                                       | <b>Special Days</b><br><br>Labor Day<br>September 7<br>Patriot Day<br>September 11<br>Grandparents Day<br>September 13<br>Guacamole Day<br>September 16<br>Yom Kippur<br>Begins at Sundown<br>September 20<br>Autumnal Equinox<br>September 22                                                                                                                                                                                                                     | 1 Welcome to September<br>Morning Greetings (RR)<br>9:00 Soft Rock (53)<br>9:30 AM Workout (CR)<br>10 VIP Visits with Judy<br>10:15 Catholic Mass<br>with Fr. Hanlon &<br>Rosary Service<br>(CR/53)<br> 2:00<br>Back to School<br>Bingo (CR/53)<br>2:00 Snack & Chat (CR)<br>4:00 "Ombudsman"<br>Informative Video (53)<br>5:00 Tropical Paradise (53)       | 2 Anniversary of V-J Day<br>~ 1945<br>Morning Greetings (RR)<br>9:00 Nature Zen (53)<br>9:30 Positive Thinking &<br>Namaste Yogacize (CR)<br>10 VIP Visits ~ Brenda<br>10:30 Painting Class &<br>Free Style Art/Craft (CR)<br>2:00<br><br>Manicures (CR)<br>2:00 Mix & Mingle<br>Social (CR)<br>4:00 Walt Disney (53)                                                                                | 3 Groovin' to the '70s<br>Morning Greetings (RR)<br>9:00 Country Music (53)<br>9:30 Friendly Fitness (CR)<br>10 VIP Visits with Judy<br>10:30<br> (CR)<br>2:00 Rock n' Roll<br>Bingo (CR/53)<br>2 Cup of Conversation (CR)<br>4:00 Rosary Resonate (53)                                                                                                           | 4 National Wildlife Day<br>Morning Greetings (RR)<br>9:00 Virtual Pet Visits (53)<br>9:30 Up & At'Em! Gym (CR)<br>10:00 It's<br>a Zoo!!<br><br>Word Games<br>(CR)<br> 11:00 First<br>Congregational<br>Church Service (CR)<br>2:00 THE<br>JUNGLE BOOK (CR)<br>4:00 Armchair Travels (53)<br>Shabbat Shalom                                     | 5 "We Will Rock You" Day<br>Morning Greetings (RR)<br>9:00 Gameshows (53)<br>9:30 Exercise (CR)<br>10:30<br><b>Saturday</b><br>Rock & Roll<br>Dice Games (CR)<br>2:00 BINGO (53/CR)<br>3:00 Laugh & Lounge<br>Comedy Hour (OD/LD)<br>4:00 NATIONAL GEOGRAPHIC (53)                                                                                    |
| 6 Mayflower<br>Anniversary ~ 1620<br>Morning Greetings (RR)<br>9:00 Sunday Jazz (53)<br>9:30 Silver Sneakers<br>Fitness (CR)<br>10:30 Spiritual Hymns<br>& Songs (CR)<br>11:00 St. Francis<br>Church Service (CR)<br> 2:00 Sunday<br>Matinee<br>(CR/53)<br>4:00 Classical Music (53) | 7 Labor Day<br>Morning Greetings (RR)<br>9:00 Virtual Pet Visits (53)<br>9:30 Stretch & Tone (CR)<br>10:30<br>Personal<br>Pampering<br>(CR) 2:00<br><br><b>HAPPY<br/>LABOR DAY</b><br>Celebration!<br>Cake & Coffee Lounge (CR)<br>4:00 Space Traveling (53)<br>5:00 Dinner Theater (24)<br> | 8 Star Trek<br>Anniversary ~ 1966<br>Morning Greetings (RR)<br>9:00 Soft Rock (53)<br>9:30 AM Workout (CR)<br>10 VIP Visits with Judy (W)<br>10:30 Rosary Service &<br>Prayer with St. Mary's<br>Church (CR)<br> 2:00<br>Enterprise<br>Bingo (CR/53)<br>2:00 Snack & Chat (CR)<br>4:00 "Ombudsman"<br>Informative Video (53)<br>5:00 Tropical Paradise (53) | 9 NFL Kickoff Day<br>Morning Greetings (RR)<br>9:00 Nature Zen (53)<br>9:30 Positive Thinking &<br>Namaste Yogacize (CR)<br>10 VIP Visits ~ Brenda<br>10:30 Painting<br>Class &<br>Manicures (CR) <br>2:30<br> Touchdown<br>Tunes<br>by Gary (CR)<br>2:00 Mix & Mingle<br>Social (CR)<br>4:00 Walt Disney (53) | 10 Yellow Daisy Days<br>Morning Greetings (RR)<br>9:00 Country Music (53)<br>9:30 Friendly Fitness (CR)<br>10 VIP Visits with Judy<br>10 VIP Visits with<br>Therapy Dog, Stella<br>10:30 The Sky is the limit!<br>"Yellow" Hunt (CR)<br>12:00 Lunch Bunch (CR)<br> 2:00<br>Blooming<br>Bingo (CR/53)<br>2 Cup of Conversation (CR)<br>4:00 Rosary Resonate (53) | 11 Patriot Day<br>Morning Greetings (RR)<br>9:00 Virtual Pet Visits (53)<br>9:30 Up & At'Em! Gym (CR)<br>10:30 Honey Glazed<br>Donuts & Coffee<br>with Jim (CR)<br>2:00 Fit &<br>Fun with<br>Marty (CR) <br>2:30 Café Hug in a Mug (CR)<br>4:00 Armchair Travels (53)<br> HAPPY<br>ROSH<br>HASHANAH!<br>Begins at Sundown<br>Shabbat Shalom | 12 The Monkees<br>~ 1966<br>Morning Greetings (RR)<br>9:00 Gameshows (53)<br>9:30 Exercise (CR)<br>10:30<br><b>Saturday</b><br>"Monkeying Around"<br>Word Mining (CR)<br>2:00 BINGO (53/CR)<br>3:00<br> Ice Cream<br>Time! (CR)<br>4:00 NATIONAL GEOGRAPHIC (53) |

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <div>13</div> <div>Happy Grandparents Day</div> <div>Morning Greetings (RR)</div> <div></div> <div>9:00 Sunday Jazz (53)</div> <div>9:30 Silver Sneakers Fitness (CR)</div> <div>10:30 Spiritual Hymns &amp; Songs (CR)</div> <div>11:00 St. Francis Church Service (CR)</div> <div></div> <div>2:00 Sunday Matinee (CR/53)</div> <div>4:00 Classical Music (53)</div> | <div>14</div> <div>Happy Cat Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Virtual Pet Visits (53)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div>10:30 Personal Pampering (CR)</div> <div></div> <div>2:30 Let the good times Roll! With Rusty (CR)</div> <div></div> <div>2:30 Cool Cats Café (CR)</div> <div>4:00 Space Traveling (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div>                                             | <div>15</div> <div>Columbo Anniversary</div> <div>Morning Greetings (RR)</div> <div>9:00 Soft Rock (53)</div> <div>9:30 AM Workout (CR)</div> <div>10 VIP Visits with Judy (W)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>2:00 "Just One More Thing..." Bingo (CR/53)</div> <div>2:00 Snack &amp; Chat (CR)</div> <div>4:00 "Ombudsman" Informative Video (53)</div> <div>5:00 Tropical Paradise (53)</div> | <div>16</div> <div>B.B. King's Birth Anniversary</div> <div>Morning Greetings (RR)</div> <div>9:00 Nature Zen (53)</div> <div>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</div> <div>10 VIP Visits ~ Brenda</div> <div>10:30 Painting Class &amp; Free Style Art/Craft (CR)</div> <div>2:00</div> <div></div> <div>Manicures (CR)</div> <div>2:00 Mix &amp; Mingle Social (CR)</div> <div>4:00 Walt Disney (53)</div> | <div>17</div> <div>M*A*S*H ~ 1972</div> <div>Morning Greetings (RR)</div> <div>9:00 Country Music (53)</div> <div>9:30 Friendly Fitness (CR)</div> <div>10 VIP Visits with Judy</div> <div>10:00 Battlefield Alley Bowling (CR)</div> <div></div> <div>11:00 St. Francis Church Communion Service (OD)</div> <div>2:00 Smashing Bingo (CR/53)</div> <div>2 Cup of Conversation (CR)</div> <div>4:00 Rosary Resonate (53)</div> | <div>18</div> <div>Happy Birthday, U.S. Air Force ~ 1947</div> <div>Morning Greetings (RR)</div> <div>9:00 Virtual Pet Visits (53)</div> <div>9:30 Up &amp; At'Em! Gym (CR)</div> <div>10:30 "PILOT" Categories (CR)</div> <div></div> <div>2:00 PO-KE-NO (CR)</div> <div></div> <div>2:00 Café Hug in a Mug (CR)</div> <div>6:00 Games with Noah (CR)</div> <div>4:00 Armchair Travels (53)</div> <div>Shabbat Shalom</div> | <div>19</div> <div>Oktoberfest Begins</div> <div>Morning Greetings (RR)</div> <div>9:00 Gameshows (53)</div> <div>9:30 Exercise (CR)</div> <div>10:30</div> <div><i>Saturday</i></div> <div>Roll out the barrel! Dice Games (CR)</div> <div>2:00 BINGO (53/CR)</div> <div>3:00 Laugh &amp; Lounge Comedy Hour (OD/LD)</div> <div>4:00 NATIONAL GEOGRAPHIC (53)</div>                                                                                                                                   |
| <div>20</div> <div>Sugar Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Sunday Jazz (53)</div> <div>9:30 Silver Sneakers Fitness (CR)</div> <div>10:30 Spiritual Hymns &amp; Songs (CR)</div> <div>11:00 St. Francis Church Service (CR)</div> <div></div> <div>2:00 Sunday Matinee (CR/53)</div> <div>4:00 Classical Music (53)</div>                                                                                                        | <div>21</div> <div>World Alzheimer's Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Virtual Pet Visits (53)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div></div> <div>10:30 Welcome Alpaca, Sir. Erick (CR/RR)</div> <div>2 Forget~Me~Not Dirt Therapy &amp; Sensational Café (CR)</div> <div>4:00 Space Traveling (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div> <div>YOM KIPPUR Begins at Sundown</div>                                                                                                     | <div>22</div> <div>First Day of Autumn</div> <div>Morning Greetings (RR)</div> <div>9:00 Soft Rock (53)</div> <div>9:30 AM Workout (CR)</div> <div>10 VIP Visits with Judy (W)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>2:00 Fall Fever Bingo (CR/53)</div> <div>2:00 Snack &amp; Chat (CR)</div> <div>4:00 "Ombudsman" Informative Video (53)</div> <div>5:00 Tropical Paradise (53)</div>             | <div>23</div> <div>Morning Greetings (RR)</div> <div>9:00 Nature Zen (53)</div> <div>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</div> <div>10 VIP Visits ~ Brenda</div> <div>10:30 Painting Class &amp; Free Style Art/Craft (CR)</div> <div>1:30 Dining Committee (CR)</div> <div>2:00</div> <div></div> <div>Manicures (CR)</div> <div>2:00 Mix &amp; Mingle Social (CR)</div> <div>4:00 Walt Disney (53)</div>  | <div>24</div> <div>In Style Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Country Music (53)</div> <div>9:30 Friendly Fitness (CR)</div> <div>10 VIP Visits with Judy</div> <div>10:00 Shopping Spree (CR)</div> <div></div> <div>2:00 Runway Bingo (CR/53)</div> <div>2 Cup of Conversation (CR)</div> <div>4:00 Rosary Resonate (53)</div>                                                                         | <div>25</div> <div>Do-Re-Mi Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Virtual Pet Visits (53)</div> <div>9:30 Up &amp; At'Em! Gym (CR)</div> <div>10:30 Oh shoot! Parachute &amp; Music with Jim (CR)</div> <div></div> <div>2:00 PO-KE-NO (CR)</div> <div></div> <div>2:00 Café Hug in a Mug (CR)</div> <div>6:00 Games with Noah (CR)</div> <div>4:00 Armchair Travels (53)</div> <div>Shabbat Shalom</div> | <div>26</div> <div>Harvest Moon</div> <div>Morning Greetings (RR)</div> <div>9:00 Gameshows (53)</div> <div>9:30 Exercise (CR)</div> <div>10:30</div> <div><i>Saturday</i></div> <div>"Shine on Harvest Moon" Word Mining (CR)</div> <div>2:00 BINGO (53/CR)</div> <div>3:30 7th Day Adventist Church Service (R)</div> <div></div> <div>3:00 Ice Cream Time! (CR)</div> <div>4:00 NATIONAL GEOGRAPHIC (53)</div> |
| <div>27</div> <div>Tonight Show ~ 1954</div> <div>Morning Greetings (RR)</div> <div>9:00 Sunday Jazz (53)</div> <div>9:30 Silver Sneakers Fitness (CR)</div> <div>10:30 Spiritual Hymns &amp; Songs (CR)</div> <div>11:00 St. Francis Church Service (CR)</div> <div></div> <div>2:00 Sunday Matinee (CR/53)</div> <div>4:00 Classical Music (53)</div>                                                                                              | <div>28</div> <div>Morning Greetings (RR)</div> <div>9:00 Virtual Pet Visits (53)</div> <div>9:30 Stretch &amp; Tone (CR)</div> <div></div> <div>10 VIP Visits with Therapy Dog, Minnie (CR)</div> <div>10:30</div> <div></div> <div>1:30 Resident Council (CR)</div> <div>2:30 Birthday Party with Heather (CR)</div> <div>2:30 Make a Wish Café (CR)</div> <div>4:00 Space Traveling (53)</div> <div>5:00 Dinner Theater (24)</div> <div></div> | <div>29</div> <div>Silent Movie Night</div> <div>Morning Greetings (RR)</div> <div>9:00 Soft Rock (53)</div> <div>9:30 AM Workout (CR)</div> <div>10 VIP Visits with Judy (W)</div> <div>10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR)</div> <div></div> <div>2:00 Cinema City Bingo (CR/53)</div> <div>2:00 Snack &amp; Chat (CR)</div> <div>4:00 "Ombudsman" Informative Video (53)</div> <div>5:00 Tropical Paradise (53)</div>             | <div>30</div> <div>Little Women Day</div> <div>Morning Greetings (RR)</div> <div>9:00 Nature Zen (53)</div> <div>9:30 Positive Thinking &amp; Namaste Yogacize (CR)</div> <div>10 VIP Visits ~ Brenda</div> <div>10:30 Painting Class &amp; Manicures (CR)</div> <div>2:30 Music played with true Panache by Clyde (CR)</div> <div>2:00 Mix &amp; Mingle Social (CR)</div> <div>4:00 Walt Disney (53)</div> <div></div>    | <div>Special Activity Programs</div> <div></div> <div>Orion TV Network Channel 53 Please Tune In!</div> <div></div> <div>NEW!!</div> <div>Spanish TV on Ch23</div>                                                                                                                                                                      | <div>HAPPY Grandparents DAY</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>September 2026</div> <div>Please observe or Join our activity programs. All activities subject to change with or without notice to better meet the needs and safety of the residents.</div>                                                                                                                                                                                                                                                                                                       |