

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
Special Activity Programs LIVE STREAMING Oriol TV Network Channel 53 Please Tune In! 53 NEW!! Spanish TV on Ch23	October 2026 <i>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.</i>	Sensory Connection: VIP Visits & OTN-53 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 & Sensory Items, Daily Devotional as Resident Room Visits	Special Days International Music Day October 1 Apple Betty Day October 5 Hero Day October 8 Columbus Day October 12 Sweetest Day October 17 Halloween October 31	1 Happy Birthday, Julie Andrews ~1935 Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy (CR) 10:30 NAME THAT TUNE 2:00 Bingo (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	2 Lee National Denim Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 "National Breast Cancer Awareness Month" Word Mining (CR) 11:00 First Congregational Church Service (CR) 2:00 PO-KE-NO (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	3 Parachutes Day Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Autumn CARNIVAL Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53) <i>Simchat Torah</i> Begins at Sundown
4 Detective 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 Sunday Matinee (CR/53) 4:00 Classical Music (53)	5 Drop the Duck Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:00 Don't Drop the Duck! Musical Chair (CR) 2:30 Just Ducky Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) Nail Studio Walt Disney Hallmark Channel	6 That's Italian Tuesday Morning Greetings (RR) 9:00 Soft Rock (53) 9:30 AM Workout (CR) 10 VIP Visits with Judy (W) 10:15 Catholic Mass with Fr. Hanlon & Rosary Service (CR/53) 2:00 "Ciao!" Bingo (CR/53) Viva Italia 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	7 You Matter to Me Day Morning Greetings (RR) 9:00 Nature Zen (53) 9:30 Positive Thinking & Namaste Yogacize (CR) 10 VIP Visits ~ Brenda 10:30 Painting Class & Free Style Art/Craft (CR) 2:00 Nail Studio Manicures (CR) 2:00 Mix & Mingle Social (CR) 4:00 Walt Disney (53)	8 Domino Sugar Day ~1901 Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:00 "Candy Jar" Word Games (CR) 11:00 St. Francis Church Communion Service (OD) 2:00 Bingo (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	9 John Lennon Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Wheel of Fortune & Music with Jim (CR) 2:00 PO-KE-NO (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	10 Scarecrow Saturday Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Autumn CARNIVAL Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Universal Music 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 Sunday Matinee (CR/53) 4:00 Classical Music (53)	12 Happy Columbus Day Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & 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)	13 Navy's Birthday ~ 1775 Morning Greetings (RR) 9:00 Soft Rock (53) 9:30 AM Workout (CR) 10 VIP Visits with Judy (W) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 "Ahoy!" Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	14 Oh Pooh Day Morning Greetings (RR) 9:00 Nature Zen (53) 9:30 Positive Thinking & Namaste Yogacize (CR) 10 VIP Visits ~ Brenda 10:30 Painting Class & Free Style Art/Craft (CR) 2:00 Nail Studio Manicures (CR) 2:00 Mix & Mingle Social (CR) 4:00 Walt Disney (53)	15 Scarecrow Day Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:00 "Cornfield Charlie" Scarecrow Workshop (CR) 2:00 Bingo (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	16 Fall Harvest Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Earlybird (CR) PO-KE-NO 2:00 Fit & Fun with Marty (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	17 The Day the Stones Got Rolling Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Autumn CARNIVAL Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)
18 Route 66 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 Sunday Matinee (CR/53) 4:00 Classical Music (53)	19 Lilliputians Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:30 Let the good times Roll! With Heather (CR) 2:30 "Mini" Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	20 "Monster Mash" Day ~ 1962 Morning Greetings (RR) 9:00 Soft Rock (53) 9:30 AM Workout (CR) 10 VIP Visits with Judy (W) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 "Frankenstein" Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	21 Back to the Future Day Morning Greetings (RR) 9:00 Nature Zen (53) 9:30 Positive Thinking & Namaste Yogacize (CR) 10 VIP Visits ~ Brenda 10:30 Painting Class & Free Style Art/Craft (CR) 1:30 Dining Committee (CR) 2:00 Nail Studio Manicures (CR) 2:00 Mix & Mingle Social (CR) 4:00 Walt Disney (53)	22 Make a Dog's Day Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:30 Care for Paws Community Outreach (CR) 2:00 Bingo (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	23 Eatin' Pumpkin Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Pumpkin Pie, Coffee & Music with Jim (CR) 2:00 PO-KE-NO (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	24 Happy Saturday Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Autumn CARNIVAL Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)
25 Mother-in-Law 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 Sunday Matinee (CR/53) 4:00 Classical Music (53)	26 Hunter's Moon Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 1:30 Resident Council (CR) 2:30 Happy Birthday Party with Rusty (CR) 2:30 Make a Wish Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	27 New York City Subway~1904 Morning Greetings (RR) 9:00 Soft Rock (53) 9:30 AM Workout (CR) 10 VIP Visits with Judy (W) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 "The Big Apple" Bino (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	28 Statue of Liberty's Anniversary ~ 1886 Morning Greetings (RR) 9:00 Nature Zen (53) 9:30 Positive Thinking & Namaste Yogacize (CR) 10 VIP Visits ~ Brenda 10:30 Painting Class & Free Style Art/Craft (CR) 2:00 Nail Studio Manicures (CR) 2:00 Mix & Mingle Social (CR) 4:00 Walt Disney (53)	29 Campfire Songs Day Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10 Halloween Costumes Craft (CR) 2:00 Bingo (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	30 Jack-o'-Lantern Day Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Spooky Hangman Word Game (CR) 2:00 PO-KE-NO (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	31 Happy Halloween Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Autumn CARNIVAL Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)