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



2026 November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Standard Time Resumes Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)	**2 First Commercial Radio News Broadcast ~ 1920** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:00 Mistery Aucton (CR) 2:30 Gossip Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	**3 Election Day** 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 Ready, Set, Go! Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	**4 UNESCO Anniversary ~ 1946** 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 Manicures (CR) 2:00 Mix & Mingle Happy Hour (CR) 4:00 (53)	**5 Monopoly Day ~ 1935** Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:30 If you Snooze you Lose! Dice Games (CR) 2:00 (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	**6 Jersey Friday** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:00 Mini Sports-A-Thon & Music with Jim (CR) 11:00 First Congregational Church Service (CR) 2:00 (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	**7 7-11 Day** Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 (53)
8 "Tennessee Waltz" Day Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)	**9 Good Nutrition Day** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:00 Men make dinner (CR) 2:30 Garden Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	**10 Marine Corps Anniversary ~ 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 Hero Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	**11 Veterans Day** Morning Greetings (RR) 9:00 Nature Zen (53) 9:30 Positive Thinking & Namaste Yogacize (CR) 10 VIP Visits ~ Brenda 10:30 Painting Class & Manicures (CR) 2:30 THANK YOU VETERANS Celebration with Rusty (CR) 2:00 Mix & Mingle Social (CR) 4:00 (53)	**12 Pizza Day** Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:00 Pepperoni Toss (CR) 11:00 St. Francis Church Communion Service (OD) 2:00 (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	**13 World Kindness Day** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 Early-Bird PO-KE-NO (CR) 2:00 Fit & Fun with Marty (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	**14 NASA's Mariner 9 spacecraft Orbits Mars ~ 1971** Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 (53)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 I Love to Write Day Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)	**16 WHERE in the World? Day** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:30 Decades of Music by Clyde Wheatley (CR) 2:30 Café Universe (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	**17 Take a Hike Day** 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 Bon Voyage! Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	**18 Happy Birthday, Mickey Mouse** 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 Manicures (CR) 2:00 Mix & Mingle Happy Hour (CR) 4:00 (53)	**19National Book Awards Day** Morning Greetings (RR) 9:00 Country Music (53) 9:30 Friendly Fitness (CR) 10 VIP Visits with Judy 10:00 Thanksgiving Greeting Cards Writing (CR) 2:00 (CR/53) 2:00 Snack & Chat (CR) 4:00 Rosary Resonate (53)	**20 Rose National Emblem Day ~ 1986** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:30 "Rosy Cheeks" Noodles & Balloons, Music with Jim (CR) 2:00 (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	**21 International Games Day** Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 3:30 7th Day Adventist Church Service (R) 4:00 (53)
22 Feast Day of Christ the King Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)	**23 Billy the Kid's Birth Anniversary ~ 1859** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Personal Pampering (CR) 2:30 Count your Blessings with Gary (CR) 2:30 Old Fashion Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	**24 Let's Talk Turkey Tuesday** 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 "Gobble" Bingo (CR/53) 2:00 Cup of Conversation (CR) 5:00 Tropical Paradise (53)	**25 Puzzle Wednesday** 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 Manicures (CR) 2:00 Mix & Mingle Social (CR) 4:00 (53)	**26** Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 (CR) 2:00 "Wobble" Bingo (CR) 3:30 Turkey ~ Bowl Football (OD/LD) 4:00 Rosary Resonate (53)	**27Shop 'til You Drop Day** Morning Greetings (RR) 9:00 Virtual Pet Visits (53) 9:30 Up & At'Em! Gym (CR) 10:15 VIP Visits with Therapy Dog, Minnie 10:30 "The Price is Right" Word Mining (CR) 2:00 (CR) 2:00 Café Hug in a Mug (CR) 4:00 Armchair Travels (53) Shabbat Shalom	**28 What's Cooking? Day** Morning Greetings (RR) 9:00 Gameshows (53) 9:30 Exercise (CR) 10:30 Games (CR) 2:00 BINGO (53/CR) 3:00 Apple Cider Social (CR) 4:00 (53)
29 *Little Women* Day Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns & Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)	**30 Crazy Hat Day** 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 Heather (CR) 2:30 Make a Wish Café (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)	**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** **All Saints' Day** *November 1* **Daylight Saving Ends** *November 1* **Election Day** *November 3* **Veterans Day** *November 11* **Thanksgiving** *November 26*		**NOVEMBER 2025** *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.*	**Special Activity Programs** LIVE STREAMING Oriol TV Network Channel 53 Please Tune In! ***NEW!!*** **Spanish TV on Ch23**

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