

# 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



2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Special Days</b></p> <p>Canada Day July 1 Halfway Point of 2024 July 2 Independence Day July 4 Chocolate Day July 7 Blueberries Day July 10 Bastille Day July 14 Summer Olympics July 26</p>	<p><b>1 CANADA DAY</b></p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:30 Shindig with Alexandria (CR) 2:00 Nail Studio (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p><b>2 Pool Noodle Day</b></p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR) 2:00 Bookmobile (RR) 2:00 Bingo (CR/53) 3:00 Snack &amp; Chat (CR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR/C)</p>	<p><b>3 WELCOME TO Fabulous LAS VEGAS NEVADA</b></p> <p>Morning Greetings Wachusett Wednesday (W) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Lucky Picasso's PO-KE-NO 10:30 CASINO 2:00 Club &amp; Happy Hour (CR) 5:00 MOVIE NIGHT (53) 6:00 Music &amp; Manicures with Jasira (CR)</p>	<p><b>4 FOURTH of JULY CELEBRATION</b></p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Early Bird BINGO (CR/53) 2:30 "You're a grand old flag" with Gary (CR) 2:30 Yankee Doodle Social (CR) 4:00 Rosary Resonate (53)</p>	<p><b>5 Fun in the Sun</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:00 Secret Beach Quote &amp; CATCH SOME RAYS Word Games (CR) 11 First Congregational Church Service (CR) 2:00 Sitcom Classics (53) 2:00 Name that Melody (CR) 3:00 Poolside Café (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p><b>6 An All-Star Day ~ 1933</b></p> <p>Morning Greetings (RR) 10:30 Sitcom Classics (53) 9:30 Weekend Workout (CR) 10:30 Residents Choice Dice Games (CR) 2:00 BINGO (CR/53) 3:00 Open Juice Bar! (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>
<p><b>7 HAPPY LAUNDRY</b></p> <p>Workers' Week! Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 VIP Visits (W) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>	<p><b>8 Colors Rock!! Day</b></p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:00 Nail Studio (CR) 2:00 Nail Studio FREESTYLE (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p><b>9 "Life Is Like a Box of Chocolates" Day</b></p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR) 2:00 Bingo (CR/53) 3:00 Snack &amp; Chat (CR) 4:00 Spanish Eve (53) 6:00 Noah's Game Night (CR/C)</p>	<p><b>10 Teddy Bear Picnic Day</b></p> <p>Morning Greetings (RR) Wachusett Wednesday (W) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Picasso's PO-KE-NO 10:30 Sundae Brunch (CR) 2:00 Bookmobile (RR) 2:00 Nail Studio (CR) &amp; Happy Hour 5:00 MOVIE NIGHT (53) 6:00 Music of the Decades with Jasira (CR)</p>	<p><b>11 build your own SUNDAY!</b></p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Sundae Brunch (CR) 2:00 Sweet Bingo (CR/53) 3:00 Mix &amp; Mingle Patio Party (C) 4:00 Rosary Resonate (53)</p>	<p><b>12 National Motorcycle Day</b></p> <p>Morning Greetings (RR) 10:00 Virtual Pet Visits (53) 9:30 Up &amp; At'Em! Fun (CR) 10:00 Evel Knievel Word Mining &amp; Crossword (CR) 2:00 Sitcom Classics (53) 2:30 Music played with true panache by Clyde Wheatley &amp; cocktail hour (CR) 3:00 Cruiser Café (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p><b>13 Embrace Your GEEKNESS DAY</b></p> <p>Morning Greetings (RR) 10:30 Sitcom Classics (53) 9:30 Weekend Workout (CR) 10:30 Residents Choice Dice Games (CR) 2:00 BINGO (CR/53) 3:00 Open Juice Bar! (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14 Morning Greetings</b> 9:30 <b>Sunday Jazz (53)</b></p>  <p>9:30 <b>Silver Sneakers Fitness (CR)</b></p> <p>10:30 <b>VIP Visits (W)</b></p> <p>10:30 <b>Spiritual Hymns &amp; Songs (CR)</b></p> <p>11:00 <b>St. Francis Church Service (CR)</b></p> <p>2:00 <b>Sunday Matinee (CR/53)</b></p> <p>4:00 <b>Classical Music (53)</b></p>	<p><b>15 Variety is the spice of life! Day</b></p> <p>Morning Greetings (RR)</p> <p>9:30 <b>Virtual Pet Visits (53)</b></p> <p>9:30 <b>Stretch &amp; Tone (CR)</b></p> <p>10:00 <b>Nail Studio (CR)</b></p> <p>2:30 <b>Shindig with Alexandria (CR)</b></p> <p>4:00 <b>Space Traveling (53)</b></p> <p>5:00 <b>Dinner Theater (24)</b></p>   	<p><b>16 Hula-Hoop Day</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Tuesday Tunes (53)</b></p> <p>9:30 <b>AM Workout (CR)</b></p> <p>10:30 <b>Rosary Service &amp; Prayer with St. Mary's Church (CR)</b></p> <p>2:00 <b>Bingo (CR/53)</b></p> <p>3:00 <b>Snack &amp; Chat (CR)</b></p> <p>4:00 <b>Spanish Eve (53)</b></p> <p>6:00 <b>Noah's Game Night (CR/C)</b></p>	<p><b>17 Christmas in July Morning Greetings (RR)</b></p>  <p>9:30 <b>Mrs. Claus's Gym (CR)</b></p> <p>10:30 <b>Picasso's Ho Ho Ho POKENO (CR)</b></p> <p>1:30 <b>Dining Committee (CR)</b></p> <p>1:30 <b>Bookmobile (RR)</b></p> <p>2:30 <b>Merry Christmas! Ukulele Party &amp; Happy Hour!</b></p> <p>5:00 <b>MOVIE NIGHT (53)</b></p> <p>6:00 <b>North Pole Manicures (CR)</b></p>  	<p><b>18 Remembering the Titanic Day</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Country Music (53)</b></p> <p>9:30 <b>Friendly Fitness (CR)</b></p> <p>10:30 <b>Unsinkable Origami Ships Arts &amp; Crafts (CR)</b></p> <p>2:00 <b>Sailing Bingo (CR/53)</b></p> <p>3:00 <b>Mix &amp; Mingle Patio Party (C)</b></p> <p>4:00 <b>Rosary Resonate (53)</b></p> 	<p><b>19 Breyers Ice Cream</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Up &amp; At'Em! Gym (CR)</b></p> <p>10:00 <b>Virtual Pet Visits (53)</b></p> <p>10:00 <b>Breyers Ice Cream Word Mining, Flavours (CR)</b></p> <p>2:00 <b>Sitcom Classics (53)</b></p> <p>2:00 <b>Name that Melody (CR)</b></p> <p>3:00 <b>Delicious Ice Cream (CR)</b></p> <p>4:00 <b>Armchair Travels (53)</b></p> <p><b>Shabbat Shalom</b></p>  	<p><b>20 Man on the Moon Day</b></p>  <p>Morning Greetings (RR)</p> <p>10:30 <b>Sitcom Classics (53)</b></p> <p>9:30 <b>Weekend Workout (CR)</b></p> <p>10:30 <b>Residents Choice Dice Games (CR)</b></p> <p>2:00 <b>BINGO (CR/53)</b></p> <p>3:00 <b>Open Juice Bar! (CR)</b></p> <p>4:00 <b>NATIONAL GEOGRAPHIC (53)</b></p>    
<p><b>21 Buck Moon Morning Greetings</b></p>  <p>9:30 <b>Sunday Jazz (53)</b></p> <p>9:30 <b>Silver Sneakers Fitness (CR)</b></p> <p>10:30 <b>VIP Visits (W)</b></p> <p>10:30 <b>Spiritual Hymns &amp; Songs (CR)</b></p> <p>11:00 <b>St. Francis Church Service (CR)</b></p> <p>2:00 <b>Sunday Matinee (CR/53)</b></p> <p>4:00 <b>Classical Music (53)</b></p>	<p><b>22 A Fashionable Day</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Virtual Pet Visits (53)</b></p> <p>9:30 <b>Stretch &amp; Tone (CR)</b></p> <p>10:00 <b>Nail Studio (CR)</b></p> <p>2:30 <b>Happy Birthday Bash with Heather Marie (CR)</b></p> <p>3:00 <b>Make a Wish! Cake &amp; Coffee Social (CR)</b></p> <p>4:00 <b>Space Traveling (53)</b></p> <p>5:00 <b>Dinner Theater (24)</b></p>  	<p><b>23 Happy Gorgeous Grandma day!</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Tuesday Tunes (53)</b></p> <p>9:30 <b>AM Workout (CR)</b></p> <p>10:30 <b>Rosary Service &amp; Prayer with St. Mary's Church (CR)</b></p> <p>2:00 <b>Bingo (CR/53)</b></p> <p>3:00 <b>Snack &amp; Chat (CR)</b></p> <p>4:00 <b>Spanish Eve (53)</b></p> <p>6:00 <b>Noah's Game Night (CR/C)</b></p>	<p><b>24 COUSIN'S DAY Morning Greetings (RR)</b></p> <p><b>Wachusett Wednesday (W)</b></p> <p>9:30 <b>Classic Cartoons (53)</b></p> <p>9:30 <b>Positive Yogacize (CR)</b></p> <p>10:30 <b>Picasso's PO-KE-NO</b></p> <p>2:00 <b>Bookmobile (RR)</b></p> <p>2:00 <b>Resident Council (CR)</b></p> <p>3:00 <b>Nail Studio &amp; Happy Hour (CR)</b></p> <p>5:00 <b>MOVIE NIGHT (53)</b></p> <p>6:00 <b>Music of the Decades with Jasira (CR)</b></p>  	<p><b>25 Red Shoe Day</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Country Music (53)</b></p> <p>9:30 <b>Friendly Fitness (CR)</b></p> <p>10:30 <b>Sports-A-Thon (CR)</b></p> <p>2:00 <b>Be on my Team! Bingo (CR/53)</b></p> <p>3:00 <b>Mix &amp; Mingle Patio Party (C)</b></p> <p>4:00 <b>Rosary Resonate (53)</b></p> 	<p><b>26 Olympic Games Begins in Paris</b></p>  <p>Morning Greetings</p> <p>10:00 <b>Virtual Pet Visits (53)</b></p> <p>9:30 <b>Up &amp; At'Em! Fun (CR)</b></p> <p>10:00 <b>What Am I? (CR)</b></p> <p>2:00 <b>Sitcom Classics (53)</b></p> <p>2:30 <b>Olympic Games Sailing CR</b></p> <p>4:00 <b>Armchair Travels (53)</b></p> <p>7:30 <b>Paris Olympics Opening Ceremony ~ NBC</b></p> <p><b>Shabbat Shalom</b></p>   	<p><b>27 A Stroll Through Paris Day</b></p>  <p>Morning Greetings (RR)</p> <p>10:30 <b>Sitcom Classics (53)</b></p> <p>9:30 <b>Weekend Workout (CR)</b></p> <p>10:30 <b>Run for the Gold Dice Games (CR)</b></p> <p>2:00 <b>BINGO (CR/53)</b></p> <p>3:00 <b>Open Juice Bar! (CR)</b></p> <p>4:00 <b>NATIONAL GEOGRAPHIC (53)</b></p>    
<p><b>28 Morning Greetings (RR)</b></p>  <p>9:30 <b>Sunday Jazz (53)</b></p> <p>9:30 <b>Fitness (CR)</b></p> <p>10:30 <b>VIP Visits (W)</b></p> <p>10:30 <b>Spiritual Hymns &amp; Songs (CR)</b></p> <p>11:00 <b>St. Francis Church Service (CR)</b></p> <p>2:00 <b>Happy Parents Day</b></p> <p><b>Sunday Matinee (CR/53)</b></p> <p>4:00 <b>Classical Music (53)</b></p> 	<p><b>29 Blue Monday</b></p>  <p>Morning Greetings (RR)</p> <p>9:30 <b>Virtual Pet Visits (53)</b></p> <p>9:30 <b>Stretch &amp; Tone (CR)</b></p> <p>10:00 <b>Nail Studio (CR)</b></p> <p>2:00 <b>Team USA Olympic T-Shirts USA Craft (CR)</b></p> <p>4:00 <b>Space Traveling (53)</b></p> <p>5:00 <b>Dinner Theater (24)</b></p>  	<p><b>30 Black Tuesday Morning Greetings</b></p>  <p>9:30 <b>Tuesday Tunes (53)</b></p> <p>9:30 <b>AM Workout (CR)</b></p> <p>10:30 <b>Bookmobile (RR)</b></p> <p>10:30 <b>Rosary, Prayer Service with St. Mary's Church (CR)</b></p> <p>2:00 <b>BINGO</b></p> <p><b>Go For The GOLD!! (CR/53)</b></p> <p>3:00 <b>Snack &amp; Chat (CR)</b></p> <p>4:00 <b>Spanish Eve (53)</b></p> <p>6 <b>Noah's Game Night (CR/C)</b></p>	<p><b>31 Red Wednesday Morning Greetings</b></p>  <p><b>Wachusett Wednesday (W)</b></p> <p>9:30 <b>Classic Cartoons (53)</b></p> <p>9:30 <b>Positive Yogacize (CR)</b></p> <p>10:30 <b>Hug an Alpaca Day</b></p> <p>2:00 <b>Olympic PO-KE-NO &amp; Happy Hour (CR)</b></p> <p>5:00 <b>MOVIE NIGHT (53)</b></p> <p>6:00 <b>Music &amp; Manicures with Jasira (CR)</b></p>   	<p><b>JULY 2024</b></p> <p><i>Please observe or Join our activity programs.</i></p> <p><i>All activities subject to change with or without notice to better meet the needs and safety of the residents.</i></p>	<p><b>Broadcasting Live!! Special Activity Programs</b></p>  <p><b>riol TV Network Channel 53</b></p> <p><b>Please Tune In!</b></p> 	<p><b>Sensory Connection: VIP Visits &amp; OTN-53</b></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 &amp; Sensory Items, Daily Devotional as</p> <p><b>Resident Room Visits</b></p>