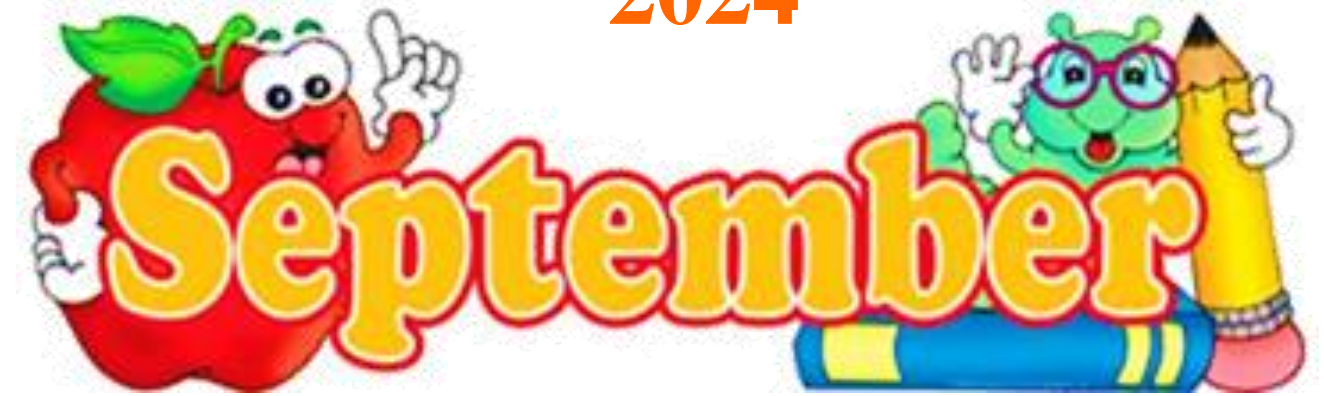


HOLDEN REHABILITATION & SKILLED NURSING CENTER

2024


















(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>1 House Party Day ~1952</p> <p>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)</p>	<p>2 Happy Labor Day!</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Salon (CR) 2:30 HAPPY LABOR DAY (CR) Celebration with Gary 3:00 Chilly Munchies (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p>3 Penny Press Day "The New York Sun" ~ 1833</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6 Noah's Game Night (CR)</p>	<p>4 The Price Is Right Day ~ 1872</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Nail Salon (CR) 10:30 Picasso's Painting Class (CR) 2:00 Bookmobile (RR) 2:00 PO-KE-NO & Happy Hour (53) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>5 Kickoff Day</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Kickoff the day with Coffee & Donuts (CR) 2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR/C) 4:00 Rosary Resonate (53) 8:20 Kickoff ~ NBC</p>	<p>6 Just Do It! Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym(CR) 10:00 Virtual Pet Visits (53) 10:30 Procrastination Quotes & Mining (CR) 11:00 First Congregational Church Service (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 DJ "J" Entertains (CR) 3:00 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>7 First Miss America Pageant ~ 1921</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00 BINGO (CR/53) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>
<p>8 Happy Grandparents Day</p> <p>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)</p>	<p>9 "We're on Cloud Nine" Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Community Outreach Baking Fluffy Muffins for local Group Home (CR) 2:00 Nail Salon (CR) 3:00 Chilly Munchies (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>	<p>10 Good News Day</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR) 2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6 Noah's Game Night (CR)</p>	<p>11 Patriot Day</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Nail Salon (CR) 10:30 Picasso's Class (CR) 1:30 Dining Committee (CR) 2:00 Bookmobile (RR) 2:00 The Patriot (CR) PO-KE-NO & Happy Hour (53) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>12 Space Milestone Day</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Galaxy Rocks & Crystals Arts & Crafts (CR) 2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR/C) 4:00 Rosary Resonate (53)</p>	<p>13 Chocolate Factory Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym(CR) 10:00 Virtual Pet Visits (53) 10:30 Willy Wonka's Candy Jar Word Game (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:30 Sweet music played with true panache by Clyde (CR) 3:00 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>14 Every Cat Should Have Its Day</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00 BINGO (CR/53) 3:00 Apple Cider Social (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15 National Hispanic Heritage Month Begins</p> <p>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)</p>	<p>16 Happy Birthday Lauren Bacall ~ 1924</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Salon (CR) 2:30 Tribute to the Beatles  with Heather Marie (CR) 3:00 Chilly Munchies (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>17 Harvest Moon</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR)  2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6 Noah's Game Night (CR)</p>	<p>18 Golden Gala Day</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Nail Salon (CR)  10:30 Picasso's Class (CR) 2:00 Bookmobile (RR) 1:30 Beauty Makeover (CR) 2:30 SENIOR Prom Gala (CR) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>19 Talk Like a Pirate Day (Arrr!)</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 Play Golf Like a Pirate! (CR)  2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR/C) 4:00 Rosary Resonate (53)</p>	<p>20 "Back to School" Memories Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym(CR) 10:00 Virtual Pet Visits (53) 10:30 What Am I? Trivia & Good Old Days (CR) 2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 DJ "J" Entertains (CR)  3:00 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>21 World Alzheimer's Day</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Dog Therapy visits with Byrdie  10:30 Fun Fusion (CR) 2:00 BINGO (CR/53)  3:00 Apple Cider Social (CR)  4:00 NATIONAL GEOGRAPHIC (53) </p>
<p>22 Autumn Season Begins</p> <p>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)</p>	<p>23 Crazy About Cranberries Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 "Cranberry Sauce" Word Mining (CR) 2:00 Nail Salon (CR)  3:00 Chilly Munchies (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p>24 Day of Darts</p> <p>Morning Greetings (RR) 9:30 Tuesday Tunes (53) 9:30 AM Workout (CR) 10:30 Rosary Service & Prayer with St. Mary's Church (CR)  2:00 Bingo (CR/53) 3:00 Snack & Chat (CR) 4:00 VIP Visits (RR) 4:00 Spanish Eve (53) 6 Noah's Game Night (CR)</p>	<p>25 Women's Health & Fitness Day</p> <p>Morning Greetings (RR) 9:30 Classic Cartoons (53) 9:30 Positive Yogacize (CR) 10:30 Nail Salon (CR)  10:30 Picasso's Class (CR) 2:00 Bookmobile (RR) 2:00 Resident Council (CR) 2:00 PO-KE-NO (CR)  & Happy Hour 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>	<p>26 "Here's a Story..." Day ~1969</p> <p>Morning Greetings (RR) 9:30 Country Music (53) 9:30 Friendly Fitness (CR) 10:30 "The Holden Bunch" Games, Music & Fun (CR)  2:00 Bingo (CR/53) 3:00 Mix & Mingle (CR/C) 4:00 Rosary Resonate (53)</p>	<p>27 World Tourism Day</p> <p>Morning Greetings (RR) 9:30 Up & At'Em! Gym(CR) 10:00 Virtual Pet Visits (53) 10:00 Shopping Spree (CR)  2:00 Sitcom Classics (53) 2:00 Bookmobile (RR) 2:00 DJ "J" Entertains (CR)  3:00 Cup of conversation (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p>28 Good Neighbor Day</p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Fun Fusion (CR) 2:00 BINGO (CR/53)  3:00 Apple Cider Social (CR)  4:00 NATIONAL GEOGRAPHIC (53) </p>
<p>29 Gold Star Mother's and Family's Day</p> <p>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)</p>	<p>30 Translation Day</p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch & Tone (CR) 10:30 Nail Salon (CR)  2:30 Happy Birthday Party with Alexandria (CR)  3:00 Make a Wish! Cake & Coffee Social (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </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</p> <p>Resident Room Visits</p>	<p>SEPTEMBER 2024</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>Broadcasting Live!! Special Activity Programs</p> <p>LIVE STREAMING</p> <p>Orion TV Network Channel 53</p> <p>Please Tune In!</p> 	<p>SPECIAL DAYS</p> <p>Labor Day September 2</p> <p>Grandparents' Day September 8</p> <p>Patriot Day September 11</p> <p>Full Harvest Moon September 17</p> <p>World Gratitude Day September 21</p> <p>First Day of Autumn September 22</p>