

# 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



# 2025 January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Devotionals</p>	<p><b>January 2025</b></p> <p><i>Please observe or Join our activity programs</i></p> <p><i>All activities subjects to change with or without notice to better meet the needs and safety of the residents.</i></p>	<p><b>Special Days</b></p> <p><b>New Year's Day</b> January 1</p> <p><b>Martin Luther King Jr. Day</b> January 20</p> <p><b>Chinese New Year (Lunar New Year)</b> January 29</p>	<p><b>1</b> <b>Happy New Year</b></p> <p>Morning Greetings (RR) 9:30 Positive Thinking &amp; Yogacize! (CR) 10 Classic Cartoons (53) 10:30  <b>Nail Salon</b> &amp; Free Style Art (CR) 11 Rose Bowl Parade (CR) 2:30  <b>Happy New Year Celebration &amp; Happy Hour with Alexandria (CR)</b> 5:00 <b>MOVIE NIGHT (53)</b></p>	<p><b>2 Science Fiction Day</b></p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Science Experiments (CR) </p> <p>2:00 Bingo Bash (CR/53) 3:30 Cozy Café (CR) 5:00 Rosary Resonate (53) 6:00 Let the good times roll with Maddie! (CR)</p>	<p><b>3 Lord of the Rings Day</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 Hobbit Name Generator ~ What is your Hobbit Name? (CR) </p> <p>2:00 Bookmobile (RR) 2:00 PO-KE-NO (CR) </p> <p>3:00 Blizzard Bistro Ice Cream Shakes (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p><b>4 Billboard Day ~ 1936</b></p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30  <b>Snowball Fight!</b> Music &amp; Match (CR) 2:00 <b>BINGO (CR)</b> 3:00 Hot Cocoa Bar (CR) </p> <p>4:00  <b>NATIONAL GEOGRAPHIC (53)</b></p>
<p><b>5 Golden Globe Awards Night</b></p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns &amp; Songs (CR) </p> <p>11:00 St. Francis Church Service (CR) </p> <p>2:00 VIP Visits (RR)</p> <p>2:00 Sunday Matinee (CR/53) </p> <p>4:00 Classical Music (53) </p> <p>8:00 CBS </p>	<p><b>6 Aloha! Hawaii</b> </p> <p>Aloha! Greetings (RR) 9:30 Waikiki Workout (CR) 9:30 Pets of Hawaii (53) 10:30 Beach Ball Volleyball (CR) </p> <p>11:00  <b>Pass the Coconut Musical Chair (CR)</b></p> <p>12:00 Chef's Luau (CR) 2:00 Café Ukulele (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24) </p>	<p><b>7 National Bobblehead Day</b></p> <p>Morning Greetings (RR) 9:00 Winter Wonderland Zen (53) 9:30 AM Workout (CR) 10:30 Rosary Service &amp; Prayer with St. Mary's Church (CR) </p> <p>2:00 <b>BINGO (CR/53)</b></p> <p>3:00 Snack &amp; Chat (CR) 4:00 VIP Visits with Madison (RR) 6:00 Noah's Game Night (CR) Noche de Musica Española (53)</p>	<p><b>8 Elvis Lives Day ~ 1935</b></p> <p>Morning Greetings (RR) 9:30 Positive Thinking &amp; Yogacize! (CR) 10 Classic Cartoons (53) 10:30 "Picasso's" Painting Class &amp; Free Style Art (CR) 2:00  <b>Nail Salon</b> Mix &amp; Mingle Social (CR) 5:00 <b>MOVIE NIGHT (53)</b> 6:00 Evening Shindig (CR)</p>	<p><b>9 Orange Bowl at Hard Rock Stadium</b></p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) </p> <p>10:00 Kickball Circle (CR) </p> <p>11:00 Chapel Service with St. Francis Church (CR) </p> <p>2:00 Bingo Bash (CR/53) 3:30 Cozy Café (CR) 5:00 Rosary Resonate (53) 6:00 Let the good times roll with Maddie! (CR) 7:30 Orange Bowl ~ ESPN</p>	<p><b>10 Record "Singles" Day ~ 1949</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10 RECORD Categories (CR) 11:00 First Congregational Service (CR) </p> <p>2:00 Bookmobile (RR) 2:30 Music played with true panache by Clyde Wheatley (CR) </p> <p>3:00 Blizzard Bistro Ice Cream Shakes (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>	<p><b>11 Let It Snow Day ~ 1949 in L.A</b></p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30  <b>Snowball Fight!</b> Winter Fun Fusion with Youth Group from ST. Columba Church (CR) 2:00 <b>BINGO (CR)</b> 3:00 Laugh &amp; Lounge Comedy Hour (CR) 4:00  <b>NATIONAL GEOGRAPHIC (53)</b></p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>12 Jack London Day</b> ~ 1876</p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 VIP Visits (RR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>  	<p><b>13 Real Men Don't Drink Tea Day</b></p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:00 "T" Time (CR)</p>  <p>2:00 Tournament Tea Party (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p> 	<p><b>14 Wintertime Memories Day</b></p> <p>Morning Greetings (RR) 9:00 Winter Wonderland Zen (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 VIP Visits with Madison (RR) 6:00 Noah's Game Night (CR) Noche de Musica Española (53)</p>  	<p><b>15 Wacky Winter Wardrobe Wednesday</b></p> <p>Morning Greetings (RR) 9:30 Positive Thinking &amp; Yogacize! (CR) 10 Classic Cartoons (53) 10:30 "Picasso's" Painting Class &amp; Free Style Art (CR) 1:30 Dining Committee (CR) 2:00 Nail Salon Mix &amp; Mingle Social (CR) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>  	<p><b>16 "Life on Earth" Day</b></p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Nature Outreach Bagel Bird Feeders (CR) 2:00 Bingo Bash (CR/53) 3:30 Cozy Café (CR) 5:00 Rosary Resonate (53) 6:00 Let the good times roll with Maddie! (CR)</p> 	<p><b>17 Snowflake Day</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:00 3D Paper Snowflakes Craft (CR) 2:00 Bookmobile (RR) 2:00 PO-KE-NO (CR) 3:00 Blizzard Bistro Ice Cream Shakes (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>  	<p><b>18 Hawaiian Islands Discovery ~ 1778</b></p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Snowball Fight! Competition (CR) 2:00 BINGO (CR) 3:00 Hot Cocoa Bar (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>    
<p><b>19 Happy Birthday, Dolly Parton ~ 1946</b></p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 VIP Visits (RR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>  	<p><b>20 MARTIN LUTHER KING, JR. DAY</b></p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10 Donuts &amp; Dreamy Manicures (CR) 2:30 "I Have a Dream" Celebration with Gary (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>   	<p><b>21 Squirrel Appreciation</b></p> <p>Morning Greetings (RR) 9:00 Winter Wonderland Zen (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 VIP Visits with Madison (RR) 6:00 Noah's Game Night (CR) Noche de Musica Española (53)</p>  	<p><b>22 Minnie Mouse Hollywood Walk of Fame ~ 2018</b></p> <p>Morning Greetings (RR) 9:30 Positive Thinking &amp; Yogacize! (CR) 10 Classic Cartoons (53) 10:30 "Picasso's" Painting Class &amp; Free Style Art (CR) 2:00 Nail Salon Mix &amp; Mingle Social (CR) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>  	<p><b>23 A Day to "Wine" About</b></p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10 Pass the Bottle! Musical Chair (CR) 2:00 Bingo Bash (CR/53) 3:30 Cozy Café (CR) 5:00 Rosary Resonate (53) 6:00 Let the good times roll with Maddie! (CR)</p> 	<p><b>24 Compliment Day</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:00 Top 100 Compliments Word Games (CR) 2:00 Bookmobile (RR) 2:00 PO-KE-NO (CR) 3:00 Blizzard Bistro Ice Cream Shakes (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>  	<p><b>25 Snickerdoodles Day</b></p> <p>Morning Greetings (RR) 10:30 Classic Gameshows (53) 9:30 Weekend Workout (CR) 10:30 Snowball Fight! Competition (CR) 2:00 BINGO (CR) 3:00 Laugh &amp; Lounge Comedy Hour (CR) 4:00 NATIONAL GEOGRAPHIC (53)</p>   
<p><b>26 Paul Newman Day ~ 1925</b></p> <p>Morning Greetings (RR) 9:30 Sunday Jazz (53) 9:30 Silver Sneakers Fitness (CR) 10:30 Spiritual Hymns &amp; Songs (CR) 11:00 St. Francis Church Service (CR) 2:00 VIP Visits (RR) 2:00 Sunday Matinee (CR/53) 4:00 Classical Music (53)</p>  	<p><b>27 Chocolate Cake Day</b></p> <p>Morning Greetings (RR) 9:30 Virtual Pet Visits (53) 9:30 Stretch &amp; Tone (CR) 10:00 Baking Cupcakes (CR) 1:30 Resident Council (CR) 2:00 Happy Celebration Birthday Party (CR) 2:30 Make a Wish! Social (CR) 4:00 Space Traveling (53) 5:00 Dinner Theater (24)</p>  	<p><b>28 Eiffel Tower ~ 1887</b></p> <p>Morning Greetings (RR) 9:00 Winter Wonderland Zen (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 VIP Visits with Madison (RR) 6:00 Noah's Game Night (CR) Noche de Musica Española (53)</p>  	<p><b>29 Chinese New Year Year of the Snake</b></p> <p>Morning Greetings (RR) 9:30 Positive Thinking &amp; Yogacize! (CR) 10 Classic Cartoons (53) 10:30 "Picasso's" Painting Class &amp; Free Style Art (CR) 12:00 Lunch Bunch (CR) 2:00 Nail Salon Mix &amp; Mingle Social (CR) 5:00 MOVIE NIGHT (53) 6:00 Evening Shindig (CR)</p>  	<p><b>30 Favorite Sports Team Day</b></p> <p>Morning Greetings (RR) 9:30 Friendly Fitness (CR) 10:00 Country Music (53) 10:00 Sport-A-Thon (CR) 2:00 Bingo Bash (CR/53) 3:30 Cozy Café (CR) 5:00 Rosary Resonate (53) 6:00 Let the good times roll with Maddie! (CR)</p> 	<p><b>31 Fun at Work Day</b></p> <p>Morning Greetings (RR) 9:30 Up &amp; At'Em! Gym (CR) 10:00 Virtual Pet Visits (53) 10:30 TGIF with Shannon Music &amp; Melody (CR) 2:00 Bookmobile (RR) 2:00 PO-KE-NO (CR) 3:00 Blizzard Bistro Ice Cream Shakes (CR) 4:00 Armchair Travels (53) Shabbat Shalom</p>   	<p><b>Broadcasting Live!! Special Activity Programs</b></p> <p>LIVE STREAMING Oriol TV Network Channel 53 Please Tune In!</p> 