

January 2020

The Arbors At ISLANDIA EAST SAFECARE

Tel: 631-232-3131
www.thearborsassistedliving.com

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY
VZ=VANESSA
M=MARILYN
K=KERRY
A=ANNE
T=TAMI
H=HEATHER
L=MICHELLE
TH=THERESA
MA=MALIK
MB=MARIA
AL=ALI
J=JOSHUA
I=INDEPENDENT
V=VOLUNTEER
RS=RECREATION STAFF

LOCATION KEY
A=ACTIVITY ROOM
DR=DINING ROOM
S=SERENITY ROOM
SC=SAFE CARE
2F=2ND FLOOR
3F=3RD FLOOR
CY=COURTYARD
O=OUTING
ES=EAST SIDE

1 NEW YEARS DAY

9:45 NEW YEAR NEW YOU WORKOUT K A
10:30 CROCKPOT COOKING CLUB M DR
11:15 ZOOM IN ZOOM OUT M A
1:15 MOVIE MATINEE M 3F
1:15 BINGO FOR PRIZES MA A
1:30 TABLETOP GAMES K 2F
2:00 **BOBBY FISCHETTI SINGS SINATRA** A LO
2:15 CIRCLE SOCCER K 2F
3:00 AFTERNOON SOCIAL RS A
4:00 2020 RESOLUTIONS WITH ANNE A DR
4:00 BALL PASS CIRCLE MA/KA
6:15 COMEDY CORNER MA A
7:00 NAME THAT TUNE MA A
8:00 EVENING MOVIE MA A

2

9:45 SENIOR FIT K A
10:00 **SCENIC RIDE** A/L O
10:15 **PET THERAPY WITH CLARE** V A
10:30 SMALL GROUP SORTING K DR
10:45 **YOGA WITH BONNIE** M/V 3F
11:15 PARACHUTE POP UP K A
1:15 MOVIE MATINEE K 3F
1:15 CRAFT CORNER K 3F
1:15 BINGO! MA A
2:15 FINISH THE LYRICS K 3F
3:00 CHEF TASTING SOCIAL RS A
4:00 WELCOME TO WISCONSIN MANICURES BY KERRY K DR
4:00 KARAOKE MA A
6:15 AFTER DINNER STRETCH MA A
7:00 CHARADES SHOWDOWN MA A
8:00 EVENING MOVIE MA A

3

9:45 SITTCERISE A A
10:00 **COMMUNION & PRIVATE PRAYER** V A
10:15 SPIRITUALITY & FAITH SHARING TH A
10:30 NOODLE RIOT TH A
11:15 Pictionary TH A
1:15 TURNER CLASSIC AFTERNOON A 3F
1:15 AFTERNOON STRETCH WITH MUSIC MA A
1:30 BOWLING MA A
2:15 WHEEL OF FORTUNE MA A
3:00 CHEF'S CHOICE SOCIAL RS A
4:00 FRIDAY DANCE PARTY RS A
6:15 PIANO MUSIC WITH MALIK MA A
7:00 LATE NIGHT CARD SHARKS MA A
8:00 TGIF MOVIE MA A

4

9:45 SATURDAY A.M. STRETCH MB A
10:30 PUMP IT UP MB A
11:15 BALL TOSS FRENZY MB A
1:15 MOVIE MATINEE MA 3F
1:15 **MUSIC THERAPY WITH JOE** V A
1:15 SATURDAY MANICURES AM DR
2:00 BINGO FOR PRIZES MA A
2:15 WINTER WONDERLAND ART AM DR
3:00 SATURDAY SOCIAL HOUR RS A
4:00 CHARADES SHOWDOWN MA A
6:15 HAND MESSAGES MA A
7:00 NAME 3 MA A
8:00 EVENING MOVIE MA A

5

9:15 SUNDAY SERVICE WITH THERESA TH A
10:00 PET THERAPY WITH CLARE V A
10:15 SUNDAY SUNRISE STRETCH AM A
10:45 MORNING WALKING STROLL AM A
10:45 RHYTHM & BEATS K A
11:30 WORD SCAPES K A
1:15 MOVIE MATINEE M 3F
1:15 ART IN THE AFTERNOON K 3F
1:15 AFTERNOON STRETCH WITH MUSIC MA A
2:00 KEEP IT UP BALLOON TAP MA A
3:00 SUNDAY SUNDAY'S RS A
4:00 SMALL GROUP SORTING K DR
4:00 MUSIC, DANCE AND SING MA A
6:15 REMINISCING WITH PICTURES MA A
7:00 NAME THAT CELEBRITY MA A
8:00 EVENING MOVIE MA A

6

9:45 MUSIC N MOTION K A
10:30 ARTISTIC EXPRESSIONS K DR
10:30 AMERICA'S GOT TALENT K A
11:30 WORD IN A WORD GAME K A
1:15 MOVIE MATINEE K 3F
1:15 SING A LONG HITS: 1950'S A A
1:30 WALKING CLUB K LO
2:00 **TRIP TO ADCRC** K/L O
3:00 MONDAY MUNCHIES SOCIAL RS A
4:00 STRETCHING WITH SCARVES A A
6:15 COZY COCOA NIGHT A A
7:00 REMINISCING: HOLLYWOOD STARS A A
8:00 EVENING MOVIE A A

7

9:45 TUESDAY TONING K A
10:30 MORNING SING-A-LONG K/T A
10:30 **THERAPEUTIC TOUCH** I A
11:15 TABLE TOP BOARD GAMES K DR
11:15 MANICURES WITH MICHELLE L A
1:15 TURNER CLASSIC AFTERNOON K 3F
1:15 AFTERNOON STRETCH WITH MUSIC K 2F
1:30 **ART THERAPY WITH CLAUDIA** K 2F
2:30 WHITE BOARD WORD CHALLENGE K A
3:00 AFTERNOON SOCIAL RS A
4:00 MASSAGE SPA K DR
6:15 EVENING CONCERT: WHITNEY HOUSTON L A
7:00 EVENING BINGO! L A
8:00 EVENING MOVIE A

8

1950'S DAY - ELVIS' BIRTHDAY!
9:45 50'S ROCK N ROLL WORKOUT K A
10:30 CROCKPOT COOKING CLUB: PEANUT BUTTER & BANANA DUMP CAKE! K DR
11:00 **ROB MCARTHUR: ELVIS PRESLEY IMPERSONATOR** M/T LO
11:15 FAMILY FEUD K A
1:15 MOVIE MATINEE M 3F
1:15 AFTERNOON STRETCH WITH "THE KING" MA A
1:30 TABLETOP SPOON BALL K 2F
2:00 BALLOON VOLLEY MA A
2:30 TRAVELING BACK IN TIME: 1955 K 2F
3:00 AFTERNOON SOCIAL RS A
4:00 RHYTHM & BLUES KARAOKE MA A
6:15 A&E BIOGRAPHY: ELVIS PRESLEY MA A
7:00 SOCK HOP DANCE PARTY MA A
8:00 EVENING MOVIE MA A

9

OPEN HOUSE
9:45 SENIOR FIT A A
10:00 **DUNKIN DONUTS RUN** K/L O
10:15 **PET THERAPY WITH CLARE** V DR
10:45 **YOGA WITH BONNIE** A/V A
11:30 PARACHUTE POP UP K A
1:00 LIVE ENTERTAINMENT WITH BOB STACK K A
1:15 MOVIE MATINEE K 3F
2:15 TABLETOP PUZZLES K 3F
3:00 CHEF TASTING SOCIAL RS A
4:00 ATTENDING ARKANSAS K DR
4:00 MANICURES BY KERRY MA A
4:00 KARAOKE! MA A
6:15 PIANO MUSIC WITH MALIK MA A
7:00 CATEGORIES MA A
8:00 EVENING MOVIE MA A

10

9:45 SITTCERISE A A
10:00 **COMMUNION & PRIVATE PRAYER** V A
10:15 SPIRITUALITY & FAITH SHARING TH A
10:30 NOODLE RIOT TH A
11:15 HOT POTATO BALL PASS TH A
1:15 TURNER CLASSIC AFTERNOON A 3F
1:15 SHAKE RATTLE & ROLL MA A
2:15 3 PIN BOWLING MA A
3:00 CHEF'S CHOICE SOCIAL RS A
4:00 FRIDAY DANCE PARTY MA A
6:15 EVENING MOVE N GROOVE MA A
7:00 THE WORLDS GREATEST BLIZZARDS MA A
8:00 TGIF MOVIE MA A

11

9:45 SATURDAY A.M. STRETCH MB A
10:30 MARIA'S MELODIES MB A
11:15 SOCCER PASS MB A
10:30 NOODLE RIOT MA 3F
1:15 MOVIE MATINEE V A
1:15 SATURDAY MANICURES AM DR
2:00 BINGO FOR PRIZES MA A
2:15 SMALL GROUP TABLETOP GAMES AM DR
3:00 SATURDAY SOCIAL HOUR RS A
4:00 CHARADES SHOWDOWN MA A
6:15 TOPIC TRAIN MA A
7:00 NAME 3 MA A
8:00 EVENING MOVIE MA A

12

9:15 SUNDAY SERVICE WITH THERESA TH A
10:00 PET THERAPY WITH CLARE V A
10:15 SUNDAY MORNING EXERCISE K A
10:45 MORNING WALKING STROLL AM A
10:45 RHYTHM & BEATS K A
11:30 HOT SEAT HANGMAN AM A
1:15 MOVIE MATINEE M 3F
1:15 AFTER LUNCH NOODLE RIOT MA A
1:15 ART IN THE AFTERNOON K 3F
2:00 BEAN BAG TOSS MA A
3:00 SUNDAY SUNDAY'S RS A
4:00 TABLETOP SMALL GROUP GAMES K DR
4:00 MUSIC, DANCE AND SING MA A
6:15 OPEN MIC NIGHT MA A
7:00 WORDS THAT START WITH J MA A
8:00 EVENING MOVIE MA A

13

9:45 MUSIC N MOTION K A
10:30 DANCING WITH THE STARS K A
10:30 ARTISTIC EXPRESSIONS K DR
11:30 NAME THAT OBJECT L A
1:15 MOVIE MATINEE M 3F
1:15 SING A LONG HITS: 1960'S A A
1:30 WALKING CLUB K LO
2:00 **TRIP TO ADCRC** K/L O
2:00 TRIVIAL TRIVIA A A
3:00 MONDAY MUNCHIES SOCIAL A A
4:00 CIRCLE SOCCER A A
6:15 COZY COCOA NIGHT A A
7:00 YOU BE THE JUDGE A A
8:00 EVENING MOVIE A A

14

9:45 TUESDAY TONING K A
10:30 FEEL GOOD SING A LONGS K A
11:15 THIS IS JEOPARDY L A
11:15 SENSORY SORTING K DR
1:15 TURNER CLASSIC AFTERNOON K 3F
1:15 CRAFTING CORNER K 3F
2:15 BEAN BAG TOSS L A
2:15 WALKING CLUB L LO
3:00 AFTERNOON SOCIAL RS A
4:00 FINISH THE LYRICS L A
6:15 EVENING CONCERT: BARBARA STREISAND L A
7:00 NAME 10 L A
8:00 EVENING MOVIE L A

15

HAPPY BIRTHDAY JANUARY BABIES!
9:45 MOVE YOUR MUSCLES K A
10:15 **SCENIC RIDE** M/LO
10:30 RELAXATION MANDALAS K DR
11:15 INSTRUMENTAL MUSIC MAKING K A
1:15 MOVIE MATINEE K 3F
1:15 FREEZE DANCE! MA A
1:15 TABLETOP SPOON BALL K 3F
2:00 **ROBERTA FABIANO PERFORMS!** MA A
3:00 BIRTHDAY CAKE SOCIAL RS A
4:00 BIRTHDAY PARTY DANCE OFF MA A
6:00 NURSERY RHYMES: FINISH THE LINE MA A
7:00 BASKETBALL PRACTICE MA A
8:00 EVENING MOVIE MA A

16

9:45 SENIOR FIT K A
10:00 **SCENIC RIDE** A/L O
10:15 **PET THERAPY WITH CLARE** V A
10:45 **YOGA WITH BONNIE** K/V 3F
11:30 PARACHUTE POP UP K A
1:15 MOVIE MATINEE K 3F
1:15 CRAFT CORNER K 3F
1:15 BINGO! MA A
2:15 NAME THAT TUNE K 3F
3:00 CHEF TASTING SOCIAL RS A
4:00 DELIGHTS FROM DELAWARE K DR
4:00 MANICURES BY KERRY MA A
4:00 KARAOKE! K A
6:15 PIANO MUSIC WITH MALIK MA A
7:00 SOOTHING MUSIC & RELAXATION MA A
8:00 EVENING MOVIE MA A

17

9:45 SITTCERISE A A
10:00 **COMMUNION & PRIVATE PRAYER** V A
10:15 SPIRITUALITY & FAITH SHARING TH A
10:30 NOODLE RIOT TH A
1:15 TURNER CLASSIC AFTERNOON A 3F
1:15 AFTERNOON STRETCH WITH MUSIC MA A
1:45 BOWLING MA A
2:30 TRIVIAL TRIVIA MA A
3:00 CHEF'S CHOICE SOCIAL RS A
4:00 FRIDAY DANCE PARTY RS A
6:15 EVENING MOVE N GROOVE MA A
7:00 HISTORY OF: THE MONA LISA MA A
8:00 TGIF MOVIE MA A

18

9:45 SATURDAY A.M. STRETCH AM A
10:15 THIS DAY IN HISTORY AM A
10:30 PUMP IT UP AM A
11:15 BALL TOSS FRENZY AM A
1:15 MOVIE MATINEE MA 3F
1:15 **MUSIC THERAPY WITH JOE** V A
1:15 SATURDAY MANICURES AM DR
2:00 BINGO FOR PRIZES MA A
2:15 DECK MATCH AM DR
3:00 SATURDAY SOCIAL HOUR RS A
4:00 CHARADES SHOWDOWN MA A
6:15 HAND MESSAGES MA A
7:00 NAME 3 MA A
8:00 EVENING MOVIE MA A

19

9:15 SUNDAY SERVICE WITH THERESA TH A
10:00 PET THERAPY WITH CLARE V A
10:15 SUNDAY SUNRISE STRETCH K A
10:45 MORNING WALKING STROLL AM A
10:45 RHYTHM & BEATS K A
11:30 WORD IN A WORD GAME K A
1:15 MOVIE MATINEE M 3F
1:15 AFTERNOON MOVE AND GROOVE MA A
1:15 ART IN THE AFTERNOON K 3F
2:00 KEEP IT UP BALLOON TAP MA A
3:00 SUNDAY SUNDAY'S RS A
4:00 SENSORY SUNDAY K DR
4:00 MUSIC, DANCE AND SING MA A
6:15 REMINISCING: CAREERS & HOBBIES MA A
7:00 EVENING STRETCH MA A
8:00 LATE NIGHT MOVIE MA A

20

MARTIN LUTHER KING DAY
9:45 MUSIC N MOTION K A
10:30 ARTISTIC EXPRESSIONS K DR
10:30 THE VOICE K A
11:30 NAME 5 THINGS L A
1:15 MOVIE MATINEE M 3F
1:30 SING A LONG HITS: 1970'S A/M A
1:30 WALKING CLUB K LO
2:00 **TRIP TO ADCRC** K/L O
2:15 FIND THE MATCH A A
3:00 MONDAY MUNCHIES SOCIAL A A
4:00 3 PIN BOWLING A A
6:15 COZY COCOA NIGHT A A
7:00 REMINISCING: FAVORITE FOODS A A
8:00 EVENING MOVIE A A

21

9:45 TUESDAY TONING K A
10:30 MORNING SING-A-LONG K A
10:30 TABLE TOP PUZZLES K DR
11:15 WHAT'S IN THE BOX? K A
1:15 TURNER CLASSIC AFTERNOON M 3F
1:15 AFTERNOON STRETCH WITH MUSIC K 3F
1:30 **ART THERAPY WITH CLAUDIA** K 2F
2:15 RHYTHM & BEATS K A
3:00 TASTY TUESDAY SOCIAL RS A
4:00 MASSAGE SPA K A
6:15 EVENING CONCERT: FRANK SINATRA L A
7:00 STRETCHING BEFORE BED L A
8:00 EVENING MOVIE L A

22

9:45 MOVE YOUR MUSCLES K A
10:30 CROCKPOT COOKING CLUB K DR
11:15 HOT POTATO PASS K A
1:15 BINGO FOR PRIZES MA A
1:15 TABLETOP SPOON BALL K 3F
2:15 PARACHUTE POP MA A
3:00 HAPPY HOUR RS A
4:00 SING-A-LONG MA A
6:15 JOKES, RIDDLES AND RHYMES RS A
7:00 ARMCHAIR TRAVEL: ITALY MA A
8:00 EVENING MOVIE MA A

23

9:45 SIT & BE FIT A A
10:15 **SCENIC RIDE** K/MO
10:15 **PET THERAPY WITH CLARE** V A
10:45 **YOGA WITH BONNIE** A/V 3F
11:30 PARACHUTE POP UP K A
1:15 CRAFT CORNER K 3F
1:15 MOVIE MATINEE K DR
1:15 BINGO! MA A
2:15 HYDRATION STATION K 3F
3:00 CHEF TASTING SOCIAL RS A
4:00 KANSAS CITY SAMPLES K A
4:00 MANICURES BY KERRY K DR
4:00 KARAOKE! MA A
6:15 CHARADES SHOWDOWN A A
7:00 NAME 10 THINGS A A
8:00 EVENING MOVIE A DR

24

9:45 SITTCERISE A A
10:00 **COMMUNION & PRIVATE PRAYER** V A
10:15 SPIRITUALITY & FAITH SHARING TH A
10:30 NOODLE RIOT TH A
11:15 NAME THAT 1950'S TUNE TH A
1:15 TURNER CLASSIC AFTERNOON A 3F
1:15 AFTERNOON STRETCH WITH MUSIC MA A
1:30 BOWLING MA A
3:00 CHEF'S CHOICE SOCIAL RS A
4:00 FRIDAY DANCE PARTY RS A
6:15 EVENING MOVE N GROOVE MA A
7:00 HISTORY OF: THE EMPIRE STATE BUILDING MA A
8:00 TGIF MOVIE MA A

25

9:45 SATURDAY A.M. STRETCH AM A
10:30 MARIA'S MELODIES AM A
11:15 SOCCER PASS AM A
1:15 MOVIE MATINEE MA 3F
1:15 **MUSIC THERAPY WITH JOE** V A
1:15 SATURDAY MANICURES AM DR
2:15 BINGO FOR PRIZES MA A
2:15 SNOWBALL TABLE TOSS AM DR
3:00 SATURDAY SOCIAL HOUR RS A
4:00 CHARADES SHOWDOWN MA A
6:15 HAND MESSAGES MA A
7:00 NAME 3 MA A
8:00 EVENING MOVIE MA A

26

9:15 SUNDAY SERVICE TH A
10:00 PET THERAPY WITH CLARE V A
10:15 SUNDAY MORNING EXERCISE K A
10:45 MORNING WALKING STROLL AM A
10:45 RHYTHM & BEATS K A
11:30 NAME THAT TUNE K A
1:15 MOVIE MATINEE M 3F
1:15 HOT POTATO PASS MA A
1:15 ART IN THE AFTERNOON K 3F
2:00 BEAN BAG TOSS MA A
3:00 SUNDAY SUNDAY'S RS A
4:00 TABLETOP BALL PASS K DR
4:00 MUSIC, DANCE AND SING MA A
6:15 CATEGORIES BALL TOSS MA A
7:00 TABLETOP PUZZLES MA A
8:00 LATE NIGHT MOVIE MA A

27

9:45 MUSIC N MOTION K A
10:30 ARTISTIC EXPRESSIONS K DR
10:30 DANCING WITH THE STARS K A
11:30 READING ROUND THE ROOM L A
1:15 MOVIE MATINEE M 3F
1:30 SING A LONG HITS: 1980'S A A
1:30 WALKING CLUB K LO
2:00 **TRIP TO ADCRC** K/L O
2:15 FIND THE MATCH A A
3:00 MONDAY MUNCHIES SOCIAL A A
4:00 PARACHUTE POP UP L A
6:15 COZY COCOA NIGHT A A
7:00 YOU BE THE JUDGE A A
8:00 EVENING MOVIE A A

28

9:45 TUESDAY TONING K A
10:30 FEEL GOOD SING A LONGS K A
10:30 **THERAPEUTIC TOUCH** I A
10:30 DECK MATCH CARD GAME K A
11:15 SENSORY SORTING K DR
1:15 TURNER CLASSIC AFTERNOON K 3F
1:15 CRAFTING CORNER K 3F
2:15 BEAN BAG TOSS MA A
2:15 SMALL GROUP TABLETOP GAMES K A
3:00 TASTY TUESDAY SOCIAL RS A
4:00 FINISH THE LYRICS K A
6:15 EVENING CONCERT: BOBBY DARIN L A
7:00 BINGO! L A
8:00 EVENING MOVIE L A

29

9:45 MOVE YOUR MUSCLES K A
10:30 CROCKPOT COOKING CLUB K DR
11:15 HOT POTATO PASS K A
1:15 BINGO FOR PRIZES MA A
1:15 TABLETOP SPOON BALL K 3F
2:15 PARACHUTE POP MA A
3:00 HAPPY HOUR RS A
4:00 SING-A-LONG MA A
6:15 JOKES, RIDDLES AND RHYMES RS A
7:00 ARMCHAIR TRAVEL: ITALY MA A
8:00 EVENING MOVIE MA A

30

9:45 SIT & BE FIT A A
10:00 **SCENIC RIDE** A A
10:15 **PET THERAPY WITH CLARE** K/L O
10:45 **YOGA WITH BONNIE** A/V 3F
11:30 PARACHUTE POP UP K A
1:15 CRAFT CORNER K 3F
1:15 MOVIE MATINEE A DR
1:15 BINGO! MA A
2:15 RELAXATION MANDALAS K 3F
3:00 CHEF TASTING SOCIAL RS A
4:00 GOODIES OF GEORGIA K A
4:00 MANICURES BY KERRY K DR
4:00 KARAOKE! MA A
6:15 COMEDY CORNER MA A
7:00 EVENING WIND DOWN MA A
8:00 EVENING MOVIE MA DR

31

9:45 SITTCERISE TH A
10:00 **COMMUNION & PRIVATE PRAYER** V A
10:30 RISE AND SHINE WITH MUSIC TH A
11:15 **PET THERAPY WITH KIOWA** TH A
11:45 IT HAPPENED ON LONG ISLAND TH A
1:15 TURNER CLASSIC AFTERNOON A 3F
1:30 BOWLING MA A
3:00 CHEF'S CHOICE SOCIAL RS A
4:00 FRIDAY DANCE PARTY RS A
6:15 EVENING MOVE N GROOVE MA A
7:00 HISTORY OF: LADY LIBERTY MA A
8:00 TGIF MOVIE MA A

FOR YOUR DINING PLEASURE
BREAKFAST 8AM
LUNCH 12NOON
DINNER 5PM

*All trips are if weather permits.
All programs are subject to change.
All changes will be reflected on the Daily Board.

Your Director Vanessa Zocchia will be happy to answer any questions you may have regarding this calendar.

RECREATION CALENDAR