

April 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 APRIL FOOLS DAY/CRAZY HAIR DAY 9:45 MOTOWN MUSIC WORKOUT K A 10:15 CROCKPOT COOKING CLUB K DR 10:15 KEEP IT UP L A 11:15 W.I.T WEDNESDAYS VZ ES 1:30 BEAN BAG TOSS LR A 1:30 COFFEE & CHIT CHAT MA B 1:30 TABLETOP SPOON BALL K 2F 2:00 BALLOON VOLLEY MA A 2:30 COUPON COLLAGING K 2F 3:00 AFTERNOON SOCIAL RS A 4:00 YOU PICK THE TUNE: KARAOKE K A 4:00 WII BOWLING! MA ES 6:15 EVENING STRETCH MA A 7:00 WILD HAIRSTYLES THROUGH HISTORY MA A 8:00 EVENING MOVIE MA A	2 9:45 SENIOR FIT A A 10:15 PET THERAPY WITH CLARE V DR 10:45 YOGA WITH BONNIE A/V A 11:30 PARACHUTE POP UP K A 1:30 ADRC ART EXPRESSIONS GROUP K 3F 1:30 PARACHUTE POP UP MA A 2:30 SAXAPHONE & ACCORDIAN PERFORMANCE K ES 3:00 CHEF TASTING SOCIAL RS A NORTHERN EUROPE: FISH N CHIPS 4:00 MANICURES BY KERRY K DR 4:00 WALKING CLUB MA ES 6:15 TABLETOP PING PONG MA A 7:00 CATEGORIES MA A 8:00 EVENING MOVIE MA A	3 9:45 SITTERCISE A A 10:00 COMMUNION & PRIVATE PRAYER V A 10:15 SPIRITUALITY & FAITH SHARING TH A 10:30 NOODLE RIOT TH A 11:30 TRIVIAL TRIVIA TH A 1:30 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 HIGHER OR LOWER MA A 8:00 TGIF MOVIE MA A	4 9:45 SATURDAY A.M. STRETCH MB A 10:30 MARIA'S MELODIES MB A 11:15 SOCCER PASS MB A 1:15 LIVE MUSIC WITH JOE V A 1:30 SATURDAY MANICURES AM DR 2:15 BINGO FOR PRIZES MA A 2:15 SCENIC RIDE M/AMO 3:00 SATURDAY SOCIAL HOUR RS A 4:00 70S SING-A-LONGS MA A 6:15 NAME 10 MA A 7:00 EVENING COOL DOWN MA A 8:00 SATURDAY NIGHT FLIC MA A
5 PALM SUNDAY 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 FAMOUS FACES IN THE MOVIES AM A 1:30 MOVIE MATINEE M 3F 1:30 AFTER LUNCH NOODLE RIOT MA A 1:30 ART IN THE AFTERNOON K 3F 2:00 CHAIR VOLLEYBALL MA A 3:00 SUNDAY SUNDAY'S RS A 4:00 TABLETOP SMALL GROUP GAMES K DR 4:00 MUSIC & DANCING MA A 6:15 BEACH BALL TAP MA A 7:00 EVENING STRETCH MA A 8:00 EVENING MOVIE MA A	6 9:45 MORNING CARDIO & STRETCH K A 10:30 MONDAY MANICURES K A 10:30 ARTISTIC EXPRESSIONS K DR 11:30 NAME THAT OBJECT L A 1:30 SING A LONG HITS: 1960'S A A 1:30 WALKING CLUB K LO 2:00 TRIP TO ADRC K/L O 2:00 TRIVIAL TRIVIA A A 3:00 MOTOWN MONDAY APPS A A 4:00 CIRCLE SOCCER A A 4:00 MONDAY NIGHT MOCKTAILS A A 7:00 WHAT WOULD YOU DO? A A 8:00 EVENING MOVIE A A	7 ANOTHER OPTION' VENDOR 9:45 TUESDAY TONING K A 10:30 THERAPEUTIC TOUCH I A 10:30 FEEL GOOD SING A LONGS K A 11:15 WHITEBOARD BRAIN BUSTERS L A 11:15 SENSORY SORTING K DR 1:30 CRAFTING CORNER K 3F 1:30 BEAN BAG TOSS L A 2:15 SENIOR SOCIAL AT FORESTBROOK ELEMENTARY A/VZ O 3:00 AFTERNOON SOCIAL RS A 4:00 FINISH THE LYRICS AM A 6:15 RHYTHM & SHAKERS A A 7:00 EVENING COOL DOWN A A 8:00 EVENING MOVIE A A	8 PASSOVER BEGINS AT SUNDOWN/NEON DAY 9:45 MOVE YOUR MUSCLES K A 10:15 CROCKPOT COOKING CLUB K DR 10:15 FINISH THE LYRIC L A 11:15 W.I.T WEDNESDAYS VZ ES 1:30 FREEZE DANCE! MA A 1:30 TABLETOP SPOON BALL K 2F 2:00 BEAN BAG TOSS MA A 2:30 COUPON COLLAGING K 2F 3:00 AFTERNOON SOCIAL HOUR RS A 4:00 WHITE BOARD WORD GAME K A 4:00 WII BOWLING! MA ES 6:15 BALLOON TAP CHALLENGE MA A 7:00 THE STORY OF PASSOVER MA A 8:00 EVENING MOVIE MA A	9 9:45 SENIOR FIT K A 10:15 PET THERAPY WITH CLARE V A 10:45 YOGA WITH BONNIE K/V 3F 11:30 PARACHUTE POP UP A A 1:30 ADRC ART EXPRESSIONS GROUP K 3F 1:30 BINGO! MA A 2:15 HYDRATION STATION MA DR 2:30 AFTERNOON STROLL ON THE PATIO MA CY 3:00 CHEF TASTING SOCIAL RS A ASIA: SPRING ROLLS & FRIED RICE 4:00 MANICURES BY KERRY K DR 4:00 WALKING CLUB MA ES 6:15 Pictionary MA A 7:00 SOOTHING MUSIC & RELAXATION MA A 8:00 EVENING MOVIE MA A	10 GOOD FRIDAY 9:45 SITTERCISE A A 10:00 COMMUNION & PRIVATE PRAYER V A 10:15 SPIRITUALITY & FAITH SHARING TH A 10:30 NOODLE RIOT TH A 11:30 FUN FACTS FRIDAY TH A 1:30 AFTERNOON STRETCH WITH MUSIC MA A 2:00 BOWLING MA A 2:45 TRIVIAL TRIVIA MA A 3:00 CHEF'S CHOICE SOCIAL RS A 4:00 FRIDAY DANCE PARTY RS A 6:00 10 PIN BOWLING MA LO 7:00 1940'S CLASSIC SONGS MA A 8:00 TGIF MOVIE MA A	11 9:45 SATURDAY A.M. STRETCH MB A 10:15 EASTER EGG DYING FUN! M G 10:30 PUMP IT UP MB A 11:15 BALL TOSS FRENZY MB A 1:15 LIVE MUSIC WITH JOE V A 1:30 SATURDAY MANICURES AM DR 2:15 BINGO FOR PRIZES MA A 3:00 VISIT FROM THE EASTER BUNNY! VZ LR 3:00 SATURDAY SOCIAL HOUR RS A 3:45 EASTER EGG HUNT MA A 6:15 HAND MESSAGES MA A 7:00 SANDBOX TREASURE HUNT MA A 8:00 SATURDAY NIGHT FLIC MA A
12 HAPPY EASTER 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 1:30 AFTERNOON MOVE AND GROOVE MA A 1:30 EASTER EGG SORTING K DR 2:00 KEEP IT UP BALLOON TAP MA A 3:00 SUNDAY SUNDAY'S RS A 4:00 TABLETOP SMALL GROUP SENSORY K DR 4:00 BINGO FOR PRIZES MA A 6:15 BEACH BALL TAP MA A 7:00 REMINISCING: EASTER'S PAST MA A 8:00 LATE NIGHT MOVIE MA A	13 9:45 MORNING CARDIO & STRETCH K A 10:30 ARTISTIC EXPRESSIONS K DR 10:30 MONDAY MANICURES L A 11:30 NAME 5 THINGS L A 1:30 SING A LONG HITS: 1970'S A/M A 1:30 WALKING CLUB K LO 2:00 TRIP TO ADRC K/L O 2:15 FIND THE MATCH A A 3:00 MOTOWN MONDAY APPS A A 4:00 3 PIN BOWLING A A 6:15 MONDAY NIGHT MOCKTAILS A A 7:00 FAMOUS SCENES FROM FAMOUS MOVIES A A 8:00 EVENING MOVIE A A	14 9:45 TUESDAY TONING K A 10:30 MORNING SING-A-LONG K A 10:30 TABLETOP SORTING & FOLDING K DR 11:15 BALLOON TAP CHALLENGE K DR 1:30 AFTERNOON INSTRUMENTALS K A 1:30 SEDER AT TEMPLE BNAI ISRAEL A/VZ O 3:00 TASTY TUESDAY SOCIAL RS A 4:00 PARACHUTE POP UP A A 4:00 FRESH AIR BREAK K CY 6:15 DISCO DANCING MUSIC A A 7:00 AROMATHERAPY & RELAXATION A A 8:00 EVENING MOVIE A A	15 HAWAIIAN SHIRT DAY 9:45 MOVE YOUR MUSCLES K A 10:15 CROCKPOT COOKING CLUB L DR 10:15 SING A LONGS LR A 11:15 W.I.T WEDNESDAYS VZ ES 1:30 BINGO FOR PRIZES MA A 1:30 TABLETOP SPOON BALL K 3F 2:15 PARACHUTE POP MA A 2:30 COUPON COLLAGING K 2F 3:00 AFTERNOON SOCIAL HOUR RS A 4:00 WHITE BOARD WORD GAME K A 4:00 WII BOWLING! MA ES 6:15 COMEDY CORNER RS A 7:00 TRAVELOGUE: HAWAII MA A 8:00 EVENING MOVIE MA A	16 9:45 SIT & BE FIT A A 10:15 PET THERAPY WITH CLARE V A 10:45 YOGA WITH BONNIE A/V 3F 11:30 PARACHUTE POP UP K A 1:30 ADRC ART EXPRESSIONS GROUP K 3F 1:30 BINGO! MA A 2:15 HYDRATION STATION MA DR 2:30 AFTERNOON STROLL ON THE PATIO MA CY 3:00 CHEF TASTING SOCIAL RS A MOROCCO: COUS COUS & CHICK PEAS A 4:00 MANICURES BY KERRY K DR 4:00 WALKING CLUB MA ES 6:15 GROOVY CONCERT WITH VANCE! A ES 7:00 NAME TO THINGS A A 8:00 EVENING MOVIE A DR	17 9:45 SITTERCISE A A 10:00 COMMUNION & PRIVATE PRAYER V A 10:15 SPIRITUALITY & FAITH SHARING TH A 10:30 NOODLE RIOT TH A 11:30 ALL THINGS SPRING! TH ES 1:30 BOWLING MA A 2:15 PARACHUTE POP MA A 3:00 CHEF'S CHOICE SOCIAL RS A 4:00 CHAIR SOCCER RS A 6:15 EVENING MOVE N GROOVE MA A 7:00 CATEGORIES MA A 8:00 TGIF MOVIE MA A	18 9:45 SATURDAY A.M. STRETCH MB A 10:30 MARIA'S MELODIES MB A 1:15 LIVE MUSIC WITH JOE V A 1:30 SATURDAY MANICURES AM DR 2:15 BINGO FOR PRIZES MA A 2:15 SCENIC RIDE M/AMO 3:00 SATURDAY SOCIAL HOUR RS A 4:00 50S SING A LONGS MA A 6:15 TOPIC TRAIN MA A 7:00 THINGS THAT HAPPEN IN APRIL MA A 8:00 SATURDAY NIGHT FLIC MA A
19 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 1:30 BUCKET TOSS CHALLENGE MA A 1:30 ART IN THE AFTERNOON K 3F 1:30 TABLETOP PUZZLES L DR 2:30 SENSORY SOUNDS ON THE PATIO L CY 2:30 MICHAEL BUBLE'S HITS MA A 3:00 SUNDAY SUNDAY'S RS A 4:00 TABLETOP TRIVIA K DR 4:00 MUSIC, DANCE AND SING MA A 6:15 BEACH BALL TAP MA A 7:00 TABLETOP PUZZLES MA A 8:00 LATE NIGHT MOVIE MA A	20 9:45 MORNING CARDIO & STRETCH K A 10:30 ARTISTIC EXPRESSIONS K DR 10:30 MONDAY MANICURES L A 11:15 PARACHUTE POP UP L/K A 1:30 SING A LONG HITS: 1980'S T A 1:30 WALKING CLUB K LO 2:00 TRIP TO ADRC K/L O 2:15 HIGHER OR LOWER T A 3:00 MOTOWN MONDAY APPS RS A 4:00 MARILYN'S MUSICAL MASH UP M A 6:15 MONDAY NIGHT MOCKTAILS A A 7:00 FINISH THE LYRICS A A 8:00 EVENING MOVIE A A	21 9:45 TUESDAY TONING K/T A 10:30 FEEL GOOD SING A LONGS T A 10:30 TABLETOP PUZZLES K DR 10:30 THERAPEUTIC TOUCH I A 11:15 FRESH AIR BREAK K CY 11:15 PARACHUTE POP UP T A 1:30 ART THERAPY WITH CLAUDIA K 2F 1:30 BEAN BAG TOSS A A 2:30 KEEP IT UP A A 3:00 TASTY TUESDAY SOCIAL RS A 4:00 WALKING STROLL TO THE EAST ES A 4:00 FINISH THE NURSERY RHYME K A 6:15 WORDS STARTING WITH 'A' A A 7:00 MEDITATION & STRETCHING A A 8:00 EVENING MOVIE A A	22 EARTH DAY/BLUE & GREEN DAY 9:45 MOVE YOUR MUSCLES K A 10:15 CROCKPOT COOKING CLUB L A 10:15 KEEP IT UP L O 11:15 W.I.T WEDNESDAYS VZ ES 1:30 BINGO FOR PRIZES MA A 1:30 TABLETOP SPOON BALL K 3F 2:15 PARACHUTE POP MA A 2:30 COUPON COLLAGING K 2F 3:00 HAPPY HOUR RS A 4:00 WHITE BOARD WORD GAME K A 4:00 WII BOWLING! MA ES 6:15 MOTHER NATURE THROUGH HISTORY MA A 7:00 LATE NIGHT OPEN MIC MA A 8:00 EVENING MOVIE MA A	23 9:45 SIT & BE FIT A A 10:15 PET THERAPY WITH CLARE A A 10:45 YOGA WITH BONNIE A/V 3F 11:30 PARACHUTE POP UP K A 1:30 CRAFT CORNER K 3F 1:30 BINGO! MA A 2:15 HYDRATION STATION MA O 2:30 AFTERNOON STROLL ON THE PATIO MA CY 3:00 CHEF TASTING SOCIAL RS A AUSTRALIA: ANZAC BISCUITS & MEAT PIES MA ES 3:30 MARCIA & RAY BELT OUT THE HITS! MA ES 4:00 MANICURES BY KERRY K DR 4:30 WALKING CLUB MA ES 6:00 ALPHABET SOUP WORD GAME MA A 7:15 EVENING WIND DOWN MA A 8:00 EVENING MOVIE MA DR	24 ARBOR DAY 9:45 SITTERCISE A A 10:00 COMMUNION & PRIVATE PRAYER V A 10:30 NOODLE FRENZY TH A 11:15 PET THERAPY WITH KIOWA TH A 11:30 TRIVIAL TRIVIA TH A 1:30 KEEP IT UP MA A 2:15 SOCCER CIRCLE 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 REMINISCING: FAMOUS APRIL BIRTHDAYS MA A 8:00 TGIF MOVIE MA A	25 9:45 SATURDAY A.M. STRETCH MB A 10:30 MARIA'S MELODIES MB A 11:15 SOCCER PASS MB A 1:15 LIVE MUSIC WITH JOE MA A 1:30 SATURDAY MANICURES AM DR 2:15 BINGO FOR PRIZES MA A 2:15 SCENIC RIDE M/AMO 3:00 SATURDAY SOCIAL HOUR RS A 4:00 KARAOKE WITH MALIK MA A 6:15 BEACH BALL TAP MA A 7:00 NAME 3 MA A 8:00 SATURDAY NIGHT FLIC 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 1:30 WATERCOLOR PAINTING T DR 1:30 CHAIR VOLLEYBALL K 3F 1:30 ART IN THE AFTERNOON K 3F 2:30 SENSORY SOUNDS ON THE PATIO T CY 2:30 FRANKIE VALLIE'S HITS 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 BEACH BALL TAP 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 MONDAY MANICURES L A 11:15 BALLOON VOLLEYBALL L/K A 1:30 SING A LONG HITS: 1980'S T A 1:30 WALKING CLUB K LO 2:00 TRIP TO ADRC K/L O 2:15 WHITE BOARD Pictionary T A 3:00 MOTOWN MONDAY APPS RS A 4:00 BALL TOSS FRENZY M A 6:15 MONDAY NIGHT MOCKTAILS A A 7:00 POETRY READ ALOUD 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 11:15 WHITE BOARD WORD GAME K A 11:15 FIDGET SQUARES K A 1:30 CRAFTING CORNER K 3F 1:30 CHAIR SOCCER K A 3:00 TASTY TUESDAY SOCIAL RS A 4:00 FINISH THE LYRICS K A 6:15 CATEGORIES A A 7:00 AROMATHERAPY COOL DOWN A A 8:00 EVENING MOVIE A A	29 SCHOOL SPIRIT DAY/HAPPY BIRTHDAY APRIL BABIES! 9:45 MOVE YOUR MUSCLES K A 10:15 CROCKPOT COOKING CLUB L A 10:15 KEEP IT UP L O 11:15 W.I.T WEDNESDAYS VZ ES 1:30 BINGO FOR PRIZES MA A 1:30 TABLETOP SPOON BALL K 3F 2:15 PARACHUTE POP MA A 3:00 HAPPY HOUR RS A 3:30 LIVE MUSIC WITH MARY SOLLITTO! K A 4:30 BALL TOSS CHALLENGE MA A 6:15 REMINISCING: SCHOOL DAYS MA A 7:00 LATE NIGHT OPEN MIC MA A 8:00 EVENING MOVIE MA A	30 9:45 SIT & BE FIT T A 10:15 PET THERAPY WITH CLARE V A 10:15 WATERCOLOR PAINTING K 2F 10:15 WHAT'S NEW IN THE NEWS? T A 11:00 FRESH AIR STROLL T CY 11:30 PARACHUTE POP UP K/T A 1:30 CRAFT CORNER K 3F 1:30 BINGO! MA A 2:15 SENIOR SOCIAL AT FOREST BROOK ELEMENTARY M/VZ O 2:30 AFTERNOON STROLL ON THE PATIO MA CY 3:00 CHEF TASTING SOCIAL RS A FRANCE: BRIOCHE FRENCH TOAST A 4:00 MUSIC WITH KERRY K A 4:00 WALKING CLUB MA ES 6:15 HOT POTATO PASS MA A 7:00 EVENING WIND DOWN MA A 8:00 EVENING MOVIE MA DR		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.