

October 2020

The Arbors At ISLANDIA EAST Tel: 631-232-3131
www.thearborsassistedliving.com

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	STAFF KEY V - Vanessa L - Michelle M - Malik AM - Amanda K - Kayeshaw D - Dylan T - Taylor A - Anne I - Independent RS - Recreation Staff LOCATION KEY O - Outing B - Bistro CY - Courtyard LO - Lobby G - Game Room AC - Activity Channel IR - In Room F1 - First Floor F2 - Second Floor F3 - Third Floor DR - Dining Room M - Media Room W - West Side IR - In Room	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 will be happy to answer any questions you may have regarding this calendar.	PLEASE PRACTICE Facemask Required  SOCIAL DISTANCING THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION	1 INTERNATIONAL MUSIC DAY 9:30 BALANCE & AGILITY T M 10:30 SIP N PAINT: ARBORS ANGEL WINGS T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 ONE' DICE GAME L G 2:00 VIRTUAL BUDDY PROGRAM V B 2:00 BINGO L G 3:00 FRESH BAKED COOKIE SOCIAL L IR 4:00 BUZZWORD L L 6:30 LATE NIGHT FLIC M M	2 9:30 EARLY AM EXERCISE K M 10:15 ROSARY GROUP A G 11:00 LIVE VIOLIN ENTERTAINMENT V L 11:30 NEWS UPDATE WITH DEBRA! V L 1:15 AFTERNOON MOVIE AM M 2:00 KNITTING CLUB A B 3:00 FRIDAY HAPPY HOUR AM IR 4:00 SHABBAT SERVICE A G 4:00 MANICURES BY AMANDA AM B 6:00 BIG BUCKS BINGO! A G	3 9:30 MORNING MOVE N GROOVE D M 10:30 NATURE TALK DISCUSSION D L 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 AFTERNOON MOVIE: ROMANCE A M 2:00 BINGO A G 3:00 DISCO FEVER HAPPY HOUR A IR 4:00 FRESH AIR WALK A CY 4:00 WII BOWLING A M 6:30 SATURDAY NIGHT FILM M M
4 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:00 TRUE CRIME SERIES D L 11:30 SOOTHING ACOUSTIC WITH DYLAN D L 1:00 AFTERNOON MOVIE! L M 1:00 BINGO L G 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WALKING CLUB BEFORE DINNER AM L 6:30 EVENING ENCORE M M	5 9:30 SENIOR STRENGTHENING K M 10:30 CATEGORIES K L 11:15 YOGA STRETCHING BEFORE LUNCH K L 1:00 KEN BURNS DOCUMENTARY L M 2:00 BINGO! L G 3:00 HAPPY HOUR SOCIAL L IR 4:00 PENNY POKER L G 6:00 BINGO! AM G	6 9:30 TONE & SCULPT T M 10:30 CREATIVE WRITING CLUB T M 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE D M 1:00 BINGO! D G 2:00 POKENO L G 3:00 CHEF'S TASTING SOCIAL HOUR L/D IR 4:00 MANICURES WITH MICHELLE L B 4:00 MEN'S CLUB WITH DYLAN D M 6:00 BINGO! L G	7 9:30 WEDNESDAY WORKOUT T M 10:30 GROUP CROSSWORD T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 CRUNCH N MUNCH SOCIAL K IR 4:00 FAMILY FEUD CHALLENGE K L 6:30 EVENING AT THE CINEMA M M	8 9:30 BALANCE & AGILITY T M 10:30 PUMPKIN PATCH CRAFT T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 ROLL SIX DICE GAME L G 2:00 VIRTUAL BUDDY PROGRAM V B 2:00 BINGO L G 3:00 PUMPKIN SPICE & EVERYTHING NICE SOCIAL L IR 4:00 FUN FACTS ABOUT PUMPKINS L L 6:30 LATE NIGHT FLIC M M	9 9:30 EARLY AM EXERCISE K M 10:15 ROSARY GROUP G A 11:00 LIVE VIOLIN ENTERTAINMENT V L 11:30 NEWS UPDATE WITH DEBRA! V L 1:15 AFTERNOON MOVIE AM M 2:00 KNITTING CLUB A B 3:00 FRIDAY HAPPY HOUR AM IR 4:00 MANICURES BY AMANDA AM B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	10 9:30 MORNING MOVE N GROOVE D M 10:30 TRUE CRIME DISCUSSION D L 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 AFTERNOON MOVIE: ACTION A M 2:00 BINGO A G 3:00 DISCO FEVER HAPPY HOUR A IR 4:00 NAME THAT FAMOUS CELEBRITY A CY 4:00 WII BOWLING A M 6:30 SATURDAY NIGHT FILM M M
11 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:00 REMINISCING: THE 1950S D L 11:30 SOOTHING ACOUSTIC WITH DYLAN D L 1:00 AFTERNOON MOVIE! L M 1:00 BINGO L G 2:00 BOGGLE AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 KEEP IT UP AM L 6:30 EVENING ENCORE M M	12 COLUMBUS DAY 9:30 SENIOR STRENGTHENING K M 10:30 YOU BE THE JUDGE K L 11:15 CHRISTOPHER COLUMBUS BIOGRAPHY K L 1:00 KEN BURNS DOCUMENTARY L M 2:00 BINGO! L G 3:00 SPANISH GUITAR HAPPY HOUR L IR 4:00 PENNY POKER L G 6:00 BINGO! AM G	13 9:30 TONE & SCULPT T M 10:30 SHORT STORY CLUB T M 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! D G 1:00 AFTERNOON MOVIE D M 2:00 POKENO L G 3:00 CHEF'S TASTING SOCIAL HOUR L/D IR 4:00 MEN'S CLUB WITH DYLAN D M 4:00 MANICURES WITH MICHELLE L B 6:00 BINGO! L G	14 9:30 WEDNESDAY WORKOUT T M 10:30 GROUP CROSSWORD T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 CRUNCH N MUNCH SOCIAL K IR 4:00 MATCH GAME K L 6:30 EVENING AT THE CINEMA M M	15 OKTOBERFEST! 9:30 BALANCE & AGILITY T M 10:30 ALPINE HAT CRAFT T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 ONE' DICE GAME L G 2:00 VIRTUAL BUDDY PROGRAM V B 2:00 BINGO L G 3:00 PRETZAL'S, BEER & WORST L IR 4:00 DAS GERMAN TRIVIA! L L 6:30 LATE NIGHT FLIC M M	16 9:30 EARLY AM EXERCISE K M 10:15 TODAY IN HISTORY L K 10:15 ROSARY GROUP G A 11:00 LIVE VIOLIN ENTERTAINMENT V L 11:30 NEWS UPDATE WITH DEBRA! V L 1:15 AFTERNOON MOVIE AM M 2:00 KNITTING CLUB A B 3:00 TGIF HAPPY HOUR AM IR 4:00 MANICURES BY AMANDA AM B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	17 9:30 MORNING MOVE N GROOVE D M 10:30 TECHNOLOGY Q&A TALK D L 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 AFTERNOON MOVIE A M 2:00 BINGO A G 3:00 HAPPY HOUR A IR 4:00 TRIVIAL TRIVIA A L 4:00 WII BOWLING A M 6:30 SATURDAY NIGHT FILM M M
18 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:00 TRUE CRIME SERIES D L 11:30 SOOTHING ACOUSTIC WITH DYLAN D L 1:00 AFTERNOON MOVIE! L M 1:00 BINGO L G 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WALKING CLUB BEFORE DINNER AM L 6:30 EVENING ENCORE M M	19 9:30 SENIOR STRENGTHENING K M 10:30 SHAZAM! K L 11:15 PARACHUTE POP UP K L 1:00 KEN BURNS DOCUMENTARY K M 2:00 BINGO! K G 3:00 HAPPY HOUR SOCIAL K IR 4:00 PENNY POKER K G 6:00 BINGO! K G	20 9:30 TONE & SCULPT T M 10:30 CREATIVE WRITING CLUB T M 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! D G 1:00 AFTERNOON MOVIE D M 2:00 POKENO L G 3:00 CHEF'S TASTING SOCIAL HOUR L/D IR 4:00 MEN'S CLUB WITH DYLAN D M 4:00 MANICURES WITH MICHELLE L B 6:00 BINGO! L G	21 9:30 WEDNESDAY WORKOUT T M 10:30 GROUP CROSSWORD T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 CRUNCH N MUNCH SOCIAL K IR 4:00 APPLES TO APPLES K L 6:30 EVENING AT THE CINEMA M M	22 9:30 BALANCE & AGILITY T M 10:30 SIP N PAINT T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 ROUND THE CLOCK' DICE GAME L G 2:00 VIRTUAL BUDDY PROGRAM V B 2:00 BINGO L G 3:00 FRESH FRUIT SOCIAL L IR 4:00 WHAT WOULD YOU DO? L L 6:30 LATE NIGHT FLIC M M	23 9:30 EARLY AM EXERCISE K M 10:15 NEWS & VIEWS L K 10:15 ROSARY GROUP G A 11:00 LIVE VIOLIN ENTERTAINMENT V L 11:30 NEWS UPDATE WITH DEBRA! V L 1:15 AFTERNOON MOVIE AM M 2:00 KNITTING CLUB A B 3:00 FRIDAY HAPPY HOUR AM IR 4:00 MANICURES BY AMANDA AM B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	24 9:30 MORNING MOVE N GROOVE D M 10:30 DID YOU KNOW? D L 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 AFTERNOON MOVIE: DRAMA A M 2:00 BINGO A G 3:00 DISCO FEVER HAPPY HOUR A IR 4:00 FINISH THE LYRICS A L 4:00 WII BOWLING A M 6:30 SATURDAY NIGHT FILM M M
25 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:00 REMINISCING: INVENTIONS THROUGH HISTORY D L 11:30 SOOTHING ACOUSTIC WITH DYLAN D L 1:00 AFTERNOON MOVIE! L M 1:00 BINGO L G 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 TRIVIA IN THE LOBBY AM L 6:30 EVENING ENCORE M M	26 9:30 SENIOR STRENGTHENING K M 10:30 THEMES FROM A HAT K L 11:15 BALL TAP BEFORE LUNCH K L 1:00 KEN BURNS DOCUMENTARY L M 2:00 BINGO! L G 3:00 HAPPY HOUR SOCIAL L IR 4:00 PENNY POKER L G 6:00 BINGO! AM G	27 9:30 TONE & SCULPT T M 10:30 SHORT STORY CLUB T M 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! D G 1:00 AFTERNOON MOVIE D M 2:00 POKENO L G 3:00 CHEF'S TASTING SOCIAL HOUR L/D IR 4:00 MEN'S CLUB WITH DYLAN D M 4:00 MANICURES WITH MICHELLE L B 6:00 BINGO! L G	28 9:30 WEDNESDAY WORKOUT T M 10:30 GROUP CROSSWORD T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BINGO K G 3:00 CRUNCH N MUNCH SOCIAL K IR 4:00 TRIVIA FOR PRIZES K L 6:30 EVENING AT THE CINEMA M M	29 9:30 BALANCE & AGILITY T M 10:30 OPEN ART STUDIO T G 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 ROLL SIX DICE GAME L G 2:00 VIRTUAL BUDDY PROGRAM V B 2:00 BINGO L G 3:00 SPOOKY SNACK SOCIAL L IR 4:00 HOT SEAT CHALLENGE L L 6:30 LATE NIGHT FLIC M M	30 9:30 EARLY AM EXERCISE K M 10:15 NAME 10... L K 10:15 ROSARY GROUP G A 11:00 LIVE VIOLIN ENTERTAINMENT V L 11:30 NEWS UPDATE WITH DEBRA! V L 1:15 AFTERNOON MOVIE AM M 2:00 KNITTING CLUB A B 3:00 FRIDAY HAPPY HOUR AM IR 4:00 MANICURES BY AMANDA AM B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	31 HAPPY HALLOWEEN 9:30 MORNING MOVE N GROOVE D M 10:30 SPOOKIEST STORIES OF ALL TIME D L 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 AFTERNOON MOVIE: HOCUS POCUS A M 2:00 BINGO A G 3:00 GHOSTS & GOBLINS HAPPY HOUR A IR 4:00 WHICH WITCH IS WHICH? A L 4:00 WII BOWLING A M 6:30 SATURDAY NIGHT FILM M M