

September 2020

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

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 TONE & SCULPT AC RS 10:30 WALK THROUGH THE COURTYARD CY RS 11:00 "WHAT'S COOKIN?" WITH ISLANDIA CHEFS! AC RS 1:00 AFTERNOON MOVIE M RS 2:00 POKENO GR RS 3:00 BIG BAND HAPPY HOUR IR RS 4:00 RELAXATION BY THE KOI POND CY RS 5:00 EVENING ENTERTAINMENT IR RS	2 9:30 WEDNESDAY WORKOUT AC RS 10:30 GROUP CROSSWORD L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 AFTERNOON MOVIE CY RS 3:00 COUNTRY WESTERN HAPPY HOUR IR RS 4:00 KARAOKE HOUR! L RS 5:00 EVENING AT THE CINEMA IR RS	3 9:30 BALANCE & AGILITY AC RS 10:30 OPEN ART STUDIO GR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! GR RS 1:00 YAHTZEE GR RS 2:00 VIRTUAL BUDDY PROGRAM B RS 3:00 50'S HITS HAPPY HOUR IR RS 4:00 TRIVIA FOR PRIZES CY RS 5:00 FEATURE FILM IR RS	4 9:30 EARLY AM EXERCISE AC RS 10:30 THIS DATE IN HISTORY... L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:15 KNITTING CLUB B RS 2:00 NEWS BRIEFING WITH DEBRA AC RS 3:00 FRIDAY HAPPY HOUR IR RS 4:00 SHABBAT SERVICE GR RS 4:00 WII BOWLING! M RS 5:00 FRIDAY NIGHT AT THE MOVIES IR RS	5 9:30 MORNING MOVE N GROOVE AC RS 10:30 SATURDAY MORNING SERIES M RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE: ROMANCE M RS 2:00 BINGO GR RS 3:00 DISCO FEVER HAPPY HOUR IR RS 4:00 REMINISCING IN THE COURTYARD CY RS 5:00 SATURDAY CLASSIC FILM IR RS
6 9:30 SUNDAY SUNRISE STRETCH(PATIO-3) AC RS 10:00 SUNDAY MASS AC RS 11:00 THIS DATE IN HISTORY IR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! 1:00 AFTERNOON MOVIE! M RS 2:00 BINGO GR RS 3:00 SUNDAY ICE CREAM SOCIAL IR RS 4:00 WALKING CLUB BEFORE DINNER CY RS 5:00 DINNER & A MOVIE IR RS	7 LABOR DAY 9:30 SENIOR STRENGTHENING AC RS 10:30 1:1 STAFF CHECK INS IR RS 11:00 SHUFFLEBOARD IN THE COURTYARD CY RS 1:00 A&E BIOGRAPHY AC RS 2:00 PENNY POKER G RS 3:00 MOTOWN MONDAY HAPPY HOUR IR RS 4:00 VANISHING PROFESSIONS IN HISTORY 5:00 MONDAY NIGHT MOVIE IR RS	8 9:30 TONE & SCULPT AC RS 10:30 STAFF CHECK INS IR RS 11:00 "WHAT'S COOKIN?" WITH ISLANDIA CHEFS! AC RS 1:00 AFTERNOON MOVIE M RS 2:00 POKENO IR RS 3:00 BIG BAND HAPPY HOUR IR RS 4:00 TABLETOP GAMES IN THE COURTYARD CY RS 5:00 EVENING ENTERTAINMENT IR RS	9 9:30 WEDNESDAY WORKOUT AC RS 10:30 GROUP CROSSWORD L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 BLACKJACK! L RS 3:00 COUNTRY WESTERN HAPPY HOUR IR RS 4:00 1:1 STAFF VISITS IR RS 5:00 EVENING AT THE CINEMA IR RS	10 9:30 BALANCE & AGILITY AC RS 10:30 MORNING GRATITUDE IN THE COURTYARD CY RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 YAHTZEE AC RS 2:00 VIRTUAL BUDDY PROGRAM B RS 3:00 50'S HITS HAPPY HOUR IR RS 4:00 COMEDY HOUR - JOKES, RIDDLES L RS 5:00 FEATURE FILM IR RS	11 9:30 EARLY AM EXERCISE AC RS 10:30 MORNING BRAIN BUSTERS L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:15 KNITTING CLUB AC RS 2:00 NEWS BRIEFING WITH DEBRA AC RS 3:00 FRIDAY HAPPY HOUR IR RS 4:00 SHABBAT SERVICE GR RS 4:00 WII BOWLING! M RS 5:00 FRIDAY NIGHT AT THE MOVIES IR RS	12 9:30 MORNING MOVE N GROOVE AC RS 10:30 SATURDAY MORNING SERIES M RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE: ACTION M RS 2:00 BINGO GR RS 3:00 DISCO FEVER HAPPY HOUR IR RS 4:00 TOPIC TRAIN IN THE COURTYARD CY RS 5:00 SATURDAY CLASSIC FILM IR RS
13 ASSISTED LIVING WEEK GRANDPARENT'S DAY 9:30 SUNDAY SUNRISE STRETCH AC RS 10:00 SUNDAY MASS AC RS 11:00 REMINISCING: BEING A GRANDPARENT IR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! 1:00 GRANDPARENT'S DAY TRIBUTE IR RS 2:00 BINGO GR RS 3:00 SUNDAY ICE CREAM SOCIAL IR RS 4:00 WALKING CLUB BEFORE DINNER CY RS 5:00 DINNER & A MOVIE IR RS	14 ASSISTED LIVING WEEK GRATITUDE IS THE ATTITUDE 9:30 SENIOR STRENGTHENING AC RS 10:30 ACTIVITY PACKETS PROVIDED IR RS 11:00 WALKING CLUB F3 RS 1:00 A&E BIOGRAPHY: LAUREN BACALL AC RS 2:00 GRATITUDE TREE GR RS 3:00 MOTOWN MONDAY HAPPY HOUR IR RS 4:00 KINDNESS ROCK PAINTING BR RS 5:00 MONDAY NIGHT MOVIE IR RS	15 ASSISTED LIVING WEEK WELCOME TO HOLLYWOOD 9:30 TONE & SCULPT AC RS 10:30 FAMOUS SCENES FROM MOVIES L RS 11:00 "WHAT'S COOKIN?" WITH ISLANDIA CHEFS! AC RS 1:00 AFTERNOON MOVIE M RS 2:00 POKENO CY RS 3:00 SHOW TUNES HAPPY HOUR IR RS 4:00 CELEBRITY TRIVIA & GOSSIP CY RS 5:00 EVENING ENTERTAINMENT IR RS	16 ASSISTED LIVING WEEK EAST V. WEST ISLANDIA GAMES! 9:30 WEDNESDAY WORKOUT AC RS 10:30 ACTIVITY PACKETS PROVIDED GR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 BLACKJACK! CY RS 3:00 COUNTRY WESTERN HAPPY HOUR IR RS 4:00 RUMMIKUB GR RS 5:00 EVENING AT THE CINEMA IR RS	17 ASSISTED LIVING WEEK STAFF APPRECIATION DAY 9:30 BALANCE & AGILITY AC RS 10:30 OPEN ART STUDIO GR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 YAHTZEE AC RS 2:00 VIRTUAL BUDDY PROGRAM B RS 3:00 50'S HITS HAPPY HOUR IR RS 4:00 APPLES TO APPLES! L RS 5:00 FEATURE FILM IR RS	18 ASSISTED LIVING WEEK ROSH HASHANA BEGINS 9:30 EARLY AM EXERCISE AC RS 10:30 ROSH HASHANA FACTS L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:15 KNITTING CLUB AC RS 2:00 NEWS BRIEFING WITH DEBRA AC RS 3:00 FRIDAY HAPPY HOUR IR RS 4:00 SHABBAT SERVICE GR RS 4:00 THANK YOU LETTER WRITING L RS 5:00 FRIDAY NIGHT AT THE MOVIES IR RS	19 ASSISTED LIVING WEEK CARING IS ESSENTIAL 9:30 MORNING MOVE N GROOVE AC RS 10:30 SATURDAY MORNING SERIES M RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 BINGO GR RS 3:00 SHANA TOVAH! HONEY & APPLES SOCIAL IR RS 4:00 CARE PACKAGE DELIVERIES L RS 5:00 SATURDAY CLASSIC FILM IR RS
20 9:30 SUNDAY SUNRISE STRETCH AC RS 10:00 SUNDAY MASS AC RS 11:00 GROUP BRAIN TEASERS L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! 1:00 AFTERNOON MOVIE! M RS 2:00 BINGO GR RS 3:00 SUNDAY ICE CREAM SOCIAL IR RS 4:00 WALKING CLUB BEFORE DINNER CY RS 5:00 DINNER & A MOVIE IR RS	21 9:30 SENIOR STRENGTHENING AC RS 10:30 ACTIVITY PACKETS PROVIDED IR RS 11:00 HALLWAY TRIVIA F1 RS 1:00 A&E BIOGRAPHY: STEPHEN KING AC RS 2:00 PENNY POKER CY RS 3:00 MOTOWN MONDAY HAPPY HOUR IR RS 4:00 SPA HOUR: MANICURES & MASSAGE B RS 5:00 MONDAY NIGHT MOVIE IR RS	22 9:30 TONE & SCULPT AC RS 10:30 WALK THROUGH THE COURTYARD CY RS 11:00 "WHAT'S COOKIN?" WITH ISLANDIA CHEFS! AC RS 1:00 AFTERNOON MOVIE M RS 2:00 POKENO GR RS 3:00 BIG BAND HAPPY HOUR IR RS 4:00 CHARADES SHOWDOWN CY RS 5:00 EVENING ENTERTAINMENT IR RS	23 9:30 WEDNESDAY WORKOUT AC RS 10:30 GROUP CROSSWORD L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 BLACKJACK! CY RS 3:00 COUNTRY WESTERN HAPPY HOUR IR RS 4:00 KINGS IN THE CORNER B RS 5:00 EVENING AT THE CINEMA IR RS	24 9:30 BALANCE & AGILITY AC RS 10:30 MEDITATION NEAR THE KOI POND IR RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 YAHTZEE AC RS 2:00 VIRTUAL BUDDY PROGRAM B RS 3:00 HAPPY HOUR IR RS 4:00 TRIVIA FOR PRIZES L RS 5:00 FEATURE FILM IR RS	25 9:30 EARLY AM EXERCISE AC RS 10:30 THIS DATE IN HISTORY... L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:15 KNITTING CLUB AC RS 2:00 NEWS BRIEFING WITH DEBRA AC RS 3:00 FRIDAY HAPPY HOUR IR RS 4:00 SHABBAT SERVICE GR RS 4:00 WII BOWLING! M RS 5:00 FRIDAY NIGHT AT THE MOVIES IR RS	26 9:30 MORNING MOVE N GROOVE AC RS 10:30 SATURDAY MORNING SERIES M RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE: DRAMA M RS 2:00 BINGO GR RS 3:00 DISCO FEVER HAPPY HOUR IR RS 4:00 BIRDWATCHING IN THE COURTYARD CY RS 5:00 SATURDAY NIGHT FILM IR RS
27 YOM KIPPUR BEGINS 9:30 SUNDAY SUNRISE STRETCH AC RS 10:00 SUNDAY MASS AC RS 11:00 REVIEWING YOM KIPPUR L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! 1:00 AFTERNOON MOVIE! M RS 2:00 BINGO GR RS 3:00 SUNDAY ICE CREAM SOCIAL IR RS 4:00 WALKING CLUB BEFORE DINNER CY RS 5:00 DINNER & A MOVIE IR RS	28 9:30 SENIOR STRENGTHENING AC RS 10:30 ACTIVITY PACKETS PROVIDED IR RS 11:00 WALKING CLUB F2 RS 1:00 A&E BIOGRAPHY: OLIVIA NEWTON-JOHN AC RS 2:00 PENNY POKER CY RS 3:00 MOTOWN MONDAY HAPPY HOUR IR RS 4:00 SPA HOUR: MANICURES & MASSAGE B RS 5:00 MONDAY NIGHT MOVIE IR RS	29 9:30 TONE & SCULPT AC RS 10:30 BANANA GRAMS GR RS 11:00 "WHAT'S COOKIN?" WITH ISLANDIA CHEFS! AC RS 1:00 AFTERNOON MOVIE M RS 2:00 POKENO GR RS 3:00 BIG BAND HAPPY HOUR IR RS 4:00 SHUFFLEBOARD CY RS 5:00 EVENING ENTERTAINMENT IR RS	30 9:30 WEDNESDAY WORKOUT AC RS 10:30 GROUP CROSSWORD L RS 11:30 HAND WASHING REMINDER BEFORE LUNCH! IR RS 1:00 AFTERNOON MOVIE M RS 2:00 BINGO GR RS 3:00 COUNTRY WESTERN HAPPY HOUR IR RS 4:00 KEEP IT UP! L RS 5:00 EVENING AT THE CINEMA IR RS		STAFF KEY V - Vanessa L - Michelle M - Malik A - Amanda K - Keyshaw 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	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 Ann Marie Brew will be happy to answer any questions you may have regarding this calendar.