

September 2020

The Arbors At ISLANDIA WEST

Tel: 631-582-3600
www.thearborsassistedliving.com

RECREATION CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



6 READ A BOOK DAY! 10:00 SUNDAY MASS S AC 10:00 TOP STORIES BK LV 10:30 SUNDAY STRETCHING S BI 11:00 LIBRARY CART BK RR 11:30 A STORY IN A STORY S B 1:30 NAIL BAR *** S&BKS 3:00 SUNDAY AFTERNOON SOCIAL ALL RR 4:15 CARD GAME: L C R BK B 5:00 WEEKEND MOVIE REVIEW S AC	7 LABOR DAY 9:30 MOVE IT OR LOSE IT MONDAY RS AC 10:00 WEEKLY ACTIVITY PACKET S RR 11:00 NEWS & VIEWS S LV 1:00 A&E BIOGRAPHY ON MITZI GAYNOR RS AC 1:30 BINGO FOR PRIZES *** S LV 3:00 HAPPY HOUR SOCIAL ALL RR 4:15 JEOPARDY TRIVIA S BI 5:00 MOVIE NIGHT "THE BIG SHORT" RS AC	8 9:30 WORK-IT OUT EXERCISE G AC 10:30 WHAT'S GOING ON? G LV 11:00 VIRTUAL PET THERAPY G RR 12:15 WHAT'S COOKING... G AC 1:30 GARDENING CLUB G CY 3:00 HOMEMADE SOCIAL ALL RR 4:15 KEEP IT UP BALLON G B 5:00 MOVIES WE LOVE G AC	9 9:30 GENTLE FLOW YOGA G AC 10:00 WHATS IN THE NEWS? BK LV 10:45 SINGER SONGWRITERS BK LV 11:00 CONVERSATION STARTERS BK LV 1:00 AFTERNOON AT THE MET OPERA HOUSE G AC 1:30 BINGO FOR PRIZES *** BK LV 3:00 SOCIAL HOUR ALL RR 4:15 INSPIRATIONAL QUOTES BK B 5:00 DINNER & A MOVIE G AC	10 CRAZY SOCK DAY 9:30 WAKE UP WORKOUT G AC 10:00 HAPPENINGS AND HOROSCOPES BK LV 10:45 TOTAL TRIVIA BK LV 11:00 BALL TOSS BK B 11:00 HYDRATION CART G CY 1:00 TRAVEL TO... G AC 1:30 RIDDLE ME THIS... BK LV 2:30 CRAZY SOCK AWARDS ALL CM 3:00 CHEFS CHOICE SOCIAL ALL RR 5:00 LET'S GO TO THE MOVIES G AC	11 PATRIOT DAY 9:30 CHAIR ZUMBA G AC 10:00 NEWSDAY S LV 10:45 LETS CHAT S LV 11:00 REMEMBERING 9/11 G AC 11:00 CONCERTO WITH SHERYL S BI 1:00 TGIF CLASSIC SHOW MARATHON G AC 1:30 CRAZY EIGHTS CLUB S LV 3:00 SIPPIN' SOCIAL ALL RR 4:15 FAMILY FEUD S B 5:00 MOVIES AT NIGHT G AC	12 9:30 LETS GET MOVING G AC 10:00 DAILY NEWS REPORT BK LV 10:30 CHAIR YOGA BK LV 11:00 INDEPENDENT WORD GAMES G RR 11:00 WORD WATERFALL BK B 1:30 PAINT AND SIP G&BKL 3:00 LEMONADE AND ICED TEA HAPPY HOUR ALL RR 4:15 PARLOR AND DICE GAMES BK B 5:00 SUNSET MOVIE G AC
13 GRANDPARENTS DAY! 10:00 SUNDAY MASS S AC 10:00 1:1 VISITS ALL RR 11:00 SPECIAL GRANDPARENTS DAY VIDEO S AC 1:30 NAIL BAR *** S&BKS 3:00 GRANDPARENTS DAY SOCIAL ALL RR 4:15 CHICKEN SOUP FOR THE SOUL S B 5:00 MOVIES, MOVIES, MOVIES S AC	14 NATIONAL ASSISTED LIVING WEEK 9:30 MORNING MOVING RS AC 10:00 INDEPENDENT ACTIVITY PACKETS S RR 10:30 DANCE TO THE MUSIC RS LV 11:00 WORD WATERFALL S BI 1:00 A&E BIOGRAPHY: WILLIAM HOWARD TAFT S AC 1:30 B-I-N-G-O-I**** S LV 2:30 SCRABBLE RS BI 3:00 AFTERNOON SOCIAL ALL RR 4:15 SHOUT-OUT TRIVIA S B 5:00 MOVIES WE LOVE G AC	15 CARING IS ESSENTIAL 9:30 SIT AND GET FIT G AC 10:30 TODAY'S TOP STORIES G LV 10:30 WALKING CLUB G CY 11:00 VIRTUAL PET THERAPY G RR 12:15 WHAT'S COOKING... G AC 1:30 ACTIVITY CHALLENGE G LV 2:15 HAPPY HANDS CRAFT RS LV 3:00 HOMEMADE SOCIAL ALL RR 4:15 REMINISCE CORNER G B 5:00 MOVIES G AC	16 RESIDENT COUNCIL 9:30 SITTERTIZE G AC 10:00 NEWS & VIEWS BK LV 10:30 GRATITUDE LETTERS BK BI 11:00 RESIDENT COUNCIL G LV 1:00 AFTERNOON AT THE GRAND OLE' OPREY G AC 1:30 BINGO FOR PRIZES*** BK LV 3:00 THE HAPPIEST HOUR ALL RR 4:15 UNO CARD GAME BK B 6:00 TONIGHT AT THE MOVIES G AC	17 EAST V. WEST DAY 9:30 DAILY EXERCISE G AC 10:00 TODAY'S NEWS BK LV 10:45 WHO AM I? BK LV 11:30 A-Z BK B 1:00 TRAVEL TO...GERMANY G AC 1:30 EAST V. WEST GAMES ALL CY 3:00 CHEF'S CHOICE SOCIAL ALL RR 4:15 THE CHAMPIONS ALL CY 5:00 MOVIE NIGHT G AC	18 STAFF APPRECIATION DAY ROSH HASHANAH 9:30 CHAIR ZUMBA G AC 10:00 HOROSCOPES AND HAPPENINGS S LV 10:30 MOVEMENT TO MUSIC S LV 10:45 GUESS JAR FOR STAFF G CM 11:00 CONCERTO WITH SHERYL S BI 1:00 TGIF MARATHON G AC 1:30 STAFF THANK YOU LETTERS S LV 2:00 ARBORS UPDATE G AC 3:00 70'S HAPPY HOUR ALL RR 4:00 ROSH HASHANAH BEGINS G AC 4:15 FRIDAY KARAOKE S B 5:00 MOVIE MANIA G AC	19 OKTOBER FESTIVAL BEGINS 9:30 SUNRISE STRETCHING G AC 10:00 NEWS & VIEWS BK LV 10:45 ARE YOU SMARTER THAN A 5TH GRADER? BK LV 11:00 SATURDAY SERIES G AC 11:15 ALL ABOUT OKTOBERFEST! BK LV 1:30 CRAFTY CREATIONS BK LV 3:00 OKTOBER FEST SOCIAL ALL RR 4:15 NOODLING AROUND BK B 5:00 SATURDAY AT THE MOVIES G AC
20 INDOOR PLANT WEEK 10:00 SUNDAY NEWS BK LV 10:30 SUNDAY MASS S AC 11:00 SUNDAY STROLL BK CY 11:30 MUSIC APPRECIATION S LV 1:30 NAIL BAR *** ALL S 3:00 SUNDAY SUNDAES ALL RR 4:15 CARD GAME: SLAP JACK BK BI 5:00 SUNSET MOVIES S AC	21 MINI GOLF DAY 9:30 MONDAY MOVES RS AC 10:00 HOROSCOPES & NEWS S LV 10:15 INDEPENDENT ACTIVITY PACKETS S RR 11:00 LIBRA SEASON BEGINS S LV 11:30 CONCENTRATION CARD GAME S BI 1:00 A&E BIOGRAPHY ON STEPHEN KING S AC 1:30 BINGO*** S LV 2:00 MINI GOLF S CY 3:00 HAPPY HOUR S RR 4:15 ALPHABET GAME S BI 5:00 MONDAY MOVIE MANIA S AC	22 AUTUMN EQUINOX 9:30 TUESDAY TONING G AC 10:00 TODAY'S HEADLINERS G LV 10:30 FALL POETRY G LV 11:00 VIRTUAL PET THERAPY G RR 12:15 WHAT'S COOKING... G AC 1:30 GARDENING CLUB G CY 2:00 MAGAZINE SCAVENGER HUNT G LV 3:00 HOMEMADE SOCIAL G RR 4:15 AROMATHERAPY G B 5:00 NIGHTLY MOVIE G AC	23 9:30 MORNING EXERCISE G AC 10:00 FRONT PAGE NEWS BK LV 10:45 SHOUT OUT WORDS BK LV 11:00 STRETCHING WITH SCARVES BK LV 11:30 NAME 10 GAME BK B 1:00 RAY CHARLES LIVE G AC 1:30 BINGO FOR PRIZES BK LV 2:30 RIDDLE ME THIS... G RR 3:00 THE HAPPIEST HOUR ALL RR 4:15 SB: NAME THAT TUNE BK B 5:00 MOVIE AT DUSK G AC	24 9:30 MORNING WORKOUT G AC 10:00 TODAY'S HOROSCOPES & NEWS BK LV 10:45 MORNING TUNES BK LV 11:00 BISTRO GAMES BK BI 11:30 TOSS AND TALK BK B 1:00 TRAVEL TO... G AC 1:30 LETS GET CRAFTY BK LV 1:30 FRESH AIR AND WALKING CLUB G CY 3:00 CHEF'S CHOICE SOCIAL ALL RR 4:15 DART BOARD TOURNAMENT BK B 5:00 MEET AT THE CINEMA G AC	25 NATIONAL COMIC BOOK DAY 9:30 CHAIR ZUMBA G AC 10:00 TODAY IN THE NEWS S LV 11:00 THE COMICS S LV 11:30 WHAT AM I? S LV 1:00 TGIF MARATHON G AC 1:30 FREE PLAY BINGO S LV 2:00 ARBORS UPDATE G AC 2:30 SWEET MEMORIES S LV 3:00 80'S HAPPY HOUR ALL RR 4:15 MOVEMENT TO MUSIC S B 5:00 EVENING MOVIE G AC	26 MINUTE TO WIN IT GAME 9:30 EXERCISE & STRETCHING G AC 9:30 WALK ACROSS AMERICA G CY 10:00 WEEKEND UPDATE BK LV 10:45 COFFEE TEA & ME BK LV 11:00 CHARADES BK B 11:00 INDEPENDENT WORD SEARCHES G RR 1:00 SATURDAY SERIES G AC 1:30 MINUTE TO WINT IT GAME CHALLENGE ALL LV 3:00 PUMPKIN SPICE SOCIAL ALL RR 4:15 A-Z TRIVIA BK B 5:00 MOVIE AT DUSK G AC

27 YOM KIPPUR 10:00 TOP NEW STORIES BK LV 10:00 SUNDAY MASS S AC 11:00 SUNDAY STROLL BK CY 1:30 NAIL BAR *** ALL S 3:00 SUNDAY SUNDAES ALL RR 4:00 YOM KIPPUR SERVICE S AC 4:15 ABOUT YOM KIPPUR ALL LV 5:00 SUNSET MOVIES S AC	28 ASK A STUPID QUESTION DAY 9:30 MORNING EXERCISE S AC 10:00 WEEKLY ACTIVITY PACKET S RR 10:30 IS THIS A "STUPID" QUESTION?... S LV 11:00 BALLOON VOLLEYBALL S B 1:00 A&E BIOGRAPHY: ED SULLIVAN S AC 1:30 BINGO FOR PRIZES *** S LV 3:00 HAPPY HOUR SOCIAL S RR 4:15 JEOPARDY TRIVIA S B 5:00 MOVIE MANIA S AC
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29 NATIONAL COFFEE DAY! 9:30 TUESDAY TONING G AC 10:15 WHAT'S IN THE NEWS G LV 11:00 VIRTUAL PET THERAPY G RR 12:15 WHAT'S COOKING... G AC 1:30 GARDENING CLUB G CY 2:15 MEDITATIVE COLORING G LV 3:00 HOMEMADE SOCIAL G RR 4:15 AA ODE TO COFFEE G B 5:00 MOVIES & POPCORN G AC	30 9:30 GENTLE FLOW YOGA G AC 10:00 NEWSY BK LV 10:45 RIDDLE ME THIS... BK LV 11:00 STRETCHING WITH SCARVES BK LV 1:00 AFTERNOON AT THE MET OPERA HOUSE G AC 1:30 BINGO FOR PRIZES *** BK LV 1:30 FRESH AIR CLUB G CY 2:30 SHOUT OUT TRIVIA G B 3:00 DANCE PARTY SOCIAL ALL RR 4:15 KEEP IT UP BALLON BK B 5:00 MOVIE LOUNGE NIGHT G AC
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STAFF KEY G=Gina, Director of Recreation K=Kelley S=Sheryl BK=Brooklyn J=Juliana HA=Hannah HL=Hailey RS=Recreation staff I=INDEPENDENT V=Volunteer AC=Activity Channel ***=Call 381 for Appt.	LOCATION KEY LV=LIVING ROOM L=LOUNGE AREA BI=BISTRO M=MEDIA ROOM LI=LIBRARY UP=UPPER PARLOR RR=RESIDENT'S ROOM 3F=3RD FLOOR CM=COMMUNITY CY=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING
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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 Recreation Director Gina Scaffedi will be happy to answer any questions you may have regarding this calendar.