

January 2021

The Arbors At ISLANDIA EAST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			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.	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	1 NEW YEARS DAY 9:30 NEW YEAR NEW YOU WORKOUT K M 10:30 ROSARY & FAITH SHARING A M 10:30 NEW YEARS AROUND THE WORLD K L 1:15 KNITTING CLUB A B 2:00 AFTERNOON MOVIE A M 3:00 HOT CHOCOLATE & COOKIES A IR 4:00 NEW YEAR RESOLUTION JAR K B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	2 9:30 MORNING MOVE N GROOVE D M 10:30 GRANDFRIEND PENPAL CARD WRITING D M 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 BINGO ME G 2:00 AFTERNOON MOVIE ME M 3:00 HAPPY HOUR SOCIAL ME IR 4:00 TRAVELOGUE: SPAIN ME L 4:00 WII BOWLING ME M 6:00 EVENING BINGO! ME M
3 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:15 ROOM TO ROOM VISITS D IR 11:30 MUSICAL MUSINGS WITH DYLAN D L 1:00 BINGO! AM G 2:00 AFTERNOON MOVIE! AM M 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WII SPORTS: RESIDENTS CHOICE AM L 4:00 SMARTBOARD CROSSWORDS AM L 6:00 LATE NIGHT BINGO ME M	4 9:30 LIGHT N LIVELY AM M 10:15 ROOM TO ROOM VISITS AM IR 11:15 KEEP IT UP! AM L 1:00 BINGO! D G 2:00 AFTERNOON MOVIE! D M 2:00 PENNY POKER D G 3:00 HAPPY HOUR D IR 4:00 SMARTBOARD TRIVIA D G 6:00 BINGO! AM G	5 9:30 TONE & SCULPT T M 10:15 CROCKPOT WINTER DRINK T B 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! K G 2:00 AFTERNOON MOVIE K M 2:00 POKENO K G 3:00 CHEF'S TASTING SOCIAL HOUR K IR 4:00 GROUP WORD GAMES K M 6:00 BINGO! A G	6 9:30 WEDNESDAY WORKOUT T M 10:15 SMARTBOARD CLASSICAL T L 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 MIDDAY SNACK SOCIAL HOUR K IR 4:00 FAMILY FEUD K L 6:00 EVENING BINGO! ME M	7 9:30 GOOD MORNING YOGA T M 10:15 TOTAL REQUEST LIVE WITH ALEXA T L 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO D G 2:00 AFTERNOON MOVIE D M 2:00 YAHTZEE D G 3:00 KITCHEN'S CHOICE HAPPY HOUR D IR 4:00 INFAMOUS REDHEADS IN HISTORY D B 6:30 LATE NIGHT FLIC M M	8 ELVIS PRESLEY'S BIRTHDAY 9:30 SILVER SNEAKERS ZUMBA K M 10:15 BEST OF ELVIS PRESLEY K G 10:15 ROSARY & FAITH SHARING A M 11:15 THE KING OF ROCK N ROLL DOCUMENTARY K L 1:15 KNITTING CLUB A B 2:00 AFTERNOON MOVIE A M 3:00 HOT CHOCOLATE & COOKIES A IR 4:00 MANICURES BY KAY K B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	9 9:30 MORNING MOVE N GROOVE D M 10:30 GRAND-FRIEND PENPAL CARD WRITING D M 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 BINGO ME G 2:00 AFTERNOON MOVIE ME M 3:00 HAPPY HOUR SOCIAL ME IR 4:00 TRAVELOGUE: SPAIN ME L 4:00 WII BOWLING ME M 6:00 EVENING BINGO! ME M
10 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:15 ROOM TO ROOM VISITS D IR 11:30 MUSICAL MUSINGS WITH DYLAN D L 1:00 BINGO! AM G 2:00 AFTERNOON MOVIE! AM M 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WII SPORTS: RESIDENTS CHOICE AM L 4:00 SMARTBOARD CROSSWORDS AM L 6:00 LATE NIGHT BINGO ME M	11 9:30 LIGHT N LIVELY AM M 10:15 ROOM TO ROOM VISITS AM IR 11:15 MUSIC APPRECIATION AM L 1:00 BINGO! D G 2:00 AFTERNOON MOVIE! D M 2:00 PENNY POKER D G 3:00 HAPPY HOUR SOCIAL D IR 4:00 HOT SEAT CHALLENGE D G 6:00 BINGO! AM G	12 9:30 TONE & SCULPT T M 10:15 CROCKPOT WINTER DRINK T B 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! K G 2:00 AFTERNOON MOVIE K M 2:00 POKENO K G 3:00 CHEF'S TASTING SOCIAL HOUR K IR 4:00 QUICKTIONARY CHALLENGE K M 6:00 BINGO! A G	13 9:30 WEDNESDAY WORKOUT T M 10:15 SMARTBOARD CLASSICAL T L 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 CHOCOLATE COVERED DELIGHT SOCIAL K IR 4:00 BATTLE OF THE SEXES TRIVIA! K L 6:00 EVENING BINGO! ME M	14 9:30 GOOD MORNING YOGA T M 10:15 TOTAL REQUEST LIVE WITH ALEXA T L 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO D G 2:00 AFTERNOON MOVIE D M 2:00 TABLETOP CARDS T G 3:00 KITCHEN'S CHOICE HAPPY HOUR D IR 4:00 COMEDY HOUR WITH DYLAN D L 6:00 CLASSIC CHRISTMAS MOVIE M M	15 9:30 SILVER SNEAKERS ZUMBA K M 10:30 THIS DATE IN HISTORY K L 10:30 ROSARY & FAITH SHARING A M 11:00 WORD IN A WORD GAME V L 1:15 KNITTING CLUB A B 2:00 AFTERNOON MOVIE A M 3:00 HOT CHOCOLATE & COOKIES A IR 4:00 MANICURES BY KAY K B 4:00 SHABBAT SERVICE A G 6:00 BIG BUCKS BINGO! A G	16 9:30 MORNING MOVE N GROOVE D M 10:30 GRAND-FRIEND PENPAL CARD WRITING D M 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 BINGO ME G 2:00 AFTERNOON MOVIE ME M 3:00 HAPPY HOUR SOCIAL ME IR 4:00 TRAVELOGUE: SPAIN ME L 4:00 WII BOWLING ME M 6:00 EVENING BINGO! ME M
17 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:15 ROOM TO ROOM VISITS D IR 11:30 MUSICAL MUSINGS WITH DYLAN D L 1:00 BINGO! AM G 2:00 AFTERNOON MOVIE! AM M 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WII SPORTS: RESIDENTS CHOICE AM L 4:00 SMARTBOARD CROSSWORDS AM L 6:00 LATE NIGHT BINGO ME M	18 MARTIN LUTHER KING JR. DAY 9:30 LIGHT N LIVELY AM M 10:15 ROOM TO ROOM VISITS AM IR 11:15 WHO AM I? JANUARY BIRTHDAYS AM L 1:00 BINGO! D G 2:00 AFTERNOON MOVIE! D M 2:00 PENNY POKER D G 3:00 HAPPY HOUR SOCIAL D IR 4:00 CHARADES D G 6:00 BINGO! AM G	19 9:30 TONE & SCULPT T M 10:30 CROCKPOT WINTER DRINK T M 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! K G 2:00 AFTERNOON MOVIE K M 2:00 POKENO K G 3:00 CHEF'S TASTING SOCIAL HOUR K IR 4:00 WINTER COOKIE DECORATING! K M 6:00 BINGO! A G	20 INAUGURATION DAY 9:30 WEDNESDAY WORKOUT T M 10:15 SMARTBOARD CLASSICAL T L 10:30 ROOM TO ROOM VISITS T IR 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 MIDDAY SNACK SOCIAL HOUR K IR 4:00 JEOPARDY! K L 6:00 EVENING BINGO! ME M	21 INTERNATIONAL (SOCIALLY DISTANCED) HUG DAY 9:30 GOOD MORNING YOGA L M 10:15 TOTAL REQUEST LIVE WITH ALEXA T L 10:30 ROOM TO ROOM VISITS T IR 1:00 BINGO D G 2:00 YAHTZEE D 2:00 AFTERNOON MOVIE D M 3:00 KITCHEN'S CHOICE HAPPY HOUR D IR 4:00 CASINO HOUR: PLACE YOUR BETS D L 6:30 LATE NIGHT FLIC M M	22 9:30 SILVER SNEAKERS ZUMBA A M 10:30 ROSARY & FAITH SHARING A M 10:30 THIS DATE IN HISTORY K L 11:00 BANANAGRAMS K B 1:15 KNITTING CLUB A B 2:00 AFTERNOON MOVIE A M 3:00 HOT CHOCOLATE & COOKIES T IR 4:00 MANICURES BY KAY K B 4:00 SHABBAT SERVICE RL G 6:00 BIG BUCKS BINGO! A G	23 9:30 MORNING MOVE N GROOVE D M 10:30 GRAND-FRIEND PENPAL CARD WRITING D M 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 BINGO ME G 2:00 AFTERNOON MOVIE ME M 3:00 HAPPY HOUR SOCIAL ME IR 4:00 TRAVELOGUE: SPAIN ME L 4:00 WII BOWLING ME M 6:00 EVENING BINGO! ME M
24/31 9:30 SUNDAY SUNRISE STRETCH D M 10:00 SUNDAY MASS RS AC 10:15 ROOM TO ROOM VISITS D IR 11:30 MUSICAL MUSINGS WITH DYLAN D L 1:00 BINGO! AM G 2:00 AFTERNOON MOVIE! AM M 2:00 KINGS IN THE CORNER AM B 3:00 SUNDAY ICE CREAM SOCIAL AM IR 4:00 WII SPORTS: RESIDENTS CHOICE AM L 4:00 SMARTBOARD CROSSWORDS AM L 6:00 LATE NIGHT BINGO ME M	25 9:30 LIGHT N LIVELY AM M 10:15 ROOM TO ROOM VISITS AM IR 11:15 THIS DATE IN HISTORY AM L 1:00 BINGO! D G 2:00 AFTERNOON MOVIE! D M 2:00 PENNY POKER D G 3:00 HAPPY HOUR SOCIAL D IR 4:00 PCTIONARY D G 6:00 BINGO! AM G	26 9:30 TONE & SCULPT T M 10:15 CROCKPOT WINTER DRINK T B 10:30 ROOM TO ROOM VISITS T IR 11:30 LIVE PIANO PERFORMANCE BY TAYLOR T L 1:00 BINGO! K G 2:00 AFTERNOON MOVIE K M 2:00 POKENO K G 3:00 CHEF'S TASTING SOCIAL HOUR K IR 4:00 SNOWGLOBE CRAFTING K M 6:00 BINGO! A G	27 9:30 WEDNESDAY WORKOUT T M 10:15 SMARTBOARD CLASSICAL T L 10:30 ROOM TO ROOM VISITS T IR 1:00 AFTERNOON MOVIE K M 2:00 BLACKJACK! K G 3:00 MIDDAY SNACK SOCIAL HOUR K IR 4:00 BATTLE OF THE SEXES TRIVIA! K L 6:00 EVENING BINGO! ME M	28 9:30 GOOD MORNING YOGA T M 10:15 TOTAL REQUEST LIVE WITH ALEXA T L 10:30 ROOM TO ROOM VISITS T IR 1:00 BINGO D G 2:00 AFTERNOON MOVIE D M 2:00 TABLETOP CARDS D G 3:00 KITCHEN'S CHOICE HAPPY HOUR D IR 4:00 GOING ONCE...TWICE...WINTER AUCTION! D L 6:30 LATE NIGHT FLIC M M	29 9:30 SILVER SNEAKERS ZUMBA A M 10:30 ROSARY & FAITH SHARING A M 10:30 THIS DATE IN HISTORY K L 11:00 COFFEE & CHIT CHAT WITH KAY K B 1:15 KNITTING CLUB A B 2:00 AFTERNOON MOVIE A M 3:00 HOT CHOCOLATE & COOKIES T IR 4:00 MANICURES BY KAY K B 4:00 SHABBAT SERVICE RL G 6:00 BIG BUCKS BINGO! A G	30 9:30 MORNING MOVE N GROOVE D M 10:30 GRAND-FRIEND PENPAL CARD WRITING D M 11:15 GUITAR STRUMMING WITH DYLAN D L 1:00 BINGO AM G 2:00 AFTERNOON MOVIE AM M 3:00 HAPPY HOUR SOCIAL AM IR 4:00 TRAVELOGUE: NETHERLANDS AM L 4:00 WII BOWLING AM M 6:00 EVENING BINGO! ME M