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

Sunday ASE PRAC Facemask Required THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF **HEALTH FOR CORONA VIRUS PREVENTION**

Monday

L - Lobby

0 - Outing

G - Game Room

MR - Media Room

STAFF KEY

V - Vanessa

M - Malik

AM - Amanda

K - Kayeshaw D - Dylan

T - Taylor

A - Anne

TI - Tim

ME - Meleny

I - Independent

RS - Recreation Staff

Tuesday

Wednesday

Thursday

Friday

Saturday

LOCATION KEY	FOR YOUR DINING PLEASURE
DR - Dining Room	BREAKFAST 8AM
LR- Living Room	LUNCH 12NOON
B - Bistro	DINNER 5PM
P - Patio	

13

9:30 TONE & SCULPT

10:15 RHYTHM & SHAKERS

*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.

	1
	9:
	10:
	11:
	12:
	1:
	3:
	4:
	6:

APRIL FOOL'S DAY :30 EASY BREEZY YOGA K/TI/AM/M LR :30 TABLETOP GROUP GAMES K/TI/AM LR K/TI/AM DR 1:15 OUTDOOR STROLL BEFORE LUNCH :00 SPRING FLING LUNCHEON! VZ DR

:00 EASTER EGG DYEING! :00 BRUSCHETTA ON CROSTINI SOCIAL HOUR AM/M/T/TI LR :00 GROUP MUSIC & SINGING AM/M/T/TI LR :00 CLASSICAL MUSIC & AROMATHERAPY M

2			
9:30	FRIDAY FULL BODY WORKOUT	K/AM	LR
10:00	GOOD FRIDAY MORNING MASS	K/AM	LR
11:15	THINGS THAT START WITH A	K/AM/	M DR
1:00	${\tt BALLOONTAPFRENZYONTHEPATIO}$	K/AM/	M CY
1:15	KNITTING & CROCHET CLUB	Α	В
2:00	GROUP MOVEMENT GAMES	K/AM/	M LR
3:00	TGIF SOCIAL HOUR!	K/AM/	M LR
4:00	WHITEBOARD WORD GAMES	K/AM/	M LR
6:00	RELAXATION ART	М	LR

K/TI/AM LR

K/TI/AM DR

AM/M/T/TI LR

AM/M/T/TI LR

AM/M/T/TI LR

40			
6:00	HAND MASSAGES & RELAXATION	М	LF
4:00	ACOUSTIC SET WITH DYLAN & MALIK	M/D/AN	٨L
3:00	THE HONEYMOONERS HAPPY HOUR	M/D/AN	٨L
2:00	BINGO	M/D/AN	٨L
1:00	BALL TOSS FOR PRIZES	M/D/AN	٨L
11:30	SENSORY SOAP STATION	AM/ME	DI
10:30	MORNING MOVEMENT GAME	AM/ME	LF
10:30	BOBBY DARIN HITS	AM/ME	LF
9:30	SATURDAY SUNSHINE STRETCH	AM/ME	LF
3			

DR

LR

4	EASTER SUNDAY		
9:30	STRENGTH TRAINING	TI/ME	LR
10:00	EASTER SUNDAY MASS	TI/ME	М
10:15	EASTER CRAFTING	TI/ME	LR
11:00	SENSORY SANITIZING!	M/TI/N	MELR
1:00	VISIT WITH THE EASTER BUNNY	D	LR
2:00	EASTER EGG HUNT	M/D/M	E LR
3:00	JELLY BEAN BARK SOCIAL	M/D/M	E LR
4:00	EASTER BINGO!	M/D/M	E LR
6:00	SOOTHING THE SENSES	М	LR
44			



U			
9:30	TONE & SCULPT	K/ME/T	I LR
10:15	FREEZE DANCE' PARTY	K/ME/T	TI LR
11:15	WHO AM I? APRIL BIRTHDAYS	K/ME/T	TI LR
1:00	${\bf BIRD\ WATCHING\ IN\ THE\ COURTYARD}$	TI/K/T	CY
2:00	WHITE BOARD WORD GAME	TI/K/T	LR
3:00	PIGS IN A BLANKET SOCIAL	TI/K/T	LR
4:00	LIVE PIANO PLAYING WITH TAYLOR	TI/K/T	LR
6:00	CLASSIC MOVIE AFTER DINNER	ME	М

1	14	// -	
	6:00	ARMCHAIR TRAVEL TO: ROME	M LR
	4:00	LIVE MUSIC HOUR	T/M/ME/AM LR
	4:00	SPA HOUR: MANICURES & MASSAGE	T/M/ME/AM LR
	3:00	SNACKIN SOCIAL HOUR	T/M/ME/AM LR
	2:00	BINGO	T/M/ME/AM LR
	1:00	COMEDY HOUR LIVE	T/M/ME/AM LR
	11:15	AROMATHERAPY BEFORE LUNCH	K/ME/AM/M DR
	10:15	RHYTHM DRUM CIRCLE	K/ME/AMLR
	9:30	BALANCE & AGILITY	K/ME/AMLR

l	8			
ı	9:30	EASY BREEZY YOGA	K/TI/AM/M	LI
ı	10:30	MUSIC THROUGH THE DECADES	K/TI/AN	ΛL
ı	11:15	OUTDOOR STROLL BEFORE LUNCH	K/TI/AN	A [
ı	1:00	DANCIN THROUGH THE DECADES PARTY	AM/M/T/TI	L
ı	2:00	PUTT PUTT GOLF PRACTICE	AM/M/T/TI	L
ı	3:00	CINNAMON ROLL SOCIAL	AM/M/T/TI	L
ı	4:00	GROUP MUSIC & SINGING	AM/M/T/TI	L
ı	6:00	REMINISCING: FAVORITE MOVIES	М	L
1	15	NATIONAI HIGH FIVF DAY!		

9				10	NATIONAL SIBLINGS DAY	
9:30	FRIDAY FULL BODY WORKOUT	K/AM	LR	9:30	SATURDAY SUNSHINE STRETCH	ME
10:30	BALLOON TAP CHALLENGE	K/AM	LR	10:30	PAUL ANKA CONCERT	ME
11:15	CATEGORIES	K/AM/I	M DR	10:30	REMINISCING: SIBLINGS & FAMILY	ME
1:00	CHARADES SHOWDOWN	K/AM/I	M LR	11:30	SENSORY SOAP STATION	ME/N
1:15	KNITTING & CROCHET CLUB	Α	В	1:00	AFTERNOON EXERCISE	M/D
2:00	GROUP MOVEMENT GAMES	K/AM/I	M LR	2:00	BINGO	M/D
3:00	TGIF SOCIAL HOUR!	K/AM/I	M LR	3:00	THE BRADY BUNCH HAPPY HOUR	M/D
4:00	REMINISCING WITH PICTURES	K/AM/I	M LR	4:00	ACOUSTIC SET WITH DYLAN & MALIK	M/D
6:00	RELAXATION ART	M	LR	6:00	HAND MASSAGES & RELAXATION	М
						-

	6:00	SOOTHING THE SENSES	М	LR
	11			
	9:30	STRENGTH TRAINING	TI	LR
	10:00	STREAMING SUNDAY MASS	TI	М
	10:00	PARACHUTE POP UP	TI	LR
	11:00	NAME 3 THINGS	TI/M	LR
	1:00	KARAOKE HOUR	AM/M	LR
	2:00	BINGO	AM/M	LR
۱	3:00	SUNDAY ICE CREAM SOCIAL	AM/M	LR
	4:00	INSTRUMENTS & MUSIC BEFORE DINNER	AM/M	LR
ì	6:00	SOOTHING THE SENSES	М	LR
١	18			
	9:30	STRENGTH TRAINING	TI	LR
Ų	10:00	STREAMING SUNDAY MASS	TI	М
Į,	10.00	PARACHIITE POP IIP	TI	I R

9:30	FITNESS & FUN	AM/TI/K LR
10:15	MORNING ART WORKSHOP	AM/TI/K LR
11:15	GROUP BALL TOSS GAME	AM/TI/K LR
1:00	BALLOON VOLLEYBALL	ME/K/TI LR
2:00	AFTERNOON MANICURES	ME/K/TI LR
3:00	HAPPY HOUR SOCIAL	ME/K/TI LR
4:00	GROUP WORD GAMES	ME/K/TI LR
6:00	MUSIC APPRECIATION	TI M
19		
9:30	FITNESS & FUN	AM/TI/K LR

?0 9:30	TONE & SCULPT	K/ME/1	TI LI
6:00	CLASSIC MOVIE AFTER DINNER	ME	М
4:00	LIVE PIANO PLAYING WITH TAYLOR	TI/K/T	LR
	SANDWICHES	TI/K/T	LR
3:00	BRIE & ROAST BEEF FINGER		
2:00	CHARADES SHOWDOWN	TI/K/T	LR
1:00	BIRD WATCHING IN THE COURTYARD	TI/K/T	CY
1:15	SENSORY SOAP	K/ME/1	I D

10:15 CHA CHA & RHUMBA DANCING

2:00 AFTERNOON YOGA STRETCH

3:00 CHEESY FRIES SOCIAL

4:00 LIVE PIANO PLAYING WITH TAYLOR

1:00 BIRD WATCHING IN THE COURTYARD TI/K/T

11:15 SENSORY SOAP

LK	4:00	LIVE MUSIC HOUR		
LR	6:00	ARMCHAIR TRAVEL: CRUISING THE		
M		MEDITERRANEAN		
7	21			
ΓI LR	9:30	BALANCE & AGILITY		
ΓI LR	10:15	RHYTHM DRUM CIRCLE		
ΓID	11:15	AROMATHERAPY BEFORE LUNCH		
CY	1:00	COMEDY HOUR LIVE		
ΓLR	2:00	BINGO		
LR	3:00	SNACKIN SOCIAL HOUR		
LR	4:00	SPA HOUR: MANICURES & MASSAG		
М	4:00	LIVE MUSIC HOUR		
	6:00	TRAVELOGUE: PORTUGAL'S HEARTLA		

9:30 BALANCE & AGILITY

10:15 RHYTHM DRUM CIRCLE

1:00 COMEDY HOUR LIVE

3:00 SNACKIN SOCIAL HOUR

2:00 BING0

11:15 AROMATHERAPY BEFORE LUNCH

K/ME/AM/M D

K/ME/TI LR

K/MF/

K/ME/

TI/K/T

	, 0			
K/ME/AM LR	9:30	EASY BREEZY YOGA	K/TI/AM/M	LR
K/ME/AM LR	10:30	NAME THAT CELEBRITY	K/TI/AM	LR
K/ME/AM/M DR T/M/ME/AM LR	11:15	OUTDOOR STROLL BEFORE LUNCH	K/TI/AM	LR
T/M/ME/AM LR	1:00	DANCIN' THROUGH THE DECADES PARTY	AM/M/T/TI	LR
T/M/ME/AM LR	2:00	PUTT PUTT GOLF PRACTICE	AM/M/T/TI	LR
T/M/ME/AM LR	3:00	ORANGE BANANA CAKE SOCIAL	AM/M/T/TI	LR
T/M/ME/AM LR	4:00	GROUP MUSIC & SINGING	AM/M/T/TI	LR
	6:00	CLASSICAL MUSIC & AROMATHERAPY	М	LR
M LR				
	22	EARTH DAY		
K/ME/AM LR	9:30	EASY BREEZY YOGA	K/TI/AM/M	LR

10:30 HANDS ON SENSORY

11:15 EARTH DAY NATURE WALK

2:00 PUTT PUTT GOLF PRACTICE

4:00 GROUP MUSIC & SINGING

1:00 REUSE, REDUCE, RECYCLE CRAFT

16		
9:30	FRIDAY FULL BODY WORKOUT	K
10:30	BOCCI BALL CHALLENGE	K
11:30	SENSORY SANITIZER	K/M
1:00	BALLOON TAP FRENZY ON THE PATIO	K/AM/N
1:15	KNITTING & CROCHET CLUB	Α
2:00	GROUP MOVEMENT GAMES	K/M
3:00	TGIF SOCIAL HOUR!	K/M
4:00	REMINISCING HOUR	K/M
6:00	RELAXATION ART	М
23		

6:00	HAND MASSAGES & RELAXATION	М	L
17			
9:30	SATURDAY SUNSHINE STRETCH	ME	L
10:30	SOUL TRAIN IN THE MORNING	ME	L
10:30	TABLETOP SORTING	ME	L
11:30	SENSORY SOAP STATION	ME/M	D
1:00	MID DAY DANCE PARTY	M/D	L
2:00	BINGO	M/D	L
3:00	GILLIGAN'S ISLAND HAPPY HOUR	M/D	L
4:00	ACOUSTIC SET WITH DYLAN & MALIK	M/D	L
6:00	HAND MASSAGES & RELAXATION	M	L
24			
0.00	CATURD AVICUNICIUME CERETCH	115	

25			
6:00	SOOTHING THE SENSES	М	LR
4:00	INSTRUMENTS & MUSIC BEFORE DINNER	AM/M	LR
3:00	SUNDAY ICE CREAM SOCIAL	AM/M	LR
2:00	BINGO	AM/M	LR
1:00	KARAOKE HOUR	AM/M	LR
11:00	SMALL GROUP PUZZLES	TI/M	LR
10:00	PARACHUTE POP UP	TI	LR
10:00	STREAMING SUNDAY MASS	TI	М
	STRENGTH TRAINING	TI	LR
18			

10:15	MORNING ART WORKSHOP	AM/TI/K LR
11:15	BEFORE LUNCH STRETCH	AM/TI/K LR
1:00	BALLOON VOLLEYBALL	ME/K/TI LR
2:00	AFTERNOON MANICURES	ME/K/TI LR
3:00	HAPPY HOUR SOCIAL	ME/K/TI LR
4:00	SENSORY HOUR	ME/K/TI LR
6:00	MUSIC APPRECIATION	TI M
26		
9:30	FITNESS & FUN	AM/TI/K LR
10:15	MORNING ART WORKSHOP	AM/TI/K LR

	6:00	CLASSIC MOVIE AFTER DINNER	ME	M
	27			
R		TONE & SCULPT	K/ME/	TI LR
R	10:15	CHA CHA & RHUMBA DANCING	K/ME/	ΓI LR
R	11:15	SENSORY SOAP	K/ME/	TI D
R	1:00	BIRD WATCHING IN THE COURTYARD	TI/K/T	CY
R	2:00	FREEZE DANCE' PARTY	TI/K/T	LR
R	3:00	SOFT PRETZEL SOCIAL	TI/K/T	LR
R	4:00	LIFESTYLE STATIONS	TI/K/T	LR
	6:00	CLASSIC MOVIE AFTER DINNER	ME	М

TRAVELOGUE: PORTUGAL'S HEARTLAND	М	LF
LIVE MUSIC HOUR	T/M/ME/AM	LF
SPA HOUR: MANICURES & MASSAGE	T/M/ME/AM	LF
SNACKIN SOCIAL HOUR	T/M/ME/AM	LF
BINGO	T/M/ME/AM	LF
COMEDY HOUR LIVE	T/M/ME/AM	LF
AROMATHERAPY BEFORE LUNCH	K/ME/AM/M	D
RHYTHM DRUM CIRCLE	K/ME/AM	LF
BALANCE & AGILITY	K/ME/AM	LF
	RHYTHM DRUM CIRCLE AROMATHERAPY BEFORE LUNCH COMEDY HOUR LIVE BINGO SNACKIN SOCIAL HOUR SPA HOUR: MANICURES & MASSAGE LIVE MUSIC HOUR	RHYTHM DRUM CIRCLE AROMATHERAPY BEFORE LUNCH COMEDY HOUR LIVE BINGO SNACKIN SOCIAL HOUR SPA HOUR: MANICURES & MASSAGE T/M./ME/AM SPA HOUR: MANICURES & MASSAGE

4:00 SPA HOUR: MANICURES & MASSAGE T/M/ME/AM LI

6:00	REMINISCING: CHILDHOOD GAMES	M	LR
29			
9:30	EASY BREEZY YOGA	K/TI/AM/M	LF
10:30	CRAFT CORNER	K/TI/A	M L
11:15	OUTDOOR STROLL BEFORE LUNCH	K/TI/AI	M D
1:00	DANCIN THROUGH THE DECADES PARTY	AM/M/T/TI	LF
2:00	PUTT PUTT GOLF PRACTICE	AM/M/T/TI	LF
3:00	MOZZARELLA STICK SOCIAL	AM/M/T/TI	LF
4:00	GROUP MUSIC & SINGING	AM/M/T/TI	LI
6:00	REMINISCING: CHILDHOOD GAMES	M	LF

3:00 BATTERED SWEET CORN NUGGET SOCIAL AM/M/T/TI LR

6:00	RELAXATION ART	М	LR
23			
9:30	FRIDAY FULL BODY WORKOUT	K	LR
10:30	MORNING MUSIC MAKING	K	LR
11:15	WALKING STROLL BEFORE LUNCH	K/M	LR
1:00	CHARADES SHOWDOWN	K/M	LR
1:15	KNITTING & CROCHET CLUB	Α	В
2:00	GROUP MOVEMENT GAMES	K/M	LR
3:00	TGIF SOCIAL HOUR!	K/M	LR
4:00	WOULD YOU RATHER?	K/M	LR
6:00	RELAXATION ART	М	LR
30	ARBOR DAY		

LR

K LR

K/M LR

K/AM/M CY

K/M LR

K/M LR

K/M LR

M

9:30 FRIDAY FULL BODY WORKOUT

11:15 WALKING STROLL BEFORE LUNCH

1:00 GARDENING CLUB ON THE PATIO

4:00 SCRAPBOOKING WITH MAGAZINES

1:15 KNITTING & CROCHET CLUB

2:00 GROUP MOVEMENT GAMES

3:00 TGIF SOCIAL HOUR!

6:00 RELAXATION ART

10:30 MORNING MUSIC MAKING

	6:00	HAND MASSAGES & RELAXATION	M	LK
	24			
	9:30	SATURDAY SUNSHINE STRETCH	ME	LR
	10:30	ELVIS PRESLEY GREATEST HITS	ME	LR
	10:30	SMALL GROUP MATCHING	ME	LR
	11:30	SENSORY SOAP STATION	ME/M	DF
	1:00	AFTERNOON STRETCH	M/D	LR
	2:00	BINGO	M/D	LR
	3:00	I LOVE LUCY HAPPY HOUR	M/D	LR
	4:00	ACOUSTIC SET WITH DYLAN & MALIK	M/D	LR
	6:00	HAND MASSAGES & RELAXATION	М	LR
Ī		1		



20			
9:30	STRENGTH TRAINING	TI	LR
10:00	STREAMING SUNDAY MASS	TI	М
10:00	PARACHUTE POP UP	TI	LR
11:00	WEEKLY WEATHER UPDATE	TI/M	LR
1:00	KARAOKE HOUR	AM/M	LR
2:00	BINGO	AM/M	LR
3:00	SUNDAY ICE CREAM SOCIAL	AM/M	LR
4:00	INSTRUMENTS & MUSIC BEFORE DINNER	AM/M	LR
6:00	SOOTHING THE SENSES	М	LR

26			
9:30	FITNESS & FUN	AM/TI/	K LR
10:15	MORNING ART WORKSHOP	AM/TI/	K LR
11:15	GROUP BALL TOSS GAME	AM/TI/	K LR
1:00	BALLOON VOLLEYBALL	ME/K/1	il LR
2:00	AFTERNOON MANICURES	ME/K/1	íl LR
3:00	HAPPY HOUR SOCIAL	ME/K/1	íl LR
4:00	GROUP WORD GAMES	ME/K/1	íl LR
6:00	MUSIC APPRECIATION	TI	М

27			
9:30	TONE & SCULPT	K/ME/1	I LR
10:15	CHA CHA & RHUMBA DANCING	K/ME/1	I LR
11:15	SENSORY SOAP	K/ME/TI D	
1:00	BIRD WATCHING IN THE COURTYARD	TI/K/T	CY
2:00	FREEZE DANCE' PARTY	TI/K/T	LR
3:00	SOFT PRETZEL SOCIAL	TI/K/T	LR
4:00	LIFESTYLE STATIONS	TI/K/T	LR
6:00	CLASSIC MOVIE AFTER DINNER	ME	М

ı	20			
	9:30	BALANCE & AGILITY	K/ME/AM	LR
	10:15	RHYTHM DRUM CIRCLE	K/ME/AM	LR
	11:15	AROMATHERAPY BEFORE LUNCH	K/ME/AM/N	l DR
	1:00	HANGMAN WITH DICE	T/M/ME/AM	LR
	2:00	BINGO	T/M/ME/AM	LR
	3:00	SNACKIN SOCIAL HOUR	T/M/ME/AM	LR
	4:00	SPA HOUR: MANICURES & MASSAGE	T/M/ME/AM	LR
	4:00	LIVE MUSIC HOUR	T/M/ME/AM	LR
	6:00	TRAVELOGUE: THE HEART OF ENGLAND	М	LR
ı				