

April 2021

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>PLEASE PRACTICE Facemask Required</div> <div>  </div> <div>SOCIAL DISTANCING</div> </div> <div> <p>THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION</p> </div>	<div> <div>STAFF KEY</div> <div>V - Vanessa M - Malik AM - Amanda K - Kayeshaw D - Dylan T - Taylor A - Anne ME - Meleny TI - Tim I - Independent RS - Recreation Staff</div> </div> <div> <div>LOCATION KEY</div> <div>DR - Dining Room LR - Living Room B - Bistro P - Patio L - Lobby G - Game Room O - Outing MR - Media Room IR - In Room</div> </div>	<div> <div>FOR YOUR DINING PLEASURE</div> <div>BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</div> </div> <div> <div>*All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board.</div> </div> <div> <div>Your Director Vanessa will be happy to answer any questions you may have regarding this calendar.</div> </div>	<div>  </div>	<div> <div>1 APRIL FOOL'S DAY</div> <div>9:30 EASY BREEZY YOGA K/TI/AM/M LR 10:30 TABLETOP GROUP GAMES K/TI/AM LR 11:15 OUTDOOR STROLL BEFORE LUNCH K/TI/AM DR 12:00 SPRING FLING LUNCHEON! VZ DR 1:00 EASTER EGG DYEING! AM/M/T/TI LR 3:00 BRUSCHETTA ON CROSTINI SOCIAL HOUR AM/M/T/TI LR 4:00 GROUP MUSIC & SINGING AM/M/T/TI LR 6:00 CLASSICAL MUSIC & AROMATHERAPY M LR</div> </div>	<div> <div>2</div> <div>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 BALLOON TAP FRENZY ON THE PATIO K/AM/M CY 1:15 KNITTING & CROCHET CLUB A B 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 M LR</div> </div>	<div> <div>3</div> <div>9:30 SATURDAY SUNSHINE STRETCH AM/ME LR 10:30 BOBBY DARIN HITS AM/ME LR 10:30 MORNING MOVEMENT GAME AM/ME LR 11:30 SENSORY SOAP STATION AM/ME DR 1:00 BALL TOSS FOR PRIZES M/D/AM LR 2:00 BINGO M/D/AM LR 3:00 THE HONEYMOONERS HAPPY HOUR M/D/AM LR 4:00 ACOUSTIC SET WITH DYLAN & MALIK M/D/AM LR 6:00 HAND MASSAGES & RELAXATION M LR</div> </div>
<div> <div>4 EASTER SUNDAY</div> <div>9:30 STRENGTH TRAINING TI/ME LR 10:00 EASTER SUNDAY MASS TI/ME M 10:15 EASTER CRAFTING TI/ME LR 11:00 SENSORY SANITIZING! M/TI/MELR 1:00 VISIT WITH THE EASTER BUNNY D LR 2:00 EASTER EGG HUNT M/D/ME LR 3:00 JELLY BEAN BARK SOCIAL M/D/ME LR 4:00 EASTER BINGO! M/D/ME LR 6:00 SOOTHING THE SENSES M LR</div> </div>	<div> <div>5</div> <div>9:30 FITNESS & FUN AM/TI/K LR 10:15 MORNING ART WORKSHOP AM/TI/K DR 11:15 WALKING CLUB BEFORE LUNCH 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</div> </div>	<div> <div>6</div> <div>9:30 TONE & SCULPT K/ME/TI LR 10:15 FREEZE DANCE' PARTY K/ME/TI LR 11:15 WHO AM I? APRIL BIRTHDAYS K/ME/TI LR 1:00 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 M</div> </div>	<div> <div>7</div> <div>9:30 BALANCE & AGILITY K/ME/AMLR 10:15 RHYTHM DRUM CIRCLE K/ME/AMLR 11:15 AROMATHERAPY BEFORE LUNCH K/ME/AM/M DR 1:00 COMEDY HOUR LIVE 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 ARMCHAIR TRAVEL TO: ROME M LR</div> </div>	<div> <div>8</div> <div>9:30 EASY BREEZY YOGA K/TI/AM/M LR 10:30 MUSIC THROUGH THE DECADES K/TI/AM LR 11:15 OUTDOOR STROLL BEFORE LUNCH K/TI/AM DR 1:00 DANCIN THROUGH THE DECADES PARTY AM/M/T/TI LR 2:00 PUTT PUTT GOLF PRACTICE AM/M/T/TI LR 3:00 CINNAMON ROLL SOCIAL AM/M/T/TI LR 4:00 GROUP MUSIC & SINGING AM/M/T/TI LR 6:00 REMINISCING: FAVORITE MOVIES M LR</div> </div>	<div> <div>9</div> <div>9:30 FRIDAY FULL BODY WORKOUT K/AM LR 10:30 BALLOON TAP CHALLENGE K/AM LR 11:15 CATEGORIES K/AM/M DR 1:00 CHARADES SHOWDOWN K/AM/M LR 1:15 KNITTING & CROCHET CLUB A B 2:00 GROUP MOVEMENT GAMES K/AM/M LR 3:00 TGIF SOCIAL HOUR! K/AM/M LR 4:00 REMINISCING WITH PICTURES K/AM/M LR 6:00 RELAXATION ART M LR</div> </div>	<div> <div>10 NATIONAL SIBLINGS DAY</div> <div>9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 PAUL ANKA CONCERT ME LR 10:30 REMINISCING: SIBLINGS & FAMILY ME LR 11:30 SENSORY SOAP STATION ME/M DR 1:00 AFTERNOON EXERCISE M/D LR 2:00 BINGO M/D LR 3:00 THE BRADY BUNCH HAPPY HOUR M/D LR 4:00 ACOUSTIC SET WITH DYLAN & MALIK M/D LR 6:00 HAND MASSAGES & RELAXATION M LR</div> </div>
<div> <div>11</div> <div>9:30 STRENGTH TRAINING TI LR 10:00 STREAMING SUNDAY MASS TI M 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 3:00 SUNDAY ICE CREAM SOCIAL AM/M LR 4:00 INSTRUMENTS & MUSIC BEFORE DINNER AM/M LR 6:00 SOOTHING THE SENSES M LR</div> </div>	<div> <div>12</div> <div>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</div> </div>	<div> <div>13</div> <div>9:30 TONE & SCULPT K/ME/TI LR 10:15 RHYTHM & SHAKERS K/ME/TI LR 11:15 SENSORY SOAP K/ME/TI D 1:00 BIRD WATCHING IN THE COURTYARD TI/K/T CY 2:00 CHARADES SHOWDOWN TI/K/T LR 3:00 BRIE & ROAST BEEF FINGER SANDWICHES TI/K/T LR 4:00 LIVE PIANO PLAYING WITH TAYLOR TI/K/T LR 6:00 CLASSIC MOVIE AFTER DINNER ME M</div> </div>	<div> <div>14</div> <div>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/M DR 1:00 COMEDY HOUR LIVE 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 ARMCHAIR TRAVEL: CRUISING THE MEDITERRANEAN M LR</div> </div>	<div> <div>15 NATIONAL HIGH FIVE DAY!</div> <div>9:30 EASY BREEZY YOGA K/TI/AM/M LR 10:30 NAME THAT CELEBRITY K/TI/AM LR 11:15 OUTDOOR STROLL BEFORE LUNCH K/TI/AM LR 1:00 DANCIN' THROUGH THE DECADES PARTY AM/M/T/TI LR 2:00 PUTT PUTT GOLF PRACTICE AM/M/T/TI LR 3:00 ORANGE BANANA CAKE SOCIAL AM/M/T/TI LR 4:00 GROUP MUSIC & SINGING AM/M/T/TI LR 6:00 CLASSICAL MUSIC & AROMATHERAPY M LR</div> </div>	<div> <div>16</div> <div>9:30 FRIDAY FULL BODY WORKOUT K LR 10:30 BOCCI BALL CHALLENGE K DR 11:30 SENSORY SANITIZER K/M LR 1:00 BALLOON TAP FRENZY ON THE PATIO K/AM/M CY 1:15 KNITTING & CROCHET CLUB A B 2:00 GROUP MOVEMENT GAMES K/M LR 3:00 TGIF SOCIAL HOUR! K/M LR 4:00 REMINISCING HOUR K/M LR 6:00 RELAXATION ART M LR</div> </div>	<div> <div>17</div> <div>9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 SOUL TRAIN IN THE MORNING ME LR 10:30 TABLETOP SORTING ME LR 11:30 SENSORY SOAP STATION ME/M DR 1:00 MID DAY DANCE PARTY M/D LR 2:00 BINGO M/D LR 3:00 GILLIGAN'S ISLAND HAPPY HOUR M/D LR 4:00 ACOUSTIC SET WITH DYLAN & MALIK M/D LR 6:00 HAND MASSAGES & RELAXATION M LR</div> </div>
<div> <div>18</div> <div>9:30 STRENGTH TRAINING TI LR 10:00 STREAMING SUNDAY MASS TI M 10:00 PARACHUTE POP UP TI LR 11:00 SMALL GROUP PUZZLES 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 M LR</div> </div>	<div> <div>19</div> <div>9:30 FITNESS & FUN AM/TI/K LR 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</div> </div>	<div> <div>20</div> <div>9:30 TONE & SCULPT K/ME/TI LR 10:15 CHA CHA & RHUMBA DANCING K/ME/TI LR 11:15 SENSORY SOAP K/ME/TI D 1:00 BIRD WATCHING IN THE COURTYARD TI/K/T CY 2:00 AFTERNOON YOGA STRETCH TI/K/T LR 3:00 CHEESY FRIES SOCIAL TI/K/T LR 4:00 LIVE PIANO PLAYING WITH TAYLOR TI/K/T LR 6:00 CLASSIC MOVIE AFTER DINNER ME M</div> </div>	<div> <div>21</div> <div>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/M DR 1:00 COMEDY HOUR LIVE 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: PORTUGAL'S HEARTLAND M LR</div> </div>	<div> <div>22 EARTH DAY</div> <div>9:30 EASY BREEZY YOGA K/TI/AM/M LR 10:30 HANDS ON SENSORY K/TI/AM LR 11:15 EARTH DAY NATURE WALK K/TI/AM DR 1:00 REUSE, REDUCE, RECYCLE CRAFT AM/M/T/TI LR 2:00 PUTT PUTT GOLF PRACTICE AM/M/T/TI LR 3:00 BATTERED SWEET CORN NUGGET SOCIAL AM/M/T/TI LR 4:00 GROUP MUSIC & SINGING AM/M/T/TI LR 6:00 REMINISCING: CHILDHOOD GAMES M LR</div> </div>	<div> <div>23</div> <div>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 A B 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 M LR</div> </div>	<div> <div>24</div> <div>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 DR 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 M LR</div> </div>
<div> <div>25</div> <div>9:30 STRENGTH TRAINING TI LR 10:00 STREAMING SUNDAY MASS TI M 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 M LR</div> </div>	<div> <div>26</div> <div>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</div> </div>	<div> <div>27</div> <div>9:30 TONE & SCULPT K/ME/TI LR 10:15 CHA CHA & RHUMBA DANCING K/ME/TI 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 M</div> </div>	<div> <div>28</div> <div>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/M 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 M LR</div> </div>	<div> <div>29</div> <div>9:30 EASY BREEZY YOGA K/TI/AM/M LR 10:30 CRAFT CORNER K/TI/AM LR 11:15 OUTDOOR STROLL BEFORE LUNCH K/TI/AM DR 1:00 DANCIN THROUGH THE DECADES PARTY AM/M/T/TI LR 2:00 PUTT PUTT GOLF PRACTICE AM/M/T/TI LR 3:00 MOZZARELLA STICK SOCIAL AM/M/T/TI LR 4:00 GROUP MUSIC & SINGING AM/M/T/TI LR 6:00 REMINISCING: CHILDHOOD GAMES M LR</div> </div>	<div> <div>30 ARBOR DAY</div> <div>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 GARDENING CLUB ON THE PATIO K/AM/M CY 1:15 KNITTING & CROCHET CLUB A B 2:00 GROUP MOVEMENT GAMES K/M LR 3:00 TGIF SOCIAL HOUR! K/M LR 4:00 SCRAPBOOKING WITH MAGAZINES K/M LR 6:00 RELAXATION ART M LR</div> </div>	<div>  </div>