

May 2021

The Arbors At ISLANDIA EAST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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
ME - Meleny
M - Malik
AM - Amanda
K - Kayeshaw
D - Dylan
T - Taylor
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	KENTUCKY DERBY	
9:30	MORNING MOVE N GROOVE	AM M
10:15	KENTUCKY DERBY HISTORY & FACTS	AM M
11:15	PLACE YOUR DERBY BETS!	AM L
1:15	AFTERNOON MOVIE	AM G
1:15	BINGO	AM M
2:00	OUTDOOR WALKING STROLL	AM CY
3:00	HAPPY HOUR SOCIAL	AM IR
4:00	WII BOWLING	AM M
4:15	SMARTBOARD: TO TELL THE TRUTH	AM B
6:00	EVENING BINGO!	ME G
6:50	KENTUCKY DERBY!	ME M

2		
9:30	SUNDAY SUNRISE STRETCH	D M
10:00	STREAMING SUNDAY MASS	D M
11:00	SMALL GROUP CATEGORIES	D L
1:15	AFTERNOON MOVIE!	ME M
1:15	BINGO!	ME G
2:00	KINGS IN THE CORNER	RL G
3:00	SUNDAY ICE CREAM SOCIAL	ME IR
4:15	WEEKEND MANICURES & MASSAGE	ME B
6:00	LATE NIGHT BINGO	ME G
7:00	EVENING IN THE CINEMA	ME M

3		
9:30	LIGHT N LIVELY	ME M
10:15	ROOM TO ROOM VISITS	ME IR
11:15	MUSIC APPRECIATION	ME L
1:15	AFTERNOON MOVIE!	K M
1:15	BINGO!	K G
2:00	PENNY POKER	RL G
3:00	HAPPY HOUR SOCIAL	K IR
4:15	FAMOUS MAY BIRTHDAYS	K L
6:00	BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

4	STAR WARS DAY	
9:30	TONE & SCULPT	T M
10:30	RESIDENT COUNCIL MEETING	VZ M
11:00	FOOD COUNCIL	VZ M
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	ME M
1:15	BINGO!	ME G
2:00	CANASTA	RL B
3:00	SNACKIN SOCIAL	ME IR
4:15	ACTIVITY PLANNING MEETING	VZ M
6:00	BINGO!	TI G
7:00	EVENING IN THE CINEMA	TI M

5	CINCO DE MAYO!	
9:30	WEDNESDAY WORKOUT	T M
10:15	FLAMENCO DANCING ON THE SMARTBOARD	T L
10:15	CINCO DE MAYO CRAFTING	T G
11:15	MARIACHI PARADE!	T L
1:15	AFTERNOON MOVIE	K M
2:00	BLACKJACK!	K G
3:00	MEXICAN CHEESE DIP FIESTA HAPPY HOUR	K IR
4:15	MARGARITAS & MUSIC IN THE COURTYARD	VZ CY
4:15	MEXICAN CULTURE & TRIVIA	K L
6:00	EVENING BINGO!	M M
7:00	EVENING IN THE CINEMA	M M

6		
9:30	GOOD MORNING YOGA	T M
10:15	SMARTBOARD: FUNNY ANIMALS	T L
10:15	BIBLE STUDY WITH TAYLOR	T M
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
1:15	BINGO!	K G
2:00	DICE ROLL FOR PRIZES	K G
3:00	CRUNCH N MUNCH HAPPY HOUR	K IR
4:15	LADIES MINGLE GROUP	K L
6:00	EVENING BINGO!	K M
7:00	EVENING IN THE CINEMA	K M

7		
9:30	SILVER SNEAKERS ZUMBA	K M
10:15	GARDENING CLUB	K CY
11:00	LIVE VIOLIN PLAYING IN THE LOBBY	K L
1:00	THREE THIRTEEN CARD CLUB	RL G
1:15	KNITTING CLUB	ME B
1:15	AFTERNOON MOVIE	ME B
3:00	TGIF HAPPY HOUR	ME IR
4:15	TRAVELOGUE: VIETNAM	ME L
4:15	SHABBAT SERVICE	ME G
6:00	BIG BUCKS BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

8		
9:30	MORNING MOVE N GROOVE	AM M
10:15	ROOM TO ROOM VISITS	AM M
11:00	SMARTBOARD CROSSWORDS	AM L
1:15	AFTERNOON MOVIE	AM G
1:15	BINGO	AM M
2:00	OUTDOOR WALKING STROLL	AM CY
3:00	HAPPY HOUR SOCIAL	AM IR
4:00	WII BOWLING	AM M
4:15	SMARTBOARD: \$100,000 PYRAMID	AM B
6:00	EVENING BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

9	MOTHER'S DAY	
9:30	SUNDAY SUNRISE STRETCH	D M
10:00	SUNDAY MASS	D M
10:45	MIMOSAS & PASTRIES FOR MOMS	D CY
1:15	AFTERNOON MOVIE!	ME M
1:15	BINGO!	ME G
2:00	MOTHER'S DAY MANICURES	RL B
3:00	SUNDAY ICE CREAM SOCIAL	ME IR
4:00	WII SPORTS: RESIDENTS CHOICE	ME M
4:15	MOTHER'S DAY FAMILY FEUD	ME L
6:00	LATE NIGHT BINGO	ME G
7:00	EVENING IN THE CINEMA	ME M

10		
9:30	LIGHT N LIVELY	ME M
10:15	ROOM TO ROOM VISITS	ME IR
11:15	THINGS THAT START WITH M	ME L
1:15	AFTERNOON MOVIE!	K M
1:15	BINGO!	K G
2:00	PENNY POKER	RL G
3:00	HAPPY HOUR SOCIAL	K IR
4:15	WALK TO THE KOI POND	K CY
6:00	BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

11		
9:30	TONE & SCULPT	T M
10:15	GROUP CROSSWORD	T L
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	ME M
1:15	BINGO!	ME G
2:00	CANASTA	RL B
3:00	BUTTERSCOTCH BROWNIE SOCIAL HOUR	ME IR
4:00	BOCCIE BALL IN THE COURTYARD	ME CY
6:00	BINGO!	TI G
7:00	EVENING IN THE CINEMA	TI M

12	INTERNATIONAL NURSES DAY	
9:30	WEDNESDAY WORKOUT	T M
10:15	THANK YOU CARD WRITING	T G
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
2:00	BLACKJACK!	K G
3:00	MIDDAY SNACK SOCIAL HOUR	K IR
4:15	MAD LIBS	K L
6:00	EVENING BINGO!	K M
7:00	EVENING IN THE CINEMA	M M

13		
9:30	GOOD MORNING YOGA	L M
10:15	SMARTBOARD: CLASSIC MOVIE CLIPS	T L
10:15	BIBLE STUDY WITH TAYLOR	T M
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
1:15	BINGO!	K G
2:00	DICE ROLL FOR PRIZES	K G
3:00	CHEDDAR BAY BISCUIT SOCIAL	K IR
4:15	LADIES MINGLE GROUP	K L
6:00	EVENING BINGO!	K M
7:00	EVENING IN THE CINEMA	K M

14		
9:30	SILVER SNEAKERS ZUMBA	K M
10:15	GARDENING CLUB	K M
11:00	FAMILY FEUD GROUP GAME	K L
1:00	THREE THIRTEEN CARD CLUB	RL G
1:15	KNITTING CLUB	ME B
1:15	AFTERNOON MOVIE	ME M
3:00	VETS CHAT	ME G
3:00	TGIF HAPPY HOUR	ME IR
4:15	TRAVELOGUE: HOLLAND	ME L
4:15	SHABBAT SERVICE	ME G
6:00	BIG BUCKS BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

15		
9:30	MORNING MOVE N GROOVE	AM M
10:15	ROOM TO ROOM VISITS	AM M
11:00	SMARTBOARD JEOPARDY	AM L
1:15	AFTERNOON MOVIE	AM G
1:15	BINGO	AM M
2:00	OUTDOOR WALKING STROLL	AM CY
3:00	HAPPY HOUR SOCIAL	AM IR
4:00	WII BOWLING	AM M
4:15	SMARTBOARD: WHAT'S MY LINE?	AM B
6:00	EVENING BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

16		
9:30	SUNDAY SUNRISE STRETCH	D M
10:00	SUNDAY MASS	D M
11:00	SMARTBOARD JEOPARDY	D L
1:15	AFTERNOON MOVIE!	ME M
1:15	BINGO!	ME G
2:00	KINGS IN THE CORNER	RL G
3:00	SUNDAY ICE CREAM SOCIAL	ME IR
4:00	WII SPORTS: RESIDENTS CHOICE	ME M
4:15	WEEKEND MANICURES & MASSAGE	ME L
6:00	LATE NIGHT BINGO	ME G
7:00	EVENING IN THE CINEMA	ME M

17		
9:30	LIGHT N LIVELY	ME M
10:15	ROOM TO ROOM VISITS	ME IR
11:15	SMARTBOARD WORD GAMES	ME M
1:15	AFTERNOON MOVIE!	K M
1:15	BINGO!	K G
2:00	PENNY POKER	RL G
3:00	HAPPY HOUR SOCIAL	K IR
4:15	OUTBURST	K G
6:00	BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

18		
9:30	TONE & SCULPT	T M
10:15	GROUP CROSSWORD	T IR
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	ME M
1:15	BINGO!	ME G
2:00	CANASTA	RL B
3:00	CHERRY COBBLER SOCIAL HOUR	ME IR
4:00	BOCCIE BALL IN THE COURTYARD	ME CY
6:00	BINGO!	TI G
7:00	EVENING IN THE CINEMA	TI M

19		
9:30	WEDNESDAY WORKOUT	T M
10:15	DIY CRAFTS WITH TAYLOR	T G
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
2:00	BLACKJACK!	K G
3:00	MIDDAY SNACK SOCIAL HOUR	K IR
4:15	20 QUESTIONS	K CY
6:00	EVENING BINGO!	M M
7:00	EVENING IN THE CINEMA	M M

20		
9:30	GOOD MORNING YOGA	T M
10:15	SMARTBOARD: BALLROOM DANCING	T L
10:15	BIBLE STUDY WITH TAYLOR	T M
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
1:15	BINGO!	K G
2:00	DICE ROLL FOR PRIZES	K G
3:00	MINI FRITTATA SOCIAL	K IR
4:15	LADIES MINGLE GROUP	K L
6:00	EVENING BINGO!	K M
7:00	EVENING IN THE CINEMA	K M

21	NATIONAL PIZZA PARTY DAY!	
9:30	SILVER SNEAKERS ZUMBA	K M
10:15	GARDENING CLUB	K CY
11:00	LIVE VIOLIN PLAYING IN THE LOBBY	K L
12:00	PIZZA PIZZA PARTY!	VZ DR
1:00	THREE THIRTEEN CARD CLUB	RL G
1:15	KNITTING CLUB	ME B
1:15	AFTERNOON MOVIE	ME M
3:00	TGIF HAPPY HOUR	ME IR
4:15	TRAVELOGUE: TUSCANY	ME L
4:15	SHABBAT SERVICE	ME G
6:00	BIG BUCKS BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

22		
9:30	MORNING MOVE N GROOVE	AM M
10:15	ROOM TO ROOM VISITS	AM M
11:00	SMARTBOARD CROSSWORDS	AM L
1:15	AFTERNOON MOVIE	AM G
1:15	BINGO	AM M
2:00	OUTDOOR WALKING STROLL	AM CY
3:00	HAPPY HOUR SOCIAL	AM IR
4:00	WII BOWLING	AM M
4:15	SMARTBOARD: I'VE GOT A SECRET	AM B
6:00	EVENING BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

23/30		
9:30	SUNDAY SUNRISE STRETCH	D M
10:00	SUNDAY MASS	D M
11:00	SMARTBOARD Pictionary (23RD)	D L
11:00	CHARADES WITH DYLAN (30TH)	D L
1:15	AFTERNOON MOVIE!	ME M
1:15	BINGO!	ME G
2:00	KINGS IN THE CORNER	RL G
3:00	SUNDAY ICE CREAM SOCIAL	ME IR
4:00	WII SPORTS: RESIDENTS CHOICE	ME L
4:15	WEEKEND MANICURES & MASSAGE	ME G
6:00	LATE NIGHT BINGO	ME G
7:00	EVENING IN THE CINEMA	ME M

24/31	MEMORIAL DAY (31ST)	
9:30	LIGHT N LIVELY	ME M
10:15	ROOM TO ROOM VISITS	ME IR
11:15	CURRENT EVENTS DISCUSSION (24TH)	ME L
11:15	MEMORIAL DAY TRIVIA & FACTS (31ST)	ME L
1:15	AFTERNOON MOVIE!	K M
1:15	BINGO!	K G
2:00	PENNY POKER	RL G
3:00	HAPPY HOUR SOCIAL (24TH)	K IR
3:00	PATRIOTIC HAPPY HOUR (31ST)	K IR
4:00	PUTT PUTT GOLF (24TH)	K CY
4:00	CORNHOLE CHALLENGE (31ST)	K CY
6:00	BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

25		
9:30	TONE & SCULPT	T M
10:15	GROUP CROSSWORD	T IR
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	ME M
1:15	BINGO!	ME G
2:00	CANASTA	RL B
3:00	BLUEBERRY SWIRL CHEESECAKE	ME IR
4:00	BOCCIE BALL IN THE COURTYARD	ME CY
6:00	BINGO!	TI G
7:00	EVENING IN THE CINEMA	TI M

26		
9:30	WEDNESDAY WORKOUT	T M
10:15	DIY CRAFTS WITH TAYLOR	T G
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
2:00	BLACKJACK!	K G
3:00	MIDDAY SNACK SOCIAL HOUR	K IR
4:15	WOULD YOU RATHER?	K CY
6:00	EVENING BINGO!	M M
7:00	EVENING IN THE CINEMA	M M

27		
9:30	GOOD MORNING YOGA	T M
10:15	SMARTBOARD: AMERICA'S FUNNIEST VIDEOS	T L
10:15	BIBLE STUDY WITH TAYLOR	T M
11:30	PIANO PLAYING BEFORE LUNCH	T L
1:15	AFTERNOON MOVIE	K M
1:15	BINGO!	K G
2:00	DICE ROLL FOR PRIZES	K G
3:00	MINI BBQ FRANK SOCIAL	K IR
4:15	LADIES MINGLE GROUP	K L
6:00	EVENING BINGO!	K M
7:00	EVENING IN THE CINEMA	K M

28		
9:30	SILVER SNEAKERS ZUMBA	K M
10:15	GARDENING CLUB	K CY
11:00	FAMILY FEUD GROUP GAME	K L
1:00	THREE THIRTEEN CARD GAME	RL G
1:15	KNITTING CLUB	ME B
1:15	AFTERNOON MOVIE	ME M
3:00	TGIF HAPPY HOUR	ME IR
4:15	TRAVELOGUE: PHILIPPINES	ME L
4:15	SHABBAT SERVICE	ME G
6:00	BIG BUCKS BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

29		
9:30	MORNING MOVE N GROOVE	AM M
10:15	ROOM TO ROOM VISITS	AM M
11:00	SMARTBOARD JEOPARDY	AM L
1:15	AFTERNOON MOVIE	AM G
1:15	BINGO	AM M
2:00	OUTDOOR WALKING STROLL	AM CY
3:00	HAPPY HOUR SOCIAL	AM IR
4:00	WII BOWLING	AM M
4:15	SMARTBOARD: MATCH GAME	AM B
6:00	EVENING BINGO!	ME G
7:00	EVENING IN THE CINEMA	ME M

RECREATION CALENDAR