

May 2021

The Arbors At ISLANDIA WEST

Tel: 631-582-3600
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



STAFF KEY
G=Gina, Director of Recreation
AB=ABBY
K=Kelley
S=Sheryl
GB=Gabby
SM=Samantha D
SR=Samantha R
D=Diane
DV=Deb
AN=Andrea
I=INDEPENDENT
RS=Recreation staff
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

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.



1 KENTUCKY DERBY DAY
9:00 SATURDAY SONGS G SB
9:30 WEEKEND STROLL G CY
10:00 SATURDAY MORNING NEWS SM LV
10:30 IT HAPPENED IN MAY SM LV
11:00 MAY BIRTHDAY QUIZ SM LV
11:30 MOTHER GOOSE DAY: ABOUT MOTHER GOOSE SM LV
1:15 MID-DAY MOVIE G M
1:30 **DERBY CELEBRATION AND BETS** G SM LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 LRC DICE GAME SM LV
6:00 SUNSET MOVIE SM M
7:00 **KENTUCKY DERBY RACE** I RR

2
9:00 **SUNDAY MASS** S AC
9:30 TOP NEWS STORIES S LV
10:00 SIT & GET FIT GB LV
10:30 BALLOON VOLLEYBALL GB&S LV
11:00 COURTYARD WALKS GB CY
11:30 A-Z WORD GAME S LV
1:15 **MID-DAY MOVIE** S M
1:30 **BOCCE BALL** GB CY
1:30 ARMCHAIR TRIVIA S LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 BING CROSBY BIO AND MUSIC GB LV
4:15 **MENS CLUB MEET-UP** GB UP
6:00 TONIGHT AT THE MOVIES AB M

3 GARDEN MEDITATION DAY
9:00 MORNING ACOUSTIC GB SB
9:30 NEWS & VIEWS SR LV
10:00 STRETCH AND FLEX SR&D LV
10:30 WALKING CLUB D CY
11:00 BIOGRAPHY ON: ENGLEBERT HUMPERDINCK D LV
11:30 **OUTSIDE YOGA AND MEDITATION** SR CY
11:30 WORD-IN-A-WORD D LV
1:15 **MID DAY MATINEE** SR M
1:30 **BINGO FOR PRIZES***** D LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 ARE YOU SMARTER THAN A 5TH GRADER SR&D LV
6:00 MONDAY MOVIE MANIA SR M

4 BIRD DAY
9:00 MUSIC, MUSIC, MUSIC AB SB
9:30 TODAY'S NEWS SM LV
10:00 NOODLING AROUND SM&D LV
10:30 BIOGRAPHY: AUDREY HEPBURN D LV
10:30 DAILY WALK SM CY
11:00 QUIPO QUIZ: BIRDS D LV
11:30 **BIRD WATCHING** SM CY/SB
1:15 **MID-DAY MATINEE** SM M
1:30 **CRAFTY CREATIONS: BIRD FEEDERS** SM LV
1:30 **GARDENING CLUB** D CY
3:00 HAPPY HOUR SOCIAL ALL RR
4:15 THE PRICE IS RIGHT D&SM LV
6:00 MOVIES AT NIGHT D M

5 CINCO DE MAYO
9:00 MUSIC FROM MEXICO AB SB
9:30 DAILY NEWS SR LV
10:00 WEDNESDAY WALKABOUT SM CY
10:30 MUSICAL BALL TOSS SR&SM LV
11:00 **ABOUT CINCO DE MAYO** SR LV
11:30 **SCENIC TRAVELS: MEXICO** SR LV
1:15 **MID-DAY MATINEE** SM M
1:30 **BINGO BINGO BINGO**** SM&SR LV
3:00 CHEFS CHOICE SOCIAL: CHILI AND BEAN DIP ALL RR
4:15 **PINATA PARTY** ALL LV
6:00 DINNER & A MOVIE SM M

6 RESIDENT COUNCIL
9:00 MUSICAL MORNING SR SB
9:30 HAPPENINGS AND HOROSCOPES SR LV
10:00 WHAT'S YOUR ADVICE? SR LV
10:30 WALKING CLUB SM CY
11:00 **RESIDENT COUNCIL** G&ALL BI
11:30 MIND TEASERS & RIDDLES SR LV
1:15 **MOVIES IN THE AFTERNOON** SM M
1:30 **CREATIVE CREATIONS** SR LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 URBAN MYTHS GAME SR LV
6:00 MEET ME AT THE CINEMA SM M

7 SPACE DAY
9:00 MUSICAL MUSINGS AB SB
9:30 CHAIR ZUMBA SM AC
9:30 NEWSDAY D LV
10:00 WALKING CLUB D CY
10:30 STRETCHING WITH SCARVES D LV
11:00 **SOLAR SYSTEM QUIZ** D LV
11:30 **JOURNEY TO OUTER SPACE!** D SB
1:15 **MID DAY MATINEE** SM M
1:30 BINGO FOR PRIZES*** D&SM LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 CARD GAME: KINGS IN THE CORNER G&SM LV
4:15 **SHABBAT SERVICE** D BI
6:00 MOVIES AT NIGHT D M

8 V-E DAY
9:00 TUNE TIME GB SB
9:30 LETS GET MOVING GB LV
9:30 DAILY NEWS REPORT GB LV
10:00 WEEKEND WALKABOUT SM CY
10:30 ABOUT V.E DAY SM&GB LV
11:00 **JUMBO BOWLING** SM&GB LV
1:15 AFTERNOON MOVIE SM M
1:30 **SHORT STORY CLUB** G BI
1:30 **CLAY CRAFTS** GB LV
3:00 **ICE CREAM SOCIAL** ALL RR
4:15 A-Z TRIVIA GB LV
6:00 SUNSET MOVIE SM M

9 MOTHERS DAY
9:00 **SUNDAY MASS** S AC
9:30 WEEKEND NEWS S LV
10:00 SUNDAY STROLL GB CY
10:30 **PASTRIES AND MIMOSAS** GB&S SR
11:00 **MOTHERS DAY TRIBUTE** GB SB
1:15 **MID-DAY MATINEE** S M
1:30 **FAMILY FEUD: MOTHERS DAY EDITION** GB LV
1:30 **MANICURES FOR MOMS** S LV
3:00 **HAPPY HOUR CART** ALL RR
4:15 YOU BE THE JUDGE S LV
4:15 **MENS CLUB MEET-UP** GB UP
6:00 MOVIES, MOVIES, MOVIES AB M

10 VETS CHAT
9:00 MORNING TUNES GB SB
9:30 TODAY'S NEWS SR LV
10:00 SIT AND BE FIT D LV
10:30 WALKABOUT SR CY
11:00 WHO AM I? D LV
11:30 ARMCHAIR TRAVEL SR LV
1:15 **MID DAY MOVIE** SR M
1:30 **BINGO FOR PRIZES***** SR LV
3:00 **VETS CHAT WITH PAT** D BI
3:00 **AFTERNOON SOCIAL** ALL RR
4:15 AMERICA SAYS GB&D LV
6:00 MOVIES WE LOVE SR M

11
9:00 WONDERFUL MELODIES SM SB
9:30 WHAT'S IN THE NEWS? SM LV
10:00 WALKING CLUB D CY
10:30 A-Z WORD GAME SM LV
11:00 MIND JOGGERS D LV
1:15 **MID DAY MATINEE** SM M
1:30 **GARDENING CLUB** D CY
1:30 **FRIENDLY DEBATES** SM&G LV
3:00 **HOMEMADE SOCIAL: BUTTERSCOTCH BROWNIES** ALL RR
4:15 LETS MAKE A DEAL D&SR LV
6:00 TONIGHT AT THE MOVIES D SM

12
9:00 SWEET MELODIES IN THE MORNING AB LV
9:30 DAILY NEWS SR LV
10:00 STRETCH AND FLEX SR LV
10:30 TRIVIAL PURSUIT SM LV
11:00 **GOLFING ON THE GREEN** SR&SM CY
11:30 SENIOR MOMENTS D LV
1:15 **MID-DAY MATINEE** SM M
1:30 AROMATHERAPY D BI
1:30 **BINGO FOR PRIZES***** SM LV
3:00 **HAPPY HOUR!** ALL RR
4:15 JEOPARDY! D&SR LV
6:00 MOVIES AT DUSK SM M

13
9:00 MUSICAL MORNING AB SB
9:30 NEWS IN REVIEW SR LV
10:00 SIT AND GET FIT SR LV
10:30 WALKING CLUB SM CY
11:00 **PENNY PITCH** SM&SR LV
11:30 BIOGRAPHY ON STEVIE WONDER SR LV
1:15 **MID-DAY MOVIE** SM M
1:30 **CREATIVE CREATIONS** SR&SM LV
3:00 **CHEFS CHOICE: CHEDDAR BAY BISCUITS** ALL RR
4:15 WHEEL OF FORTUNE SM&SR LV
6:00 SUNSET MOVIE SM M

14 ACTIVITY COMMITTEE
9:00 MELODIES IN THE MORNING AB SB
9:30 CHAIR ZUMBA AB AC
9:30 HOROSCOPES AND HAPPENINGS SM LV
10:00 **ACTIVITY COMMITTEE** G&SM LV
10:30 BALLOON VOLLEYBALL D LV
10:30 UNSCRAMBLE THE WORDS D LV
11:30 **VIOLIN CONCERT WITH SHERYL** S LV
1:15 **MID DAY MATINEE** SM M
1:30 **BINGO FOR PRIZES***** S&D LV
3:00 SOCIAL HOUR ALL RR
4:15 MATCH GAME D LV
4:15 **SHABBAT SERVICE** D BI
6:00 MOVIE NIGHT S M

15 ARMED FORCES DAY
9:30 SUNRISE STRETCHING G AC
9:30 MUSICAL MORNINGS G SB
9:30 WEEKEND UPDATE G LV
10:00 **ABOUT ARMED FORCES DAY** SM LV
10:30 SATURDAY STROLL SM CY
11:00 **PING PONG CHALLENGE** SM LV
1:15 **MID-DAY MOVIE** G M
1:30 **SHORT STORY CLUB** G BI
1:30 20 QUESTIONS SM LV
3:00 ICE CREAM SOCIAL ALL RR
4:15 RUMMIKUB G LV
6:00 SATURDAY AT THE MOVIES SM M

16 WEAR PURPLE FOR PEACE DAY
9:00 **SUNDAY MASS** S AC
9:30 DAILY CHRONICLES S LV
10:00 STRETCHING IN THE MORNING GB LV
10:30 SUNDAY STROLL S CY
11:00 **BUS TRIP TO SUNKEN MEADOW** AN&DV O
11:00 QUIPO QUIZ GB SB
11:30 NAME THAT FAMOUS FACE S SB
1:15 **MID DAY MOVIE** S M
1:30 WHEEL OF FORTUNE GB LV
1:30 **NAIL BAR***** S RR
3:00 **SUNDAY SOCIAL** ALL RR
4:15 ARBORS ADVICE COLUMN S LV
4:15 **MENS CLUB MEET-UP** GB UP
6:00 SUNSET MOVIES AB M

17
9:00 MORNING MUSIC GB SB
9:30 MONDAY MOVES D AC
9:30 HOROSCOPES & NEWS D LV
10:00 MORNING EXERCISE D LV
10:30 WALKING CLUB SR CY
11:00 **SPRING TIME SCAVENGER HUNT** SR&D CY
11:30 ARMCHAIR TRIVIA SR LV
1:15 **MID-DAY MOVIES** SR M
1:30 **BINGO FOR PRIZES***** D LV
3:00 **HAPPY HOUR SOCIAL** ALL RR
4:15 WHO WANTS TO BE A MILLIONAIRE SR&D LV
6:00 MONDAY MOVIE MANIA SR M

18
9:00 MUSICAL MUSINGS AB SB
9:30 TODAY'S HEADLINERS SM LV
10:00 STRETCH AND FLEX D LV
10:30 MUSIC APPRECIATION: PERRY COMO D LV
10:30 WALKING CLUB SM CY
11:00 **COURTYARD GAMES** D CY
11:00 **VIRTUAL PET THERAPY WITH DELILAH** SM LV
1:15 **MID-DAY MATINEE** SM M
1:30 **GARDENING CLUB** D CY
1:30 **HORSE RACING** SM LV
3:00 **HOMEMADE SOCIAL: CHERRY COBBLER** ALL RR
4:15 DEAL OR NO DEAL SM LV
6:00 NIGHTLY MOVIE D M

19 WORLD PLANT A GARDEN DAY
9:00 MORNING TUNES AB SB
9:30 DAILY DOSE SR LV
10:00 WAKE UP, WORK OUT SR LV
10:30 WALKING CLUB SM CY
11:00 LETS PLANT A GARDEN GAME SR LV
11:30 **MAGAZINE SCAVENGER HUNT** SM&SR LV
1:00 **MID DAY MOVIE** SM M
1:30 BINGO FOR PRIZES*** SR LV
1:30 AROMATHERAPY D BI
3:00 **THE HAPPIEST HOUR** ALL RR
4:15 FAMILY FEUD D&SR LV
6:00 DINNER & A MOVIE SM M

20 ARBORS GAME NIGHT
9:00 MUSICAL MORNING G SB
9:30 NEWS IN REVIEW SM LV
10:00 WALKING CLUB SM CY
10:30 BALLOON VOLLEYBALL SM LV
11:00 CORN HOLE IN THE COURT YARD SR CY
11:30 SMARTBOARD TRAVELS: ARGENTINA SR LV
1:00 **MID-DAY MOVIE** SM M
1:30 **CRAFTY CREATIONS** SR&SM LV
3:00 **CHEFS CHOICE: MINI FRITTATAS** ALL RR
4:15 Pictionary SR LV
6:00 **ARBORS GAME NIGHT** G&RS

21 VETERANS TRIP TO EISENHOWER PARK
9:00 MELODIC MORNINGS G SB
9:30 CHAIR ZUMBA G AC
9:30 BREAKING NEWS SM LV
10:00 WALKING CLUB D CY
10:30 **EISENHOWER PARK VETERANS BUS TRIP** AN O
10:30 BIOGRAPHY ON DOLLY PARTON D LV
11:00 TEXT TWIST SM LV
11:30 **VIOLIN CONCERT WITH SHERYL** S LV
1:15 **MID DAY MATINEE** SM M
1:30 **BINGO FOR PRIZES***** D LV
3:00 **SOCIAL HOUR** ALL RR
4:15 CLIMB THE MOUNTAIN SM LV
4:15 **SHABBAT SERVICE** D BI
6:00 FRIDAY NIGHT SHOWING S M

22 MUSICAL INSTRUMENT DAY
9:00 SATURDAY SONGS GB SB
9:30 SATURDAY POST GB LV
10:00 OUTDOOR STROLL SM CY
10:30 **NAME THAT MUSICAL INSTRUMENT** SM SB
11:00 JUMBO BOWLING SM&GB LV
11:30 CATTAGORIES SM LV
1:00 **MID-DAY MOVIE** SM M
1:30 **PAINT AND SIP** GB&SM LV
1:30 **SHORT STORY CLUB** G BI
3:00 **ICE CREAM SOCIAL** ALL RR
4:15 FACT OR FICTION GB LV
6:00 MOVIE AT DUSK SM M

23/30
9:00 SUNDAY SERENADES (31ST) S SB
9:00 SUNDAY MASS S AC
9:30 TOP NEWS STORIES S LV
10:00 MONTHLY REFLECTIONS GB LV
10:30 SUNDAY STROLL GB CY
11:00 ALL ABOUT TURTLES S LV
11:30 RIDDLE ME THIS GB LV
1:15 **MID-DAY MATINEE** S M
1:15 **BUS TRIP TO LAKE RONKONOKMA (23RD)** AN&DV O
1:30 **GAMES IN THE COURT YARD** GB CY
1:30 **NAIL BAR***** S LV
3:00 **SUNDAY SOCIAL** ALL RR
4:15 ARMCHAIR TRIVIA S LV
4:15 **MENS CLUB MEET-UP** GB UP
6:00 SUNSET MOVIES AB M

24/31 MEMORIAL DAY (31ST)
9:00 MUSIC IN THE MORNING (24TH) GB SB
9:00 **PATRIOTIC TUNES (31ST)** GB SB
9:30 SIT AND BE FIT GB AC
9:30 TODAY'S HEADLINES D LV
10:00 **REMEMBERING MEMORIAL DAY (31ST)** D LV
10:30 WALKING CLUB SR CY
10:30 BALLOON VOLLEYBALL (24TH) SR LV
11:00 **PATRIOTIC SING-A-LONG (31ST)** D&SR LV
1:15 **MID-DAY MATINEE:** SR M
1:30 BINGO FOR PRIZES D LV
3:00 **NATIONAL MEMORIAL DAY CONCERT (31ST)** SR SB
3:00 **RED, WHITE AND BLUE SOCIAL (31ST)** ALL RR
4:15 LETS MAKE A DEAL (24TH) SR LV
4:15 USE YOUR NOODLE (31ST) D LV
6:00 MOVIES AT NIGHT SR M

25
9:00 MUSIC APPRECIATION AB SB
10:00 WHAT'S IN THE NEWS SM LV
10:30 WAKE UP WORK-OUT SM LV
11:00 **MAGAZINE SCAVENGER HUNT** D LV
11:00 DAILY VISITS SM RR
11:15 TRAVEL SERIES D LV
1:15 MOVIE IN THE AFTERNOON SM M
1:30 **GARDENING CLUB** D CY
1:30 **PENNY PITCH FOR PRIZES** SM LV
3:00 **HOMEMADE SOCIAL: BLUEBERRY SWIRL CHEESECAKE** ALL RR
4:15 CONCENTRATION GAME SHOW D LV
6:00 MOVIES & POPCORN SM M

26
9:00 MUSICAL MUSINGS AB SB
9:30 NEWS AND VIEWS SR LV
10:00 WEDNESDAY WALKING SM CY
10:30 HOT POTATO SR LV
11:00 **WHO WAS AL JOLSON?** SR LV
11:30 MAD LIBS SR LV
1:15 AFTERNOON SHOWING SM M
1:30 AROMATHERAPY D BI
1:30 **BINGO FOR PRIZES***** SR LV
3:00 **HAPPY HOUR!** ALL RR
4:15 LCR DICE GAME SR LV
6:00 SUNSET MOVIES SM M

27 MONTHLY BIRTHDAY CELEBRATION
9:00 DANCE JAMS AB SB
9:30 NEWS WEEK SM LV
10:00 WALK ABOUT SM CY
10:30 ASTROLOGY 101: GEMINI SR LV
11:00 TRAVEL TO: BARCELONA SM LV
11:30 **BOCCE BALL** SR CY
1:15 **MID-DAY MATINEE** M M
1:30 **BIRTHDAY CELEBRATION WITH JOE COSTANZO** LV LV
3:00 **CHEF'S CHOICE SOCIAL: MINI BBQ FRANKS** RR RR
4:15 CHICKEN SOUP FOR THE SOUL SR LV
6:00 MEET ME AT THE CINEMA SM M

28
9:00 MUSICAL MORNINGS AB SB
9:30 CHAIR ZUMBA AB AC
10:00 NEWSDAY SM LV
10:30 FRESH AIR WALKS D CY
11:00 BIOGRAPHY ON RUDY GIULIANI D LV
11:30 WORD WATERFALL SM LV
1:15 AFTERNOON MOVIES SM M
1:30 **BINGO FOR PRIZES***** D LV
3:00 **HAPPY HOUR** ALL RR
4:15 CRAZY EIGHTS SM LV
6:00 MOVIE AT DUSK S M

29
9:00 SUNRISE ACOUSTIC G SB
9:30 MORNING STROLL G CY
10:00 HOROSCOPES AND HAPPENINGS SM LV
10:30 WHAT'S YOUR ADVICE SM LV
11:00 NAME THAT TUNE SM LV
11:30 TRIVIAL PURSUIT SM LV
1:30 **SHORT STORY CLUB** G BI
1:30 KEEP IT UP BALLOON SM LV
3:00 **ICE CREAM SOCIAL** ALL RR
4:15 YAHTZEE SM LV
6:00 SUNSET MOVIE SM M

RECREATION CALENDAR