

June 2021

The Arbors At ISLANDIA EAST SAFECARE

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www.thearborsassistedliving.com

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PLEASE PRACTICE <i>Facemask Required</i> SOCIAL DISTANCING THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION	STAFF KEY V - Vanessa M - Malik AM - Amanda K - Kayeshaw D - Dylan T - Taylor ME - Meleny DL - Danielle TI - Tim H - Hayley I - Independent RS - Recreation Staff LOCATION KEY DR - Dining Room LR - Living Room B - Bistro P - Patio L - Lobby G - Game Room O - Outing MR - Media Room IR - In Room	1 9:30 TONE & SCULPT K/H LR 10:15 GOOD OL' TIMES DANCING K/H LR 11:15 WATERING CLUB K/M P 12:00 BBQ SUMMER KICK OFF LUNCH M DR 1:00 WALK TO THE PATIO T/M P 2:00 SMARTBOARD WORD GAME T/M LR 3:00 SNACKIN SOCIAL T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 BIBLE STUDY WITH TAYLOR T LR 6:00 AROMATHERAPY COOL DOWN M M 7:00 EVENING IN THE CINEMA M LR	2 ITALIAN NATIONAL DAY 9:30 BALANCE & AGILITY K LR 10:15 SENSORY STATION K LR 10:30 FAMOUS MOVIE SCENES K LR 11:15 ITALIAN MUSIC BEFORE LUNCH K/M LR 1:00 COMEDY HOUR LIVE T/M LR 1:30 SUNSHINE ON THE PATIO T/M P 2:00 BINGO T/M LR 3:00 ITALIAN CANNOLI HAPPY HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 6:00 CLASSIC MUSIC M LR 7:00 EVENING IN THE CINEMA M LR	3 FLORAL SHIRT DAY 9:30 EASY BREEZY YOGA K/H LR 10:30 MUSIC THROUGH THE DECADES K/H LR 11:15 FLORAL ART WORKSHOP K/M LR 11:15 PATIO NATURE WALK K/M P 1:00 FLOWERS FOUND IN THE US T/M LR 1:00 CASINO HOUR T/M LR 2:00 PUTT PUTT GOLF PRACTICE T/M P 2:30 MUSIC ON THE PATIO T/M P 3:00 CRUNCH N MUNCH HAPPY HOUR T/M LR 4:00 GROUP SING A LONGS T/M LR 6:00 SMALL GROUP PUZZLES M LR 7:00 EVENING IN THE CINEMA M LR	4 9:30 FRIDAY FULL BODY WORKOUT ME/DL LR 10:30 SING A LONG TO FAMOUS SONGS ME/DL LR 11:15 CATEGORIES ME/DL LR 1:00 LIFESTYLE STATIONS K/H LR 1:15 PATIO BEACH BALL TOSS K/H P 2:00 REMINISCING HOUR K/H LR 3:00 TGIF SOCIAL HOUR! K/H LR 4:00 GARDENING CLUB K/H P 6:00 RELAXATION ART DL LR 7:00 EVENING IN THE CINEMA DL LR	5 9:30 SATURDAY SUNSHINE STRETCH ME/DL LR 10:30 LIFESTYLE STATIONS ME/DL LR 10:30 MUSIC THROUGHOUT HISTORY ME/DL LR 11:30 SENSORY SOAP STATION ME/DL LR 1:00 CHAIR SOCCER ON THE PATIO ME/DL P 2:00 BINGO ME/DL LR 3:00 BIG BAND CONCERT HAPPY HOUR ME/DL LR 4:00 MUSIC MAKING WITH RECREATION ME/DL LR 6:00 HAND MASSAGES & RELAXATION ME LR 7:00 EVENING IN THE CINEMA ME LR
6 D-DAY 9:30 STRENGTH TRAINING D/DL LR 10:00 STREAMING SUNDAY MASS D/DL LR 10:00 LIFESTYLE STATIONS D/DL LR 11:00 TENDING THE GARDEN D/M P 1:00 D-DAY TRIVIA & FACTS M/ME LR 2:00 BINGO M/ME LR 3:00 SUNDAY ICE CREAM SOCIAL M/ME LR 4:00 KARAOKE WITH MEL & MALIK M/ME LR 6:00 AROMATHERAPY & HAND MASSAGES M/DL LR 7:00 EVENING IN THE CINEMA M/DL LR	7 9:30 FITNESS & FUN K/ME LR 10:15 MORNING ART WORKSHOP K/ME LR 11:15 GROUP BALL TOSS GAME K/M LR 1:00 BALLOON VOLLEYBALL K/M LR 1:00 LIFESTYLE STATIONS K/M LR 2:00 AFTERNOON MANICURES K/M LR 3:00 HAPPY HOUR SOCIAL K/M LR 4:00 THE PRICE IS RIGHT K/M LR 6:00 MUSIC APPRECIATION M/ME M 7:00 EVENING IN THE CINEMA M/ME LR	8 9:30 TONE & SCULPT K/H LR 10:15 SENSORY STATION K/H LR 11:15 WATERING CLUB K/H/M P 1:00 BUBBLE MAKING OUTSIDE T/M P 2:00 CHARADES SHOWDOWN T/M LR 3:00 SUMMER FRUIT SALAD SOCIAL T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 BIBLE STUDY WITH TAYLOR T LR 6:00 AROMATHERAPY COOL DOWN M M 7:00 EVENING IN THE CINEMA M LR	9 9:30 BALANCE & AGILITY K LR 10:15 SENSORY STATION K LR 11:15 MUSIC MAKING K/M LR 1:00 COMEDY HOUR LIVE T/M LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 AMBIENT NOISE M LR 7:00 EVENING IN THE CINEMA M LR	10 TWIN DAY 9:30 EASY BREEZY YOGA K/H LR 10:30 FAMOUS HISTORICAL TWINS K/H LR 11:15 MUSIC HOUR K/M LR 11:15 PATIO NATURE WALK K/M P 1:00 CASINO HOUR T/M LR 1:30 TWIN DAY FACTS & FICTION T/M LR 2:00 PUTT PUTT GOLF PRACTICE T/M LR 3:00 FLUFFY KEY LIME PIE SOCIAL T/M LR 4:00 GROUP SING A LONG OUTSIDE T/M P 6:00 SMALL GROUP EVENING STRETCH M LR 7:00 EVENING IN THE CINEMA M LR	11 9:30 FRIDAY FULL BODY WORKOUT ME/DL LR 10:30 BOCCI BALL CHALLENGE ME/DL LR 11:30 SENSORY SANITIZER ME/DL LR 1:00 LIFESTYLE STATIONS K/H LR 1:15 PATIO BEACH BALL TOSS K/H P 2:00 REMINISCING HOUR K/H LR 3:00 TGIF SOCIAL HOUR! K/H LR 4:00 GARDENING CLUB K/H P 6:00 RELAXATION ART DL LR 7:00 EVENING IN THE CINEMA DL LR	12 9:30 SATURDAY SUNSHINE STRETCH ME/DL LR 10:30 LIFESTYLE STATIONS ME/DL LR 10:30 TRIVIAL TRIVIA ME/DL LR 11:30 SENSORY SOAP STATION ME/DL LR 1:00 MUSIC ON THE PATIO ME/DL P 2:00 BINGO ME/DL LR 3:00 FAMOUS SONGS SOCIAL HOUR ME/DL LR 4:00 PARACHUTE POP UP ME/DL CY 6:00 HAND MASSAGES & RELAXATION ME LR 7:00 EVENING IN THE CINEMA ME LR
13 9:30 STRENGTH TRAINING D/DL LR 10:00 STREAMING SUNDAY MASS D/DL M 10:00 LIFESTYLE STATIONS D/DL LR 10:15 BEACH BALL TOSS D/DL P 11:00 TENDING THE GARDEN D/M P 1:00 PATIO BIG BAND MUSIC M/ME P 2:00 BINGO M/ME P 3:00 SUNDAY ICE CREAM SOCIAL M/ME LR 4:00 KARAOKE WITH MEL & MALIK M/ME LR 6:00 AROMATHERAPY & HAND MASSAGES M/DL LR 7:00 EVENING IN THE CINEMA M/DL LR	14 FLAG DAY 9:30 FITNESS & FUN K LR 10:15 FLAG ART WORKSHOP K LR 11:15 BALLOON VOLLEYBALL K/M LR 1:00 LIFESTYLE STATIONS M/ME LR 1:30 FLAG DAY HISTORY M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 THE PRICE IS RIGHT M/ME LR 6:00 MUSIC APPRECIATION M M 7:00 EVENING IN THE CINEMA M/ME LR	15 9:30 TONE & SCULPT K/H LR 10:15 SENSORY STATION K/H LR 11:15 WATERING CLUB K/H/M P 1:00 BUBBLE MAKING OUTSIDE K/H/M P 2:00 AFTERNOON YOGA STRETCH T/M LR 3:00 ICE CREAM FUDGE BAR SOCIAL T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 BIBLE STUDY WITH TAYLOR T LR 6:00 AROMATHERAPY COOL DOWN M M 7:00 EVENING IN THE CINEMA M LR	16 9:30 BALANCE & AGILITY K LR 10:15 MUSIC MAKING K LR 11:15 AROMATHERAPY BEFORE LUNCH K/M DR 1:00 COMEDY HOUR LIVE T/M LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 VIOLIN MUSIC TO RELAX TO M LR 7:00 EVENING IN THE CINEMA M LR	17 COLOR WAR DAY 9:30 EASY BREEZY YOGA K/H LR 10:30 HANDS ON ART HISTORY K/H LR 11:15 BUBBLE MAKING OUTSIDE K/M P 11:15 PATIO NATURE WALK K/M P 1:00 GROUP DISCUSSION ON COLORS T/M LR 1:00 CASINO HOUR T/M LR 2:00 PUTT PUTT GOLF PRACTICE T/M LR 3:00 RASPBERRY CAKE SOCIAL T/M LR 4:00 GROUP SING A LONGS T/M LR 6:00 SUNSET ON THE PATIO M LR 7:00 EVENING IN THE CINEMA M LR	18 9:30 FRIDAY FULL BODY WORKOUT ME/DL LR 10:30 REMINISCING OLD TV SHOWS ME/DL LR 11:15 CONCERT BEFORE LUNCH ME/DL LR 1:00 LIFESTYLE STATIONS K/H LR 1:15 PATIO BEACH BALL TOSS K/H P 2:00 REMINISCING HOUR K/H LR 3:00 TGIF SOCIAL HOUR! K/H LR 4:00 GARDENING CLUB DL P 6:00 RELAXATION ART DL LR 7:00 EVENING IN THE CINEMA DL LR	19 9:30 SATURDAY SUNSHINE STRETCH ME/DL LR 10:30 LIFESTYLE STATIONS ME/DL LR 10:30 3 PIN BOWLING ME/DL LR 11:30 SENSORY SOAP STATION ME/DL LR 1:00 CHAIR SOCCER ON THE PATIO ME/DL P 2:00 BINGO ME/DL LR 3:00 I LOVE LUCY HAPPY HOUR ME/DL LR 4:00 MUSIC MAKING WITH RECREATION ME/DL LR 6:00 HAND MASSAGES & RELAXATION ME LR 7:00 EVENING IN THE CINEMA ME LR
20 FATHER'S DAY & FIRST DAY OF SUMMER! 9:30 STRENGTH TRAINING D/DL LR 10:00 STREAMING SUNDAY MASS D/DL M 10:00 LIFESTYLE STATIONS D/DL LR 10:15 FATHER'S DAY REMINISCING D/DL P 11:00 TENDING THE GARDEN D/M P 1:00 DAD JOKES M/ME LR 2:00 BINGO M/ME LR 3:00 FATHER'S DAY APPS & BEERS M/ME LR 4:00 CHOCOLATE CIGAR MEN'S CLUB M/ME P 6:00 AROMATHERAPY & HAND MASSAGES M/DL LR 7:00 EVENING IN THE CINEMA M/DL LR	21 9:30 FITNESS & FUN K LR 10:15 MORNING ART WORKSHOP K LR 11:15 GROUP BALL TOSS GAME K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 THE PRICE IS RIGHT M/ME LR 6:00 MUSIC APPRECIATION M M 7:00 EVENING IN THE CINEMA M/ME LR	22 9:30 TONE & SCULPT K/H LR 10:15 SENSORY STATION K/H LR 11:15 WATERING CLUB K/H/M P 1:00 BUBBLE MAKING OUTSIDE T/M P 2:00 FREEZE DANCE PARTY T/M LR 3:00 PEACH COBBLER SOCIAL T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 BIBLE STUDY WITH TAYLOR T LR 6:00 AROMATHERAPY COOL DOWN M LR 7:00 EVENING IN THE CINEMA M LR	23 9:30 BALANCE & AGILITY K LR 10:15 MUSIC MAKING K LR 11:15 AROMATHERAPY BEFORE LUNCH K/M DR 1:00 HANGMAN T/M LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 SOUNDS OF THE OCEAN M LR 7:00 EVENING IN THE CINEMA M LR	24 HAWAIIAN LUAU DAY! 9:30 EASY BREEZY YOGA K/H LR 10:30 ALOHA CRAFT CORNER K/H LR 11:15 TRAVEL TO: HAWAII K/M LR 11:15 PATIO NATURE WALK K/M P 1:00 CASINO HOUR T/M LR 1:30 HAWAIIAN HISTORY T/M LR 2:00 PUTT PUTT GOLF PRACTICE T/M P 3:00 COCONUT MACAROON SOCIAL T/M LR 4:00 HAWAIIAN MUSIC HOUR T/M P 4:15 HULA DANCE PARTY T/M LR 6:00 TROPICAL DRUM COOL DOWN M LR 7:00 EVENING IN THE CINEMA M LR	25 9:30 FRIDAY FULL BODY WORKOUT ME/DL LR 10:30 MORNING MUSIC MAKING ME/DL LR 11:15 WALKING STROLL BEFORE LUNCH ME/DL P 1:00 LIFESTYLE STATIONS K/H LR 1:15 PATIO BEACH BALL TOSS K/H P 2:00 REMINISCING HOUR K/H LR 3:00 TGIF SOCIAL HOUR! K/H LR 4:00 GARDENING CLUB K/H P 6:00 RELAXATION ART DL LR 7:00 EVENING IN THE CINEMA DL LR	26 9:30 SATURDAY SUNSHINE STRETCH ME/DL LR 10:30 LIFESTYLE STATIONS ME/DL LR 10:30 MORNING STROLL ME/DL P 11:30 SENSORY SOAP STATION ME/DL LR 1:00 BALL TOSS OUTSIDE ME/DL P 2:00 BINGO ME/DL LR 3:00 STAND UP COMEDY HAPPY HOUR ME/DL LR 4:00 PARACHUTE POP UP ME/DL LR 6:00 HAND MASSAGES & RELAXATION ME LR 7:00 EVENING IN THE CINEMA ME LR
27 9:30 STRENGTH TRAINING D/DL LR 10:00 STREAMING SUNDAY MASS D/DL M 10:00 LIFESTYLE STATIONS D/DL LR 10:15 BEACH BALL TOSS D/DL P 11:00 TENDING THE GARDEN D/M P 1:00 PATIO BIG BAND MUSIC M/ME P 2:00 BINGO M/ME P 3:00 SUNDAY ICE CREAM SOCIAL M/ME LR 4:00 KARAOKE WITH MEL & MALIK M/ME LR 6:00 AROMATHERAPY & HAND MASSAGES M/DL LR 7:00 EVENING IN THE CINEMA M/DL LR	28 9:30 FITNESS & FUN K LR 10:15 MORNING ART WORKSHOP K LR 11:15 GROUP BALL TOSS GAME K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 THE PRICE IS RIGHT M/ME P 6:00 MUSIC APPRECIATION M M 7:00 EVENING IN THE CINEMA M/ME LR	29 9:30 TONE & SCULPT K/H LR 10:15 SENSORY STATION K/H LR 11:15 WATERING CLUB K/H/M D 1:00 BUBBLE MAKING OUTSIDE T/M P 2:00 FREEZE DANCE PARTY T/M LR 3:00 ONION DIP & HOMEMADE CHIPS SOCIAL T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 BIBLE STUDY WITH TAYLOR T LR 6:00 AROMATHERAPY COOL DOWN M M 7:00 EVENING IN THE CINEMA M LR	30 9:30 BALANCE & AGILITY K LR 10:15 MUSIC MAKING K LR 11:15 AROMATHERAPY BEFORE LUNCH K/M DR 1:00 HANGMAN WITH DICE T/M LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 SOUNDS OF THE OCEAN M LR 7:00 EVENING IN THE CINEMA M LR	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.		