November 2021 The Arbors At ISLANDIA EAST SAFECARE Tel: 631-232-3131 WWW.thearborsassistedliving.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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CALEN	7 9:15 SUNDAY STRENGTHENING JM LR 10:00 SUNDAY MASS JM LR 10:30 SMALL GROUP TABLETOP GAMES JM DR 11:15 MUSIC MAKING WITH MALIK M LR 1:00 RING TOSS GAME JL/M LR 1:30 TRAVEL TOPICS WITH AMANDA AM LR 2:00 WOMEN'S COFFEE CLUB WITH AMANDA AM DR 2:00 CORNHOLE CHALLENGE JL/M LR 3:00 SUNDAY ICE CREAM SOCIAL JL/M LR 4:00 KARAOKE HOUR JL/M LR 6:00 CLASSICAL MUSIC & RELAXATION M LR 7:00 EVENING IN THE CINEMA M LR	8 9:30 FITNESS & FUN D/JM LR 10:00 TABLETOP GAMES WITH DANIELLE D DR 10:15 MONDAY MUSIC D/JM LR 10:30 MONDAY MANICURES D/JM DR 11:15 KEEP IT UP! D/JM/M LR 1:00 1:00 GROUP FAMILY FEUD M/D/JL LR 2:00 BINGO! M/D LR 2:00 BINGO! M/D LR 2:00 IGCE CREAM MAKING WITH AMANDA AM DR 3:00 60S HITS SOCIAL HOUR M/D LR 4:00 JUMBO PONG GAME M/D/JL LR 6:00 THE SOUNDS OF NATURE M LR 7:00 EVENING IN THE CINEMA M LR	9 9:30 TUESDAY TONING CLASS JM LR 10:00 CRAFTING WITH JAYDAH JM DR 10:30 BEAN BAG TOSS JM LR 11:15 MUSIC MAKING BEFORE LUNCH JM/M/J LR 1:00 SKEE BALL M/J LR 1:15 MATCHING GAME M/J DR 2:00 NAME 5 M/J LR 2:00 AFTERNOON CARD SHARKS M/J LR 3:00 MOZZARELLA STICK SOCIAL M/J LR 4:00 CAN YOU GUESS THE PLACE? M/J DR 6:00 THE DEAN MARTIN SHOW M LR 7:00 EVENING IN THE CINEMA M LR	10 9:30 WEDNESDAY BALANCE & AGILITY D LR 10:00 CAN YOU REMEMBER THE SONG? D LR 10:30 KEEP IT UP! D LR 11:15 REMINISCING WITH MALIK M LR 1:00 TELL ME A JOKE JL/M/J LR 1:15 3 PIN BOWLING WITH MALIK M LR 2:00 KNITTING CLUB WITH JEANNINE JL DR 3:00 BLUEGRASS HAPPY HOUR JL/M/J LR 4:00 BINGO! JL/M/J LR 6:00 ART THERAPY COOL DOWN M LR	11 VETERANS DAY 9:30 GOOD MORNING YOGA D LR 10:00 POPPY CRAFTING FOR VETERANS DAY D D D 10:15 TABLETOP PUZZLES D LR 11:00 BIG BAND CONCERT M/AG LR 11:30 RING TOSS M/AG LR 11:00 VETERAN'S DAY LIVE MUSIC WITH DEB TOSCANO VEN LR 2:00 FAMOUS VETERANS M LR 3:00 HUMMUS WITH PITA SOCIAL M LR 4:00 FINISH THE LINES M LR 6:00 AMBIENT NOISE M LR 7:00 EVENING IN THE CINEMA M LR 1.00 1.00 1.00	12 9:30 FRIDAY FULL BODY WORKOUT JM LR 10:00 GUESS THAT FAMOUS FACE JM LR 10:30 BABY LIFESTYLE STATION JM LR 11:15 MUSIC MAKING WITH RECREATION AG LR 1:00 KEEP IT UP! AG/D LR 1:30 ART CLASS WITH ALEXA AG DR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR AG/D LR 4:00 ILOVE LUCY AG/D LR 6:00 SOOTHING MUSIC AG LR 7:00 EVENING IN THE CINEMA AG LR	13 WORLD KINDNESS DAY 9:30 SATURDAY STRETCH D LR 10:15 MANICURES & MUSIC HOUR D LR 11:00 KIND WORDS D LR 11:15 TEAM JEOPARDY D/ME/AGLR 1:00 LIFESTYLE STATIONS D/JM/AG LR 1:15 TABLETOP GAMES WITH DANIELLE D DR 2:00 GLEE CLUB ME LR 2:30 CORNHOLE CHALLENGE JM/AG/D LR 3:00 4:00 BEACH BALL TOSS JM/AG/D LR 4:00 SMALL EVENING GROUP GAMES AG LR
TION	14 9:15 SUNDAY STRENGTHENING JM LR 10:00 SUNDAY MASS JM LR 10:30 SMALL GROUP TABLETOP GAMES JM LR 11:15 MUSIC MAKING WITH MALIK M LR 1:00 RING TOSS GAME JL/M LR 1:00 RING TOSS GAME JL/M LR 2:00 WOMEN'S COFFEE CLUB WITH AMANDA AM DR 2:00 CORNHOLE CHALLENGE JL/M LR 3:00 SUNDAY ICE CREAM SOCIAL JL/M LR 4:00 KARAOKE HOUR JL/M LR 6:00 CLASSICAL MUSIC & RELAXATION M LR 7:00 EVENING IN THE CINEMA M RL	15 9:30 FITNESS & FUN D/JM LR 10:00 TABLETOP GAMES WITH DANIELLE D DR 10:15 MONDAY MUSIC D/JM LR 10:30 MONDAY MANICURES D/JM LR 11:15 KEEP IT UP! D/JM/M LR I:00 GROUP FAMILY FEUD M/D/JL LR 1:30 WORDS THAT START WITH M/D/JL LR 2:00 BINGO! M/D/JL LR 2:00 SHORT STORIES WITH AMANDA AM DR 3:00 SOS HITS SOCIAL HOUR M/D/JL LR 4:15 JUMBO PONG GAME M/D/JL LR 6:00 THE SOUNDS OF NATURE M LR	16 9:30TUESDAY TONING CLASSJMLR10:00CAN YOU GUESS THE PLACE?JMLR10:30CRAFTING WITH JAYDAH11:15MUSIC MAKING BEFORE LUNCHJM/M/JLR1:00SKEE BALLJL/M/JLR1:15MATCHING GAME2:00NAME 52:00AFTERNOON CARD SHARKS3:00MINI PIZZA BAGEL SOCIAL4:00BEAN BAG TOSS6:00THE DEAN MARTIN SHOW7:00EVENING IN THE CINEMAMLR	17 9:30WEDNESDAY BALANCE & AGILITYD10:15CAN YOU REMEMBER THE SONG?D10:30KEEP IT UP!D11:15REMINISCING WITH MALIKM1:00THE PRICE IS RIGHTJL/M/J1:303 PIN BOWLING WITH MALIKM1:30S PIN BOWLING WITH MALIKM1:30FRUIT COCKTAIL SOCIAL HOURJL/M/J3:00FRUIT COCKTAIL SOCIAL HOURJL/J/M4:00BINGO!JL/J/M6:00 PERFORMANCE BY VANCE BRESCIA VEN7:00EVENING IN THE CINEMAM	18 9:30 GOOD MORNING YOGA D LR 10:15 TABLETOP PUZZLES D LR 11:00 BIG BAND CONCERT D LR 11:30 RING TOSS M/AG LR 1:00 DICE ROLL ROULETTE M/AG LR 1:30 ANIMAL LIFESTYLE STATION M/AG LR 2:00 FINISH THE LINE M/AG LR 3:00 POTATO SKIN SOCIAL M LR 4:00 TRIVIA BEFORE DINNER M LR 6:00 AMBIENT NOISE M LR 7:00 EVENING IN THE CINEMA M LR	19 9:30FRIDAY FULL BODY WORKOUTJMLR10:00GUESS THAT FAMOUS FACEJMLR10:30BABY LIFESTYLE STATIONJMLR11:15MUSIC MAKING WITH RECREATIONAGLR1:00KEEP IT UP!AG/DLR1:30ART CLASS WITH ALEXAAGDR2:00THERAPY DOGVENLR3:00TGIF HAPPY HOURAG/DLR4:00I LOVE LUCYAG/DLR6:00SOOTHING MUSICAGLR7:00EVENING IN THE CINEMAAGLR	209:30SATURDAY STRETCHDLR10:15MANICURES & MUSIC HOURDLR11:00TEAM JEOPARDYD/ME/AGLR1:00LIFESTYLE STATIONSD/JM/AG LR1:15TABLETOP GAMES WITH DANIELLED2:00GLEE CLUBME2:30CORNHOLE CHALLENGEJM/AG/D LR3:00CHIPS N DIP SOCIALJM/AG/D LR4:00BEACH BALL TOSSJM/AG/D LR6:00SMALL EVENING GROUP GAMESAG7:00EVENING IN THE CINEMAAG
OBEA	219:15SUNDAY STRENGTHENINGJMLR10:00SUNDAY MASSJMLR10:30SMALL GROUP TABLETOP GAMESJMLR11:15MUSIC MAKING WITH MALIKMLR1:00RING TOSS GAMEJL/MLR1:30TRAVEL TOPICS WITH AMANDAAMLR2:00WOMEN'S COFFEE CLUB WITH AMANDAAMDR3:00SUNDAY ICE CREAM SOCIALJL/MLR4:00KARAOKE HOURJL/MLR6:00CLASSICAL MUSIC & RELAXATIONMLR7:00EVENING IN THE CINEMAMLR	22 9:30FITNESS & FUND/JMLR10:00 TABLETOP GAMES WITH DANIELLE DDR10:15MONDAY MUSICD/JMLR10:30MONDAY MANICURESD/JMLR11:15KEEP IT UP!D/JM/MLR1:00GROUP FAMILY FEUDM/D/JLLR1:30WORDS THAT START WITHM/D/JLLR2:00BINGO!M/D/JLLR3:00BIG BAND SOCIAL HOURM/D/JLLR4:00JUMBO PONG GAMEM/D/JLLR6:00THE SOUNDS OF NATUREMLR7:00EVENING IN THE CINEMAMLR	23 9:30 TUESDAY TONING CLASS JM LR 10:15 THE PRICE IS RIGHT GAME JM LR 11:00 CRAFTING WITH JAYDAH JM LR 11:30 MUSIC MAKING BEFORE LUNCH JM/M/J LR 11:00 LIFESTYLES STATIONS JL/M/J DR 1:15 MATCHING GAME JL/M/J DR 2:00 SKEE BALL JL/M/J DR 2:00 AFTERNOON CARD SHARKS JL/M/J DR 3:00 HONEY GARLIC GLAZED MEATBALLS JL/M/J DR 4:00 BEAN BAG TOSS JL/M/J DR 6:00 THE DEAN MARTIN SHOW M LR 7:00 EVENING IN THE CINEMA M LR	249:30WEDNESDAY BALANCE & AGILITYDLR10:15CAN YOU REMEMBER THE SONG?DLR10:30KEEP IT UP!DLR11:15REMINISCING WITH MALIKMLR1:00THE PRICE IS RIGHTJL/M/JLR1:303 PIN BOWLING WITH MALIKMLR2:00KNITTING CLUB WITH JEANNINEJLDR3:00BENNY GOODMAN SWINGING SOCIALJL/M/JLR4:00BINGO!JL/M/JLR6:00ART THERAPY COOL DOWNMLR7:00EVENING IN THE CINEMAMLR	25 THANKSGIVING DAY! 9:00 MACY'S THANKSGIVING DAY PARADE D LR 9:30 TURKEY TROT EXERCISE D LR 10:00 BEFORE YOU GOTHANKSGIVING TREATS D LR 11:00 FACTS ABOUT TURKEY DAY M/AG LR 11:00 THANKSGIVING DAY FOOTBALL M/AG LR 11:00 FACTS ABOUT TURKEY DAY M/AG LR 11:00 THANKSGIVING DAY FOOTBALL M/AG LR 12:00 THANKSGIVING DAY FOOTBALL M/AG LR 13:00 INDIAN PUDDING SOCIAL HOUR M LR 4:00 FINISH THE LINE M LR 6:00 AMBIENT NOISE M LR 7:00 EVENING IN THE CINEMA M LR	2669:30FRIDAY FULL BODY WORKOUTJMLR10:00GUESS WHO SAID THAT FAMOUS PHRASE JMLR10:30BABY LIFESTYLE STATIONJMLR11:15MUSIC MAKING WITH RECREATIONAGLR1:00KEEP IT UP!AG/DLR1:30ART CLASS WITH ALEXAAGDR2:00THERAPY DOGVENLR3:00TGIF HAPPY HOURAG/DLR4:00I LOVE LUCYAG/DLR6:00SOOTHING MUSICAGLR7:00EVENING IN THE CINEMAAGLR	27 9:30 SATURDAY STRETCH D LR 10:15 MANICURES & MUSIC HOUR D DR 11:00 TEAM JEOPARDY DME/AG LR 1:00 LIFESTYLE STATIONS DJIM/AG LR 1:15 TABLETOP GAMES WITH DANIELLE D DR 2:00 GLEE CLUB ME LR 2:00 CORNHOLE CHALLENGE JM/AG/D LR 3:00 CHIPS N DIP SOCIAL JM/AG/D LR 4:00 BEACH BALL TOSS JM/AG/D LR 6:00 SMALL EVENING GROUP GAMES AG LR
	28HANUKKAH BEGINS AT SUNDOWN- ADVENT BEGINS9:15SUNDAY STRENGTHENINGJMLR10:00SUNDAY MASSJMLR10:30SMALL GROUP TABLETOP GAMESJMLR11:00MUSIC MAKING WITH MALIKMLR11:5RING TOSS GAMEJL/MLR1:15TRAVEL TOPICS WITH AMANDAAMLR2:00WOMEN'S COFFEE CLUB WITH AMANDAAMDR3:00SUNDAY FUNDAY MUSIC HOURJL/MLR4:00KARAOKE HOURJL/MLR6:00CLASSICAL MUSIC & RELAXATIONMLR7:00EVENING IN THE CINEMAMLR	29 9:30 FITNESS & FUN D/JM LR 10:00 TABLETOP GAMES WITH DANIELLE D DR 10:15 MONDAY MUSIC D/JM LR 10:30 MONDAY MUSIC D/JM DR 11:15 KEEP IT UP! D/JM/M LR 1:00 GROUP FAMILY FEUD M/D/JL LR 1:30 WORDS THAT START WITH M/D/JL LR 2:00 BINGO! M/D/JL LR 3:00 MOTOWN SOCIAL M/D/JL LR 4:00 JUMBO PONG GAME M/D/JL LR 6:00 THE SOUNDS OF NATURE M LR 7:00 EVENING IN THE CINEMA M LR	30 ST. ANDREW9:30TUESDAY TONING CLASSJMLR10:15THE PRICE IS RIGHT GAMEJMLR11:00 CRAFTING WITH JAYDAH JMLR11:30MUSIC MAKING BEFORE LUNCHJM/M/JLR1:00LIFESTYLES STATIONSJL/M/JDR1:15 MATCHING GAME JL/M/JLR2:00SKEE BALLJL/M/JLR2:00AFTERNOON CARD SHARKSJL/M/JLR3:00HAM & CHEDDAR ROLL UPSJL/M/JLR4:00BEAN BAG TOSSJL/M/JDR6:00THE DEAN MARTIN SHOWMLR7:00EVENING IN THE CINEMAMLR	STAFF KEYLOCATION KEYV - VanessaDR - Dining RoomAM - AmandaLR- Living RoomM - MalikB - BistroT - TaylorB - BistroME - MelenyP - PatioD - DanielleL - LobbyAG - AlexaG - Game RoomJ - JasmineO - OutingJL - JeannineMR - Media RoomJM - JaydahIR - In RoomRS - Recreation StaffVEN - Vendor	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.	HAPPY THANKS	GIVING