1:30 SING YOUR HEART OUT

3:30 SUNDAY SOCIAL

6:00 SUNSET MOVIES

3:30 SMARTBOARD CONCERT

4:00 ABOUT HANUKKAH

3:00 SPIRITUAL WITH THERESA

1:30 BINGO FOR PRIZES ***

300 HAPPY HOUR SOCIAL

3:00 SMARTBOARD CONCERTS

3:30 SPIRITUAL RENEWAL

6:00 MOVIES, MOVIES, MOVIES

4:00 NOODLECIZE

4:00 ADULT COLORING

1:00 BEADING WITH THERESA

AM AR

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ALL LV

ALL AR

AM AR

11:00 LEARN TO SQUARE DANCE

10:30 NAME THAT TUNE

11:00 **PENNY PITCH**

3:00 CHEFS CHOICE

4:00 DEAL OR NO DEAL

1:30 **BINGO**

ALL

11:30 TRAVEL TO: ITALY

1:30 SKETCH AND DRAW

3:00 SMARTBOARD CONCERTS

6:00 MOVIES & POPCORN

The Arbors At ISLANDIA WEST TRANSITIONS Tel: 631-582-3600 www.thearborsassistedliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday Friday	Saturday
Pacemask Suggested Social Distancing	9:00 MORNING TUNES AM AR 9:30 WHAT'S IN THE NEWS? AM AR 10:00 SITTERCIZE AM AR 10:30 NOVEMBER BIRTHDAY QUIZ AM AR 11:00 IT HAPPENDED IN NOVEMBER AM AR 11:30 WORD JUMBLES AM AR 1:30 BEADING WITH THERESA T AR 1:30 BINGO BONANZA AM LV 3:00 HAPPY HOUR SOCIAL ALL AR 3:00 SMARTBOARD CONCERTS ALL AR 3:30 SPIRITUAL RENEWAL T LV 4:15 NOODLECIZE T LV 4:15 PUZZLE PARTY AM AR 6:00 MONDAY MOVIE MANIA W LV	2 9:00 TUESDAY TUNES JO AR 9:30 NEWS & VIEWS JO AR 10:00 TUESDAY TONE UP JO AR 10:00 MUSICAL BALL TOSS RS LV 10:30 NAME 10! JO AR 10:30 SHOUT-OUT-TRIVIA RS LV 11:00 GIANT WORD SEARCH JO AR 11:00 ROLL THE DICE, BREAK THE ICE RS LV 1:30 BINGO JO LV 1:30 CREATIVE COLORING RS AR 3:00 HAPPY HOUR SOCIAL ALL AR 4:00 FAMILY FEUD JO AR 6:00 NIGHTLY MOVIE W LV	9:00 ACOUSTIC SUNRISE RS AR 9:30 HAPPENINGS AND HOROSCOPES RS AR 10:00 STRETCH AND FLEX RS AR 10:30 MOVEMENT WITH SCARVES RS AR 11:00 NAME THAT TUNE JO AR 11:30 CONVERSATION STARTERS JO AR 1:30 HORSE-RACING RS AR 1:30 FREE PLAY BINGO JO LV 3:00 HAPPY HOUR! ALL AR 4:00 SING-A-LONG JO AR 6:00 TONIGHT AT THE MOVIES W LV	2.00 CHEEC CHOICE COCIAI ALL AD	9:30 SATURDAY MORNING NEWS K AR 10:00 STRETCH AND FLEX K AR 10:30 BOOK EXCHANGE K AR 11:00 SHORT STORY TIME K AR 1:30 KRAFTS WITH KELLEY K AR 1:40 LV 3:00 ICE CREAM HAPPY HOUR K AR LL AR 3:00 SMARTBOARD CONCERT K AR 1:415 CARD CLUB K AR 1:4
7 SPIRITUAL SERVICE 9:30 TOP NEWS STORIES AM AR 10:00 SIT & GET FIT AM AR 10:30 QUIPO QUIZ AM AR 11:00 WORD WATERFALL AM AR 11:30 THE VOICE AM AR 1:30 GUESS THE SONG, SING ALONG AM AR 3:00 SPIRITUAL SERVICE WITH THERESA T 1:33 HAPPY HOUR SOCIAL AM AR 3:30 SMARTBOARD CONCERTS AM AR 4:00 ADULT COLORING AM AR 6:00 TONIGHT AT THE MOVIES W	8 KITCHENLESS COOKING 9:00 MORNING ACOUSTIC AM AR 9:30 NEWS & VIEWS AM AR 10:00 STRETCH AND FLEX AM AR 10:30 KITCHENLESS COOKING AM AR 1:30 BEADING WITH THERESA T AR 1:30 FREE PLAY BINGO AM LV 3:00 SMARTBOARD CONCERTS ALL AR 3:00 HOMEMADE SOCIAL: CARAMEL APPLES ALL AR 3:30 SPIRITUAL RENEWAL T LV 4:00 NOODLECIZE T LV 4:00 PUZZLE PARTY AM AR	9:00 MUSIC, MUSIC, MUSIC JO AR 9:30 TODAY'S NEWS JO AR 10:00 DANCING WITH SCARVES RS LV 10:00 BALLOON VOLLEYBALL JO AR 10:30 BEAT THE DEALER DICE GAME RS LV 10:30 CLIMB THE MOUNTAIN JO AR 11:00 FUNNIEST PET VIDEOS JO AR 11:00 REMINISCING: PETS RS LV 1:30 FREE PLAY BINGO RS LV 1:30 SKETCH AND DRAW JO AR 3:00 HOMEMADE SOCIAL ALL AR 3:00 SMARTBOARD CONCERTS ALL AR 4:00 ARMCHAIR TRIVIA JO AR 6:00 NIGHTLY MOVIE W LV	10 TEA PARTY 9:00 MUSIC IN THE MORNING RS AR 9:30 DAILY NEWS RS AR 10:00 MUSICAL BALL TOSS RS AR 10:30 WEDNESDAY WALKABOUT RS AR 11:00 PENNY PITCH JO AR 1:30 HORSE-RACING RS AR 1:30 BINGO JO LV 3:00 HAPPY HOUR SOCIAL ALL AR 4:00 CLASSIC HANGMAN JO AR	11 VETERANS DAY 12 PIZZA PARTY 9:00 MORNING TUNES 9:00 MUSICAL MUSINGS JO 9:30 HAPPENINGS AND HOROSCOPES 9:30 NEWSDAY JO 10:00 NEWS IN REVIEW 10:00 CHAIR ZUMBA JO 10:00 WALKING CLUB 10:00 DANCING WITH SCARVES RS 11:00 HONORING OUR VETERANS 11:00 MAGAZINE SCAVENGER HUNT RS 11:10 HONORING OUR VETERANS 11:00 WHO AMI? TRIVIA JO 1:30 CREATIVE CREATIONS 12:00 PIZZA PARTY AL 1:30 CREATIVE CREATIONS 1:15 TGIF MOVIE CLUB RS 1:30 BINGO-B-I-N-G-O 1:30 FREE PLAY BINGO JO	9:30
9:30 WEEKEND NEWS AM AR 10:00 CIRCLE SOCCER AM AR 10:30 QUIPO QUIZ AM AR 11:00 WORD WATERFALL AM AR 1:30 AMERICA'S GOT TALENT AM AR 1:30 SINGING WITH ANNEMARIE AM AR 3:00 SPIRITUAL WITH THERESA T LV 3:30 SUNDAY SOCIAL ALL AR 3:30 SMARTBOARD CONCERTS ALL AR 4:15 ADULT COLORING AM AR	9:00 MORNING TUNES AM AR 9:30 TODAY'S NEWS AM AR 10:00 SIT AND BE FIT AM AR 10:30 KEEP IT UP BALLOON AM AR 11:00 BIOGRAPHY ON: CLAUD MONET AM AR 1:30 BEADING WITH THERESA TAR 1:30 FREE PLAY BINGO AM LV 3:00 SMARTBOARD CONCERTS ALL AR 3:30 SPIRITUAL RENEWAL ALL AR 4:00 NOODLECIZE TLV 4:00 PUZZLE PARTY AM AR	16	177 9:00 SWEET MELODIES IN THE MORNING RS AR 9:30 DAILY NEWS RS AR 10:00 STRETCH AND FLEX RS AR 10:30 TABLE TOP GAMES RS AR 11:00 BALLOON VOLLEYBALL JO AR 11:30 PICTIONARY RS AR 1:30 PAINT AND SIP JO LV 1:30 BINGO JO AR 3:00 HAPPY HOUR! ALL AR 3:00 SMARTBOARD CONCERT ALL AR 4:00 JEOPARDY! JO AR	18 MONTHLY BIRTHDAY PARTY 9:00 MUSICAL MORNING 9:00 MELODIES IN THE MORNING JO 9:30 NEWS IN REVIEW 9:30 HOROSCOPES AND HAPPENINGS JO 10:00 SIT AND GET FIT 10;00 CHAIR ZUMBA JO 11:00 TARGET GOLF 10:30 CATEGORIES JO 11:00 TRAVEL TO SPAIN 11:10 SENIOR MOMENTS JO 1:30 ENTERTAINMENT BY: ROGER CALLEO 1:30 BINGO FOR PRIZES JO 3:00 CHEFS CHOICE SOCIAL 3:00 SOCIAL HOUR JO 3:00 SMARTBOARD CONCERTS 4:00 PICTIONARY JO	20 0 AR 9:00 SING A LONG SONGS K AR 0 AR 9:30 WEEKEND UPDATE K AR 0 AR 10:00 SIT AND BE FIT K AR 0 AR 10:30 COFFEE TEA AND ME K AR 0 AR 11:00 CHICKEN SOUP FOR THE SOUL K AR 11:00 INDEPENDENT GAMES K AR 0 AR 1:30 KRAFTING WITH KELLEY K AR 0 AR 3:00 ICE CREAM SOCIAL K AR 0 AR 3:00 SMARTBOARD CONCERT K AR
6:00 MOVIES, MOVIES W LV 21 SPIRITUAL SERVICE 9:30 DAILY CHRONICLES AM AR 10:00 CIRCLE SOCCER AM AR 10:30 QUIPO QUIZ AM AR 11:00 TABLE TOP GAMES AM AR 1:15 MID DAY MOVIE AM AR 1:30 SINGING CLASS AM AR 3:00 SPIRITUAL SERVICE WITH THERESA T LV 3:30 SMARTBOARD CONCERTS ALL AR 3:30 HAPPY HOUR SOCIAL ALL AR 4:00 ADULT COLORING AM AR 6:00 SUNSET MOVIE W LV	6:00 MOVIES WE LOVE 22 KITCHENLESS COOKING 9:00 MUSIC IN THE MORNING AM AR 9:30 HOROSCOPES & NEWS AM AR 10:00 MORNING EXERCISE AM AR 10:30 BALLOON VOLLEYBALL AM AR 11:30 KITCHENLESS COOKING AM AR 1:30 FREE PLAY BINGO T AR 1:30 BEADING WITH THERESA AM LV 3:00 HOMEMADE SOCIAL: NO BAKE PIE ALL AR 3:00 SMARTBOARD CONCERTS ALL AR 3:30 SPIRITUAL RENEWAL T LV 4:00 PUZZLE PARTY AM AR 6:00 MONDAY MOVIE MANIA W LV	9:00 MUSIC IN THE MORNING JO AR 9:30 TODAY'S HEADLINERS JO AR 10:00 STRETCH AND FLEX RS LV 10:30 ASTROLOGY 101: SAGITTARIUS JO AR 11:00 PET THERAPY RS LV 11:30 TRAVEL TO: SWITZERLAND JO AR 1:15 MID-DAY MATINEE RS AR 1:30 SPELLING BEE ALL AR 3:00 CHEFS CHOICE SOCIAL ALL AR 4:00 TABOO JO AR 7:00 NIGHTLY MOVIE W LV	24 9:00 MORNING TUNES RS AR 9:30 DAILY DOSE RS AR 10:00 WAKE UP, WORK OUT RS AR 11:00 RIDDLE ME THIS JO AR 11:00 BOARD GAMES IN THE BISTRO RS AR 13:00 BINGO FOR PRIZES JO LV 13:00 HORSERACING JO AR 3:00 THE HAPPIEST HOUR ALL AR 4:00 CHICKEN SOUP FOR THE SOUL JO AR 6:00 EVENING SHOWING W LV	6:00 MOVIE NIGHT W 25 THANKSGIVING 9:00 MUSICAL MUSINGS JO AR 9:30 NEWS IN REVIEW JO AR 10:00 TURKEY TROT JO CM 11:00 MACY'S THANKSGIVING DAY PARADE JO AR 13:30 TURKEY CRAFT JO AR 3:00 CHEFS CHOICE SOCIAL JO AR 3:00 THANKSGIVING DAY CONCERT JO AR 4:00 LRC FOR PENNIES JO AR 6:00 MOVIE NIGHT W 26 BLACK FRIDAY 9:00 MELODIC MORNINGS JO 10:00 CHAIR ZUMBA JO 10:30 VIRTUAL SHOPPING TRIP JO 11:10 REMINISCE: HOLIDAY SHOPPING JO 1:15 TGIF MOVIE CLUB JO 3:00 SOCIAL HOUR JO 3:00 SMARTBOARD CONCERT JO 4:00 LRC FOR PENNIES JO AR 4:00 LSPY JO 6:00 MOVIES AT NIGHT W	27 9:00 SATURDAY SONGS K AR 0 AR 9:30 SATURDAY POST K AR 0 AR 10:00 WAKE UP, WORKOUT K AR 0 AR 10:30 CLASSIC HANGMAN K AR 0 AR 11:00 COFFEE, TEA AND ME K AR 0 AR 1:15 MID-DAY MOVIE K AR 0 LV 1:30 KRAFTS WITH KELLEY K AR 0 AR 3:00 ICE CREAM SOCIAL K AR
28 HANNUKAH BEGINS 9:30 TOP NEWS STORIES AM AR 10:00 MONTHLY REFLECTIONS AM AR 10:30 USE YOUR NOODLE AM AR	9:00 SWEET MELODIES AM AR 9:30 NEWS & VIEWS AM AR 10:00 SIT AND BE FIT AM AR 10:30 BIOGRAPHY ON: ROCK HUDSON AM AR	9:00 MUSIC APPRECIATION JO AR 9:30 WHAT'S IN THE NEWS JO AR 10:00 WAKE UP WORK-OUT RS LV 10:30 NAME THAT TUNE JO AR	M=MFDIA ROOM	FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM	

UP=UPPER PARLOR

RR=RESIDENT'S ROOM

LI=LIBRARY

3F=3RD FLOOR

CM=COMMUNITY

CY=COURTYARD

ES=EAST SIDE

S=SALON 0=OUTING

DR=DINING ROOM

T=THERESA

AN=ANDREA

J=JASMINE

V=Volunteer

I= INDEPENDENT

RS=Recreation staff

AC=Activity Channe

***=Call 381 for Appt

J0=J0SH

D=DIANE

DV=DEB

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*All trips are if weather permits.

regarding this calendar.

