

October 2021

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		STAFF KEY V - Vanessa AM - Amanda M - Malik T - Taylor ME - Meleny D - Danielle AG - Alexa J - Jasmine AT - Anne JL - Jeannine RS - Recreation Staff VEN - Vendor 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	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.		1 INTERNATIONAL COFFEE DAY 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 NAME 5... ME LR 11:15 GLEE CLUB WITH MEL ME LR 11:15 GROUP SING-ALONG AG LR 1:00 LIFESTYLE STATIONS D LR 1:15 TRIP DOWN MEMORY LANE D LR 2:00 BINGO HOUR! D LR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR D LR 4:00 EVENING STROLL TO THE PATIO D P 6:00 SOOTHING MUSIC AG LR 7:00 EVENING IN THE CINEMA AG LR	2 9:30 SATURDAY STRETCH ME LR 10:30 LIVE CONCERT SERIES ME LR 10:30 MANICURES & MUSIC ME LR 11:30 TEAM JEOPARDY ME/AG LR 1:00 LIFESTYLE STATIONS D LR 1:15 TABLETOP GAMES WITH DANIELLE D LR 2:00 MUSIC MAKING WITH RECREATION D LR 2:00 CORNHOLE CHALLENGE D LR 3:00 COMEDY SOCIAL HOUR D LR 4:00 GUESS WHO? D LR 6:00 SMALL EVENING GROUP GAMES AG LR 7:00 EVENING IN THE CINEMA AG LR
3 WORLD COMMUNION SUNDAY 9:30 SUNDAY STRENGTHENING ME LR 10:00 SUNDAY MASS ME LR 11:00 SMALL GROUP TABLETOP GAMES ME/M LR 11:30 MUSIC MAKING WITH MALIK M LR 1:00 AFTERNOON PATIO WALK M/JL P 1:15 RING TOSS GAME M/JL LR 2:00 BINGO! M/JL LR 3:00 SUNDAY ICE CREAM SOCIAL M/JL LR 4:00 KARAOKE HOUR WITH MALIK M LR 6:00 CLASSICAL MUSIC & RELAXATION M LR 7:00 EVENING IN THE CINEMA M LR	4 9:30 FITNESS & FUN ME/D LR 10:15 WORLD SPACE DAY CRAFTING AM LR 11:00 MONDAY MAINCURES ME/D LR 11:00 MUSIC & KEEP IT UP CHALLENGE ME/D LR 1:00 LIFESTYLE STATIONS RL LR 1:15 GROUP FAMILY FEUD CHALLENGE D/JL LR 2:00 WALK TO THE PATIO D/JL P 2:00 SCIENCE EXPERIMENT WITH AMANDA AM LR 3:00 MOTOWN MONDAY HAPPY HOUR D/JL LR 4:00 JUMBO PONG GAME D/JL LR 6:00 THE SOUNDS OF NATURE M LR	5 9:30 TUESDAY TONING CLASS ME LR 10:15 YARN CRAFTING ME LR 10:30 STAND UP COMEDY ME LR 11:00 PATRIO STROLL ME/M/J P 11:15 MUSIC BEFORE LUNCH ME/M/JL LR 1:15 WORDS THAT START WITH... M/J/T LR 2:00 BEAN BAG TOSS M/J/T LR 3:00 TACO DIP M/J/T LR 4:00 BIBLE STUDY WITH TAYLOR T LR 4:00 YOU BE THE JUDGE M/J/T LR 6:00 THE DEAN MARTIN SHOW J LR 7:00 EVENING IN THE CINEMA J LR	6 BREAST CANCER AWARENESS MONTH/WEAR PINK 9:30 WEDNESDAY BALANCE & AGILITY D LR 10:15 PINK ART WORKSHOP CLASS AM LR 11:00 WALKING CLUB TO THE PATIO D/M/J P 11:30 SMALL CARD GROUP GAME D/M/J LR 1:00 THINGS YOU DO DURING THE FALL TIME M/J/T LR 2:00 AMERICA'S FUNNIEST HOME VIDEOS M/J/T LR 3:00 MIDDAY SNACK SOCIAL HOUR M/J/T LR 4:00 TRIVIAL TRIVIA M/J/T LR 6:00 ART THERAPY COOL DOWN J LR 7:00 EVENING IN THE CINEMA J LR	7 9:30 GOOD MORNING YOGA D LR 10:15 FAMOUS FACES THROUGHOUT THE YEARS D LR 10:30 BIG BAND CONCERT D LR 11:15 REMINISCING HOUR WITH MALIK M LR 11:30 MUSIC BEFORE LUNCH D/M LR 1:00 NATURE PATIO WALK M/T/JL P 1:15 TABLETOP GAMES M/T/JL LR 2:00 DICE ROLL ROULETTE M/T/JL LR 3:00 HOT PRETZELS M/T/JL LR 4:00 NAME THAT SONG M/T/JL LR 6:00 AMBIENT NOISE M LR 7:00 EVENING IN THE CINEMA M LR	8 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 NAME 5... ME LR 11:15 GLEE CLUB WITH MEL ME LR 11:00 PATIO WALK BEFORE LUNCH AG P 1:00 SENSORY STATION D/AG LR 1:15 TRIP DOWN MEMORY LANE D/AG LR 2:00 BINGO HOUR! D/AG LR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR D/AG LR 4:00 BEACH BALL TOSS D/AG LR 4:15 I LOVE LUCY D/AG LR 6:00 SOOTHING MUSIC RS LR 7:00 EVENING IN THE CINEMA RS LR	9 9:30 SATURDAY STRETCH ME LR 10:30 LIVE CONCERT SERIES ME LR 10:30 MANICURES & MUSIC ME LR 11:30 TEAM JEOPARDY ME LR 1:00 LIFESTYLE STATIONS D LR 1:15 TABLETOP GAMES WITH DANIELLE D LR 2:00 MUSIC MAKING WITH RECREATION D LR 2:30 CORNHOLE CHALLENGE D LR 3:00 COMEDY SOCIAL HOUR D LR 4:00 GUESS WHO? D LR 6:00 SMALL EVENING GROUP GAMES AG LR 7:00 EVENING IN THE CINEMA AG LR
10 9:30 SUNDAY STRENGTHENING ME LR 10:00 SUNDAY MASS ME LR 11:00 SMALL GROUP TABLETOP GAMES ME LR 11:30 MUSIC MAKING WITH MEL ME LR 1:00 AFTERNOON PATIO WALK JL P 1:15 RING TOSS GAME JL LR 2:00 BINGO! JL LR 3:00 SUNDAY ICE CREAM SOCIAL JL LR 4:00 KARAOKE HOUR JL LR 6:00 CLASSICAL MUSIC & RELAXATION RS LR 7:00 EVENING IN THE CINEMA RS LR	11 COLUMBUS DAY 9:30 FITNESS & FUN ME/D LR 10:15 COLUMBUS DAY CRAFTING AM LR 11:00 MONDAY MAINCURES ME/D LR 11:00 MUSIC & KEEP IT UP CHALLENGE ME/D LR 1:00 LIFESTYLE STATIONS RL LR 1:15 GROUP FAMILY FEUD CHALLENGE D/JL LR 2:00 WALK TO THE PATIO D/JL P 2:00 SCIENCE EXPERIMENT WITH AMANDA AM LR 3:00 MOTOWN MONDAY HAPPY HOUR D/JL LR 4:00 JUMBO PONG GAME D/JL LR 6:00 THE SOUNDS OF NATURE RS LR 7:00 EVENING IN THE CINEMA RS LR	12 9:30 TUESDAY TONING CLASS ME LR 10:15 YARN CRAFTING ME LR 10:30 STAND UP COMEDY ME LR 11:00 PATIO STROLL ME/J P 11:15 MUSIC BEFORE LUNCH ME/J LR 1:15 WORDS THAT START WITH... J/JL LR 2:00 BEAN BAG TOSS J/JL LR 3:00 ANGEL FOOD CAKE J/JL LR 4:00 YOU BE THE JUDGE J/JL LR 6:00 THE DEAN MARTIN SHOW J LR 7:00 EVENING IN THE CINEMA J LR	13 NAVY BIRTHDAY 9:30 WEDNESDAY BALANCE & AGILITY D LR 10:15 NAVY ART WORKSHOP D LR 10:15 NAVY FACTS D LR 11:00 WALKING CLUB TO THE PATIO D/J LR 1:00 CORNHOLE CHALLENGE J/JL LR 1:15 AMERICA'S FUNNIEST HOME VIDEOS J/JL LR 2:00 CHAIR BOWLING! J/JL LR 3:00 MIDDAY SNACK SOCIAL HOUR J/JL LR 4:00 TRIVIAL TRIVIA J/JL LR 6:00 ART THERAPY COOL DOWN J LR 7:00 EVENING IN THE CINEMA J LR	14 9:30 GOOD MORNING YOGA D LR 10:15 FAMOUS FACES THOURGHOUGHT THE YEARS D LR 10:30 BIG BAND CONCERT D LR 11:15 REMINSING HOUR D/AG LR 11:30 MUSIC BEFORE LUNCH D/AG LR 1:00 NATURE PATIO WALK JL/AG P 1:15 TABLETOP GAMES JL/AG LR 2:00 DICE ROLL ROULETTE JL/AG LR 3:00 CHEESE CURDS JL/AG LR 4:00 NAME THAT SONG JL/AG LR 6:00 AMBIENT NOISE AG LR 7:00 EVENING IN THE CINEMA AG LR	15 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 NAME 5... ME LR 11:15 GLEE CLUB WITH MEL ME LR 11:00 PATIO WALK BEFORE LUNCH ME/AG P 1:00 LIFESTYLE STATIONS D LR 1:15 TRIP DOWN MEMORY LANE D LR 2:00 BINGO HOUR! D/AG LR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR D/AG LR 4:00 BEACH BALL TOSS D/AG LR 4:15 I LOVE LUCY D/AG LR 6:00 SOOTHING MUSIC AG LR 7:00 EVENING IN THE CINEMA AG LR	16 9:30 SATURDAY STRETCH D LR 10:30 LIVE CONCERT SERIES D LR 10:30 MANICURES & MUSIC D LR 11:30 TEAM JEOPARDY D/AG LR 1:00 LIFESTYLE STATIONS ME/AG LR 1:15 TABLETOP GAMES WITH MEL ME/AG LR 2:00 MUSIC MAKING WITH RECREATION ME/AG LR 2:30 CORNHOLE CHALLENGE ME/AG LR 3:00 COMEDY SOCIAL HOUR ME/AG LR 4:00 GUESS WHO? ME/AG LR 6:00 SMALL EVENING GROUP GAMES AG LR 7:00 EVENING IN THE CINEMA AG LR
17 9:30 SUNDAY SUNRISE STRETCH ME LR 10:00 SUNDAY MASS ME LR 11:00 SMALL GROUP TABLETOP GAMES ME LR 11:30 MUSIC MAKING WITH MEL ME LR 1:00 AFTERNOON PATIO WALK JL P 1:15 RING TOSS GAME JL LR 2:00 BINGO! JL LR 3:00 SUNDAY ICE CREAM SOCIAL JL LR 4:00 KARAOKE HOUR JL LR 6:00 CLASSICAL MUSIC & RELAXATION RS LR 7:00 EVENING IN THE CINEMA RS LR	18 ST. LUKE 9:30 FITNESS & FUN ME/D LR 10:15 CONNECT FOUR WITH DANIELLE D LR 11:00 MONDAY MANICURES ME/D LR 11:00 MUSIC & KEEP IT UP CHALLENGE ME/D LR 1:00 LIFESTYLE STATIONS D/JL LR 1:15 GROUP FAMILY FEUD CHALLENGE D/JL LR 2:00 WALK TO THE PATIO D/JL P 2:00 SCIENCE EXPERIMENT WITH AMANDA AM LR 3:00 MOTOWN MONDAY HAPPY HOUR D/JL LR 4:00 JUMBO PONG GAME D/JL LR 6:00 THE SOUNDS OF NATURE RS LR 7:00 EVENING IN THE CINEMA RS LR	19 9:30 TUESDAY TONING CLASS ME LR 10:15 YARN CRAFTING ME LR 10:30 STAND UP COMEDY ME LR 11:00 PATIO STROLL ME/J P 11:15 MUSIC BEFORE LUNCH ME/J LR 1:15 WORDS THAT START WITH... J/JL LR 2:00 BEAN BAG TOSS J/JL LR 3:00 BEER BREWED BRATS J/JL LR 4:00 YOU BE THE JUDGE J/JL LR 6:00 THE DEAN MARTIN SHOW J LR 7:00 EVENING IN THE CINEMA J LR	20 9:30 WEDNESDAY BALANCE & AGILITY D LR 10:15 THE PRICE IS RIGHT CHALLENGE D LR 11:00 WALKING CLUB TO THE PATIO D/J P 11:15 SMALL CARD GROUP GAME D/J LR 1:00 CORNHOLE CHALLENGE J/JL LR 1:15 AMERICA'S FUNNIEST HOME VIDEOS J/JL LR 2:00 CHAIR BOWLING! J/JL LR 3:00 MIDDAY SNACK SOCIAL HOUR J/JL LR 4:00 TRIVIAL TRIVIA J/JL LR 6:00 ART THERAPY COOL DOWN J LR 7:00 EVENING IN THE CINEMA J LR	21 OKTOBERFEST/NATIONAL APPLE DAY 9:30 GOOD MORNING YOGA D LR 10:15 FAMOUS FACES THOURGHOUGHT THE YEARS D LR 10:15 OKTOBERFEST TRIVIA & CRAFTING V/AM LR 11:00 REMINSING HOUR D/AG LR 11:30 MUSIC BEFORE LUNCH D/AG LR 1:00 NATURE PATIO WALK JL/AG P 1:15 TABLETOP GAMES JL/AG LR 2:00 DICE ROLL ROULETTE JL/AG LR 3:00 APPLE CARAMEL COFFEE CAKE JL/AG LR 4:00 NAME THAT SONG JL/AG LR 6:00 AMBIENT NOISE AG LR 7:00 EVENING IN THE CINEMA AG LR	22 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 NAME 5... ME LR 11:15 GLEE CLUB WITH MEL ME LR 11:15 PATIO WALK BEFORE LUNCH AG P 1:00 SENSORY STATION D/AG LR 1:15 TRIP DOWN MEMORY LANE D/AG LR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR D/AG LR 4:00 BEACH BALL TOSS D/AG LR 4:15 I LOVE LUCY D/AG LR 6:00 SOOTHING MUSIC AG LR 7:00 EVENING IN THE CINEMA AG LR	23 9:30 SATURDAY STRETCH ME LR 10:30 LIVE CONCERT SERIES ME LR 10:30 MANICURES & MUSIC ME LR 11:30 TEAM JEOPARDY ME/AG LR 1:00 LIFESTYLE STATIONS D/AG LR 1:15 TABLETOP GAMES WITH DANIELLE & ALEXA D/AG LR 2:00 MUSIC MAKING WITH RECREATION D/AG LR 2:30 CORNHOLE CHALLENGE D/AG LR 3:00 COMEDY SOCIAL HOUR D/AG LR 4:00 GUESS WHO? D/AG LR 6:00 SMALL EVENING GROUP GAMES AG LR 7:00 EVENING IN THE CINEMA AG LR
24/31 HALLOWEEN/ REFORMATION DAY (31ST) 9:30 SUNDAY SUNRISE STRETCH ME LR 10:00 SUNDAY MASS ME LR 10:15 SPOOKY CITIES IN AMERICA (31ST) ME LR 11:00 SMALL GROUP TABLETOP GAMES ME LR 11:00 HALLOWEEN SCATTEGORIES (31ST) ME LR 11:30 MUSIC MAKING WITH MEL ME LR 1:00 AFTERNOON PATIO WALK JL P 1:15 RING TOSS GAME JL LR 2:00 BINGO! JL LR 3:00 SUNDAY ICE CREAM SOCIAL JL LR 3:00 HALLOWEEN MOVIES & SOCIAL HOUR (31ST) JL LR 4:00 KARAOKE HOUR JL LR 4:15 TRICK OR TREAT (31ST) JL LR 6:00 CLASSICAL MUSIC & RELAXATION RS LR 7:00 EVENING IN THE CINEMA RS LR	25 9:30 FITNESS & FUN D/ME LR 10:15 CONNECT FOUR WITH DANIELLE D LR 11:00 MONDAY MANICURES D/ME LR 11:00 MUSIC & KEEP IT UP CHALLENGE D/ME LR 1:00 LIFETSYLE STATIONS JL/D LR 1:15 GROUP FAMILY FEUD CHALLENGE JL/D LR 2:00 WALK TO THE PATIO JL/D P 2:00 SCIENCE EXPERIMENT WITH AMANDA AM LR 3:00 MOTOWN MONDAY HAPPY HOUR JL/D LR 4:00 JUMBO PONG GAME JL/D LR 6:00 THE SOUNDS OF NATURE RS LR 7:00 EVENING IN THE CINEMA RS LR	26 NATIONAL PUMPKIN DAY 9:30 TUESDAY TONING CLASS ME LR 10:15 YARN CRAFTING ME LR 10:30 STAND UP COMEDY ME LR 11:00 PATIO STROLL ME P 11:15 MUSIC BEFORE LUNCH ME/J LR 1:15 WORDS THAT START WITH... J/JL LR 2:00 BEAN BAG TOSS J/JL LR 3:00 PUMPKIN SOUP J/JL LR 4:00 YOU BE THE JUDGE J/JL LR 6:00 THE DEAN MARTIN SHOW J LR 7:00 EVENING IN THE CINEMA J LR	27 9:30 WEDNESDAY WORKOUT D LR 10:15 THE PRICE IS RIGHT CHALLENGE D LR 11:00 WALKING CLUB TO THE PATIO D P 11:15 SMALL CARD GROUP GAME D/J LR 1:00 CORNHOLE CHALLENGE J/JL LR 1:15 AMERICA'S FUNNIEST HOME VIDEOS J/JL LR 2:00 CHAIR BOWLING! J/JL LR 3:00 MIDDAY SNACK SOCIAL HOUR J/JL LR 4:00 TRIVIAL TRIVIA J/JL LR 6:00 ART THERAPY COOL DOWN J LR 7:00 EVENING IN THE CINEMA J LR	28 9:30 GOOD MORNING YOGA JL LR 10:15 FAMOUS FACES THOURGHOUGHT THE YEARS JL LR 10:15 BIG BAND CONCERT JL LR 11:00 REMINSING HOUR JL/AG LR 11:30 MUSIC BEFORE LUNCH JL/AG LR 1:00 NATURE PATIO WALK D/AG P 1:15 TABLETOP GAMES D/AG LR 2:00 DICE ROLL ROULETTE D/AG LR 3:00 FRANKENSTEIN CAKE D/AG LR 4:00 NAME THAT SONG D/AG LR 6:00 ABIENT NOISE AG LR 7:00 EVENING IN THE CINEMA AG LR	29 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 NAME 5... ME LR 11:15 GLEE CLUB WITH MEL ME LR 11:15 50'S SOCIAL DANCE PARTY AG LR 1:00 LIFESTYLE STATIONS D/AG LR 1:15 TRIP DOWN MEMORY LANE D/AG LR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR D/AG LR 4:00 BEACH BALL TOSS D/AG LR 4:15 I LOVE LUCY D/AG LR 6:00 SOOTHING MUSIC AG LR 7:00 EVENING IN THE CINEMA AG LR	30 NATIONAL CANDY CORN DAY 9:30 SATURDAY STRETCH ME LR 10:30 LIVE CONCERT SERIES ME LR 10:30 MANICURES & MUSIC ME LR 11:30 CANDY CORN CRAFTING ME LR 1:00 TEAM JEOPARDY D LR 1:15 LIFESYLE STATIONS D LR 2:00 MUSIC MAKING WITH RECREATION D LR 2:30 CORNHOLE CHALLENGE D LR 3:00 COMEDY SOCIAL HOUR D LR 4:00 GUESS WHO? D LR 6:00 SMALL EVENING GROUP GAMES AG LR 7:00 EVENING IN THE CINEMA AG LR