

October 2021

The Arbors At ISLANDIA WEST

Tel: 631-582-3600
www.thearborsassistedliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		STAFF KEY G=Gina, Director of Recreation AB=ABBY K=Kelley S=Sheryl GB=Gabby H=Hannah T=Theresa D=Diane DV=Deb AN=Andrea J=Jasmine JO=Josh I=INDEPENDENT RS=Recreation staff V=Volunteer AC=Activity Channel	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 INTERNATIONAL COFFEE DAY 9:00 MUSICAL MELODIES RS SB 9:30 DAILY CHRONICLES D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 OCTOBER BIRTHDAY QUIZ J LV 11:00 GOURMET COFFEE TASTING G BI 1:00 MANICURES WITH JASMINE J RR 1:15 MENS MOVIE MATINEE RS M 1:30 FREE PLAY BINGO D BI 3:00 HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 PENNY PITCH D LV 4:15 SHABBAT SERVICE G BI
3 9:30 SPIRITUAL SERVICE WITH JAMES V UP 9:30 TOP NEWS STORIES S LV 10:00 SIT & GET FIT S LV 10:30 QUIPO QUIZ S LV 11:00 A-Z WORD GAME S 1:15 MID-DAY MATINEE S M 1:30 BINGO T UP 3:00 HAPPY HOUR SOCIAL S B 3:00 SMARTBOARD CONCERT S SB 4:15 CHICKEN SOUP FOR THE SOUL S LV 6:00 TONIGHT AT THE MOVIES RS M	4 KITCHENLESS COOKING 9:00 MORNING ACOUSTIC RS SB 9:30 NEWS & VIEWS RS LV 10:00 STRETCH AND FLEX D LV 10:30 KITCHENLESS COOKING CLASS: VEGGIE ROLL-UPS AM LV 11:00 INDEPENDENT GAMES IN BISTRO I BI 11:00 BIOGRAPHY ON: JULIE ANDREWS D LV 1:15 MID-DAY MATINEE RS M 1:00 MONDAY MANICURES J RR 1:30 FREE PLAY BINGO D BI 3:00 HAPPY HOUR SOCIAL: VEGGIE TORTILLA ROLLUPS ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 CARDS AT THE BAR I B 4:15 HOT SEAT CHALLENGE D LV 6:00 EVENING BINGO \$ J BI 7:00 MONDAY NIGHT SHOWING J M	5 9:00 MUSIC, MUSIC, MUSIC RS SB 9:30 TODAY'S NEWS D LV 10:00 DANCING WITH SCARVES D LV 10:30 WALKING CLUB D CY 11:00 PET THERAPY WITH DUKE V CM 11:00 BISTRO BOARD GAMES I BI 1:30 FREE PLAY BINGO D BI 3:00 HOMEMADE SOCIAL: TACO DIP ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 CARDS AND DARTS I B 4:15 JEOPARDY TRIVIA G LV 7:00 NIGHTLY MOVIE RS M	6 TEA PARTY 9:00 MUSIC IN THE MORNING RS SB 9:30 DAILY NEWS D LV 10:00 MUSICAL BALL TOSS D LV 10:30 WEDNESDAY WALKABOUT D CY 11:00 PENNY PITCH D LV 11:00 BOARD GAMES IN THE BISTRO I BI 1:15 MID-DAY MATINEE RS M 1:30 TEA PARTY D BI 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 SENIOR MOMENTS D LV 4:15 BAR GAMES I B 6:00 BINGO IN THE EVENING \$ RS BI 7:00 MOVIES AT DUSK RS M	7 9:00 MORNING TUNES RS SB 9:30 HAPPENINGS AND HOROSCOPES D LV 10:00 NEWS IN REVIEW D BI 10:30 WALKING CLUB D CY 11:00 NAME THAT TUNE D LV 11:30 SPOOKY ROAD TRIP TO: CATACOMBS FRANCE RS M 1:15 MOVIES IN THE AFTERNOON D BI 1:30 FREE PLAY BINGO D BI 1:30 CREATIVE CREATIONS RS B 3:00 CHEFS CHOICE SOCIAL: HOT PRETZELS ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 WHO AM I? BIOGRAPHY GAME D LV 4:15 ADULT EDUCATION CLASS G M 4:15 LRC FOR PENNIES I B 7:00 MEET ME AT THE CINEMA RS M	8 PIZZA PARTY 9:00 MUSICAL MUSINGS RS SB 9:30 NEWSDAY D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 JUMBO BOWLING J&D LV 12:00 PIZZA PARTY ALL B 1:15 MENS MOVIE MATINEE RS M 1:30 FREE PLAY BINGO D BI 3:00 HAPPY HOUR SOCIAL ALL LV 3:00 SMARTBOARD CONCERTS RS SB 4:15 TALK AND TOSS BALL D LV 4:15 SHABBAT SERVICE G BI 4:15 GAMES AT THE BAR I B 6:00 EVENING BINGO FOR \$ J BI 7:00 MOVIES AT NIGHT J M	9 9:00 SATURDAY SERENADE RS SB 9:30 DAILY NEWS RS LV 10:00 WEEKEND WALKABOUT RS CY 10:30 COFFEE AND CROSSWORDS RS LV 11:00 BISTRO GAMES I BI 1:15 MID-DAY MOVIE RS M 1:30 SHORT STORY CLUB G LV 3:00 ICE CREAM SOCIAL ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 DEAL OR NO DEAL RS LV 4:15 BAR GAMES RS B 6:00 CASH BINGO JO BI 7:00 SATURDAY SHOWING JO M
10 9:30 SPIRITUAL WITH JAMES V UP 9:30 WEEKEND NEWS S SB 10:00 BALLOON VOLLEYBALL S CY 10:30 QUIPO QUIZ S LV 11:00 WORD WATERFALL S LV 1:15 MID-DAY MATINEE S M 1:30 BINGO S LV 3:00 SUNDAY SOCIAL S B 3:00 SMARTBOARD CONCERTS S SB 4:15 YOU BE THE JUDGE S LV 6:00 MOVIES, MOVIES, MOVIES RS M	11 COLUMBUS DAY/ INDIGENOUS PEOPLES DAY 9:00 MORNING TUNES RS SB 9:30 TODAY'S NEWS RS LV 10:00 SIT AND BE FIT D LV 10:30 WALKING CLUB D B 11:00 BIOGRAPHY ON: CHRISTOPHER COLUMBUS J LV 11:00 INDEPENDENT BISTRO GAMES I BI 11:30 COLUMBUS DAY FACTS J LV 1:00 MONDAY MANICURES RS M 1:15 MID-DAY MOVIE ALL LV 1:30 FREE PLAY BINGO RS LV 3:00 SMARTBOARD CONCERTS ALL B 3:00 HAPPY HOUR SOCIAL V BI 4:15 VETS CHAT D LV 4:15 FAMILY FEUD I B 4:15 CARDS AT THE BAR J BI 6:00 BINGO AT NIGHT FOR \$ J BI 7:00 MOVIES WE LOVE J M	12 9:00 WONDERFUL MELODIES RS SB 9:30 WHAT'S IN THE NEWS? D LV 10:00 USE YOUR NOODLE D LV 10:30 WALKING CLUB D CY 11:00 BOARD GAMES IN THE BISTRO I BI 11:00 MAGAZINE SCAVENGER HUNT D LV 1:15 MID-DAY MATINEE RS M 1:30 FREE PLAY BINGO ALL LV 3:00 CHEFS CHOICE SOCIAL: ANGEL FOOD CAKE ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 NAME THAT FAMOUS FACE D LV 4:15 PUB GAMES I BI 7:00 TONIGHT AT THE MOVIES RS M	13 9:00 SWEET MELODIES IN THE MORNING RS SB 9:30 DAILY NEWS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CY 11:00 GAMES IN THE BISTRO I BI 11:00 BALLOON VOLLEYBALL D LV 11:30 Pictionary D SB 1:15 MID-DAY MATINEE RS M 1:30 FREE PLAY BINGO ALL LV 3:00 HAPPY HOUR! ALL B 3:00 SMARTBOARD CONCERT RS LV 4:15 DARTS AND CARDS I B 4:15 JEOPARDY! D LV 6:00 BINGO FOR \$ RS BI 7:00 MOVIES AT DUSK RS M	14 MONTHLY BIRTHDAY PARTY 9:00 MUSICAL MORNING RS SB 9:30 NEWS IN REVIEW D LV 10:00 SIT AND GET FIT D LV 10:30 WALKING CLUB D CY 11:00 PENNY PITCH D LV 11:00 BISTRO BOARD GAMES I BI 11:30 SPOOKY ROAD TRIP TO: SLEEPY HOLLOW D SB 1:15 MID-DAY MOVIE RS M 1:30 ENTERTAINMENT BY: ROB & PATTY MEAD ALL LV 3:00 CHEFS CHOICE SOCIAL: CHEESE CURDS ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 ADULT EDUCATION CLASS G M 4:15 PENNY LRC I B 4:15 MATCH ME D LV 6:00 BINGO AT NIGHT \$ RS BI 7:00 SUNSET MOVIES RS M	15 BOSS'S DAY 9:00 MELODIES IN THE MORNING RS SB 9:30 HOROSCOPES AND HAPPENINGS D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 JUMBO BOWLING D&J LV 11:00 INDEPENDENT PUZZLE GAMES I BI 1:15 MENS MOVIE MATINEE RS M 1:30 BINGO FOR PRIZES ALL LV 3:00 SOCIAL HOUR ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 PASSWORD D LV 4:15 SHABBAT SERVICE G BI 6:00 CASH BINGO J BI 7:00 MOVIE NIGHT RS M	16 9:00 SING A LONG SONGS RS SB 9:30 WEEKEND UPDATE RS LV 10:00 SIT AND BE FIT RS LV 10:30 WALKING CLUB ON THE WEEKEND RS LV 11:00 COFFEE AND CROSSWORDS RS LV 11:00 INDEPENDENT GAMES RS BI 1:15 MID-DAY MOVIE RS M 1:30 SHORT STORY CLUB ALL LV 3:00 ICE CREAM SOCIAL ALL B 3:00 SMARTBOARD CONCERT: POLKA RS SB 4:15 COVER THE NUMBER DICE GAME RS LV 4:15 CARD CLUB AT THE BAR I B 7:00 MOVIE CLUB RS M
17 9:30 SPIRITUAL SERVICE WITH JAMES V UP 9:30 DAILY CHRONICLES S LV 10:00 SUNDAY STROLL S CY 10:30 KEEP IT UP BALLOON S LV 11:00 WORD PUZZLES S LV 1:15 MID-DAY MOVIE S M 1:30 BINGO S LV 3:00 SOCIAL HOUR S B 3:00 SMARTBOARD CONCERTS S SB 4:15 ROLL THE DICE, BREAK THE ICE S LV 6:00 SUNSET MOVIES RS M	18 9:00 MUSIC IN THE MORNING RS SB 9:30 HOROSCOPES & NEWS D LV 10:00 MORNING EXERCISE D LV 10:30 WALKING CLUB D CY 11:00 MONDAY MANICURES J RR 11:00 BIOGRAPHY ON: MICKEY MANTLE D LV 1:15 MID-DAY MOVIES RS M 1:30 FREE PLAY BINGO D BI 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 WHO WANTS TO BE A MILLIONAIRE D LV 4:15 GAMES AT THE BAR I B 6:00 BINGO FOR \$ J BI 7:00 MONDAY MOVIE MANIA J M	19 9:00 MUSIC IN THE MORNING RS SB 9:30 TODAY'S HEADLINERS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CY 11:00 PET THERAPY WITH DUKE V CM 11:00 BISTRO BOARD GAMES D CY 1:15 MID-DAY MATINEE RS M 1:30 BINGO D LV 3:00 HOMEMADE SOCIAL: BEER BREWED BRATWURST ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 PASSWORD D LV 4:15 DARTS AND CARDS I B 7:00 NIGHTLY MOVIE RS M	20 9:00 MORNING TUNES RS SB 9:30 DAILY DOSE D LV 10:00 WAKE UP, WORK OUT D LV 10:30 WALKING CLUB D CY 11:00 ASTROLOGY 101: SCORPIO SEASON D LV 11:00 BOARD GAMES IN THE BISTRO I BI 1:15 MID-DAY MOVIE RS M 1:30 BINGO FOR PRIZES D BI 3:00 THE HAPPIEST HOUR ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 CHICKEN SOUP FOR THE SOUL D LV 4:15 GAMES AT THE BAR I B 6:00 BINGO AT NIGHT RS BI 7:00 EVENING SHOWING RS M	21 FALL FESTIVAL RESIDENT COUNCIL & ACTIVITY COMMITTEE 9:00 MUSICAL MUSINGS RS SB 9:30 NEWS IN REVIEW D LV 10:00 USE YOUR NOODLE D LV 10:30 WALKING CLUB D CY 11:00 RESIDENT COUNCIL ACTIVITY COMMITTEE I BI 11:30 SPOOKY ROAD TRIP TO: WINCHESTER MYSTERY HOUSE D LV 1:15 MID-DAY MOVIE RS M 1:30 FALL FESTIVAL IN THE COURTYARD D BI 3:00 CHEFS CHOICE SOCIAL: APPLE CARMEL CRUMB CAKE ALL B 4:15 ARMCHAIR TRIVIA D LV 4:15 LRC FOR PENNIES I B 7:00 MEET ME AT THE CINEMA RS M	22 9:00 MELODIC MORNINGS RS SB 9:30 BREAKING NEWS D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 JUMBO BOWLING D&J LV 11:00 BISTRO BOARD GAMES I BI 1:15 MENS MOVIE MATINEE RS M 1:30 BINGO FOR PRIZES D BI 3:00 SOCIAL HOUR ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 20 QUESTIONS D LV 4:15 SHABBAT SERVICE J BI 4:15 CARDS AND DARTS AND GAMES I B 6:00 EVENING BINGO FOR \$ J BI 7:00 TGIF MOVIES J M	23 9:00 SATURDAY SONGS RS SB 9:30 SATURDAY POST RS LV 10:00 WAKE UP, WORKOUT RS LV 10:30 WALKING CLUB RS CY 11:00 COFFEE AND CROSSWORDS RS LV 1:15 MID-DAY MOVIE RS M 1:30 SHORT STORY CLUB RS LV 3:00 ICE CREAM SUNDAE SOCIAL ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 ADULT COLORING ON SMARTBOARD RS LV 4:15 CARDS AT THE BAR RS B 6:00 BINGO \$ JO BI 7:00 NIGHTLY MOVIES JO M
24/31 HALLOWEEN (31ST) 9:00 CREEPY SONGS (31ST) S LV 9:30 SPIRITUAL WITH JAMES V UP 9:30 TOP NEWS STORIES S LV 10:00 MONTHLY REFLECTIONS S LV 10:30 USE YOUR NOODLE S CY 11:00 A-Z WORD GAME S LV 11:00 HISTORY OF HALLOWEEN (31ST) S LV 1:15 MID-DAY MATINEE S M 1:30 BINGO S LV 1:30 COSTUMES/TRICK OR TREATING (31ST) S 3:00 SUNDAY SOCIAL ALL B 3:00 SMARTBOARD CONCERT S SB 4:15 QUIPO QUIZ S LV 4:15 SCARY STORIES (31ST) S LV 6:00 SUNSET MOVIES S M	25 9:00 SWEET MELODIES RS SB 9:30 NEWS & VIEWS RS LV 10:00 SIT AND BE FIT D LV 10:30 KITCHENLESS COOKING: BAGELS D B 11:00 BIOGRAPHY ON: MINNIE PEARL J SB 1:15 MID-DAY MATINEE RS M 1:30 BINGO FOR PRIZES *** D BI 1:00 MONDAY MANICURES J RR 3:00 HOMEMADE SOCIAL: BAGELS ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 DEAL OR NO DEAL D LV 4:15 CARDS AT THE BAR I B 6:00 EVENING BINGO \$ J BI 7:00 MOVIES, MOVIES, MOVIES J M	26 9:00 MUSIC APPRECIATION RS SB 9:30 WHAT'S IN THE NEWS D LV 10:00 WAKE UP WORK-OUT D LV 10:30 WALKING CLUB D CY 11:00 PENNY PITCH D LV 11:00 BISTRO BOARD GAMES I BI 1:15 NAME THAT TUNE D LV 1:15 MOVIE IN THE AFTERNOON RS M 1:30 BINGO D BI 3:00 HOMEMADE SOCIAL ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 CARDS AND DARTS I B 4:15 FRIENDLY DEBATES D LV 7:00 MOVIES & POPCORN RS M	27 9:00 MORNING TUNES RS SB 9:30 DAILY NEWS D LV 10:00 DANCING WITH SCARVES D LV 10:30 WEDNESDAY WALKING D CY 11:00 WORD SCRAMBLE D LV 11:30 NAME TO D LV 1:15 AFTERNOON SHOWING RS M 1:30 BINGO FOR PRIZES D BI 3:00 HAPPY HOUR! ALL B 3:00 SMARTBOARD CONCERT RS LV 4:15 MATCH ME D LV 4:15 LCR DICE GAME I B 6:00 BINGO AT NIGHT RS BI 7:00 MOVIE CLUB RS M	28 HALLOWEEN PARTY 9:00 SPOOKY MUSIC IN THE MORNING RS SB 9:30 TODAY'S STORIES AND HORRORSCOPES D LV 10:00 RATTLE YOUR BONES D LV 10:30 WALKING CLUB D CY 11:00 FOOD COMMITTEE MEETING BI 11:30 SPOOKY ROAD TRIP TO: HAUNTED HOUSES D LV 1:00 COSTUME PARADE RS M 1:30 MONSTER MASH WITH ELLIOT GOLDBERG D LV 3:00 SPECIAL SOCIAL: FRANKENSTEIN CAKE ALL B 4:15 PUMPKIN CONTEST AWARDS D LV 6:00 CASH BINGO! RS BI 7:00 CLASSIC CINEMA RS M	29 9:00 MUSIC ON THE SMARTBOARD RS SB 9:30 CHAIR ZUMBA RS AC 10:00 NEWSDAY D LV 10:30 WALKING CLUB D CY 11:00 JUMBO BOWLING D LV 1:15 AFTERNOON MOVIES D M 1:30 BINGO FOR PRIZES*** ALL LV 3:00 HAPPY HOUR D LV 3:00 SMARTBOARD CONCERTS D LV 4:15 SCATTAGORIES D LV 4:15 SHABBAT SERVICE G B 6:00 EVENING BINGO FOR \$ J LV 7:00 FRIDAY "FRIGHT" SHOWING J M	30 9:00 ACOUSTIC SUNRISE RS SB 9:30 WEEKEND UPDATE RS LV 10:00 STRETCH AND FLEX RS LV 10:30 WALKING CLUB RS CM 11:00 COFFEE AND CROSSWORDS RS LV 1:15 MID-DAY MOVIE RS M 1:30 HALLOWEEN CRAFT G BI 3:00 ICE CREAM SOCIAL ALL B 3:00 CONCERTS ON THE SMARTBOARD ALL SB 4:15 MATCH GAME RS LV 6:00 BINGO IN THE EVENING \$ JO BI 7:00 SPOOKY MOVIE WEEKEND JO M