

May 2022

The Arbors At ISLANDIA WEST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MAY DAY 9:00 SPRING TIME MELODIES RS LV 9:30 NEWS AND VIEWS SH LV 10:00 COMMUNION WITH JAMES S DR 10:00 IT HAPPENED IN MAY S LV 10:30 WALKING CLUB SH CM 10:30 MAY BIRTHDAY QUIZ S LV 11:00 MAY DAY TRADITIONS S LV 11:00 CREATIVE COLORING SH BI 1:15 MOVIES IN THE AFTERNOON RS M 1:30 BINGO S BI 1:30 FAMILY FEUD SH LV 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD SHOWING ALL LV 4:15 QUIPO QUIZ S LV 4:15 LRC AT THE BAR SH B 6:00 MOVIE NIGHT RS M	2 9:00 MORNING TUNES D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 JAZZERCIZE D LV 10:30 WALKING CLUB D CM 11:00 BIOGRAPHY ON: BING CROSBY D BI 11:00 GAMES IN THE BISTRO WITH JASMINE J BI 11:30 WORD JUMBLES J LV 1:00 MONDAY MANICURES J RR 1:15 MID-DAY MATINEE RS M 1:30 BINGO BLITZ D LV 1:30 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL SB 4:15 CARDS AT THE BAR J B 4:15 HOT SEAT CHALLENGE D LV 6:00 CASH BINGO J BI 7:00 MOVIES AT NIGHT J M	3 MOTHERS DAY TEA PARTY 9:00 TUESDAY TUNES D LV 9:30 NEWS & VIEWS D LV 10:00 TUESDAY TONE UP D LV 10:30 WALKING CLUB D CY 11:00 MAGAZINE SCAVENGER HUNT VS LV 11:30 A-Z WORD GAME VS LV 1:15 MIDDAY MATINEE VS M 1:30 MOTHERS DAY TEA PARTY D BI 1:30 FRESH AIR CLUB VS CY 3:00 CHEFS CHOICE SOCIAL ALL B 4:15 FRIENDLY DEBATES D LV 4:15 MENS CLUB MEET UP VS E/W 6:00 BINGO AT NIGHT WITH VINNY VS BI 7:00 NIGHTLY MOVIE VS M	4 STAR WARS DAY 9:00 ACOUSTIC SUNRISE D LV 9:30 NEWS DISCUSSION D LV 10:00 CHAIR PILATES D LV 10:30 WALKING CLUB D CY 11:00 WORD-IN-A-WORD JO LV 11:30 MAY THE 4TH BE WITH YOU JO LV 1:15 MID DAY MATINEE: STAR WARS JO M 1:30 PENNY PITCH JO LV 1:30 FRESH AIR CLUB D CY 3:00 HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERT RS LV 4:15 RUMMIKUB G B 4:15 MUSICAL HANGMAN JO LV 6:00 BINGO FOR \$\$ JO BI 7:00 MOVIE NIGHT JO M	5 CINCO DE MAYO 9:00 MARIACHI MUSIC D LV 9:30 THE FRONT PAGE NEWS D LV 10:00 SIT AND BE FIT D LV 10:30 CHAIR ZUMBA D CY 11:00 HISTORY OF CINCO DE MAYO VS LV 11:30 TRAVEL TO: MEXICO VS LV 1:15 MID-DAY MOVIE VS M 1:30 CREATIVE CREATIONS: MARACAS D BI 1:30 FRESH AIR CLUB VS CY 1:30 MARGARITA PARTY ALL B 3:00 SMARTBOARD CONCERTS D LV 4:15 CARDS AT THE BAR VS B 4:15 ARMCHAIR TRIVIA: MEXICO VS LV 6:00 EVENING BINGO \$\$ VS BI 7:00 MEET ME AT THE CINEMA VS M	6 ROSARY 9:00 MUSICAL MUSINGS D LV 9:30 DAILY CHRONICLES D LV 9:45 ROSARY GROUP V M 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 OUTDOOR BOCCIE D&J CY 1:00 ARTISTIC EXPRESSIONS J B 1:15 MENS MOVIE MATINEE RS M 1:30 BINGO0000 D LV 3:00 TGIF HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERT RS LV 4:15 SCATTERGORIES D LV 4:15 KINGS IN THE CORNER J B 6:00 \$ BINGO WITH JASMINE J BI 7:00 TGIF MOVIES J M	7 KENTUCKY DERBY 9:00 COUNTRY MUSIC N LV 9:30 WEEKEND UPDATE N LV 10:00 WEEKEND STROLL N CM 10:15 EAST V. WEST BALLOON VOLLEYBALL N E 11:00 COFFEE AND CROSSWORDS JO LV 1:30 KENTUCKY DERBY PARTY ALL LV 3:00 ICE CREAM SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 CLIMB THE MOUNTAIN DICE GAME JO LV 4:15 PUZZLE PARTY N B 6:00 BINGO \$ WITH JOSH JO BI 7:00 SATURDAY NIGHT SHOWING JO M 7:00 148TH KENTUCKY DERBY RACE I B
8 MOTHERS DAY 9:00 MORNING TUNES S LV 9:30 NEWS AND VIEWS SH LV 10:00 COMMUNION WITH JAMES S DR 10:00 CARNATION AND CARD DISTRIBUTION SH CM 10:30 WALKING CLUB SH CY 11:00 MOMS, MIMOSA'S AND VIOLIN S CY 1:15 MID-DAY MATINEE RS M 1:30 MOTHERS DAY CRAFT: WREATH SH BI 1:30 FAMILY FEUD: MOTHERS DAY EDITION S LV 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERT ALL LV 4:15 REMINISCING: MOTHERS SH LV 4:15 CARD GAMES S B 6:00 TONIGHT AT THE MOVIES I M	9 9:00 SUNRISE SONGS D LV 9:30 MORNING NEWS D LV 10:00 MONDAY MOVEMENTS D LV 10:30 WALKING CLUB D CM 11:00 BIOGRAPHY ON: FRED ASTAIRE J LV 11:30 CLASSIC HANGMAN J RR 1:00 MANICURES WITH JASMINE J RR 1:15 MID-DAY MATINEE RS M 1:30 BINGO000000 D LV 1:30 FRESH AIR CLUB RS CY 3:00 HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERTS D LV 4:15 LEFT, RIGHT, CENTER J B 4:15 JEOPARDY TRIVIA D LV 6:00 EVENING BINGO \$ J BI 7:00 MONDAY NIGHT SHOWING J M	10 GARDENING CLUB 9:00 MELODIES IN THE MORNING D LV 9:30 TODAYS NEWS D LV 10:00 DANCING WITH SCARVES D LV 10:30 WALKING CLUB D CY 11:00 PET THERAPY VS CM 11:15 A-Z WORD GAME D LV 11:30 WHO AM I? TRIVIA VS LV 1:00 SCRAMBLE AT THE BAR VS M 1:30 PENNY PITCH FOR PRIZES VS LV 1:30 GARDENING CLUB D CY 3:00 CHEFS CHOICE SOCIAL: SPINACH AND ARTICHOKE DIP ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 MENS CLUB MEET UP VS E/W 4:15 SENIOR ADVICE D LV 6:00 CASH BINGO VS BI 7:00 NIGHTLY MOVIE VS M	11 9:00 SING-A-LONG SONGS D LV 9:30 DAILY NEWS D LV 10:00 NOODLESIZE D LV 10:30 WEDNESDAY WALKABOUT D CY 11:00 MAD-LIBS DD LV 11:30 SHOUT-OUT-TRIVIA JO LV 1:15 MID-DAY MATINEE JO M 1:00 SCRAMBLE AT THE BAR V B 1:30 HORSE RACING D LV 1:30 FRESH AIR CLUB JO CY 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 30 SECOND MYSTERIES D LV 4:15 I DOUBT IT CARD GAME JO B 6:00 BINGO IN THE EVENING \$\$ JO BI 7:00 MOVIES AT DUSK JO M	12 9:00 MUSICAL MUSINGS D LV 9:30 HAPPENINGS AND HOROSCOPES D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CY 11:00 YOU BE THE JUDGE D LV 1:15 MOVIE MATINEE VS M 1:30 CREATIVE CREATIONS D B 1:30 FRESH AIR CLUB VS CY 3:00 CHEFS CHOICE HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 HOT SEAT CHARADES D LV 4:15 CARDS AT THE BAR VS B 6:00 BINGO AT NIGHT \$ VS BI 7:00 MEET ME AT THE CINEMA VS M	13 RESIDENT COUCL 9:00 MUSICAL MUSINGS D LV 9:30 NEWSDAY D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 RESIDENT COUNCIL G BI 11:30 ACTIVITY COMMITTEE G BI 1:00 ARTISTIC EXPRESSIONS J B 1:15 MENS MOVIE MATINEE RS M 1:30 BINGO BINGO BINGO D LV 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 SUPERSTITIONS FROM AROUND THE WORLD D LV 4:15 GAMES AT THE BAR J B 6:00 EVENING BINGO FOR \$ J BI 7:00 MOVIES AT NIGHT J M	14 BOOK CLUB 9:00 MUSIC IN THE MORNING N LV 9:30 WEEKEND IN REVIEW N LV 10:00 SATURDAY STROLL N CM 10:15 EAST V. WEST BALLOON VOLLEYBALL N E 11:00 COFFEE AND CROSSWORDS G LV 1:15 AFTERNOON MOVIE RS M 1:30 CLIMB THE MOUNTAIN DICE GAME G LV 1:30 BOOK CLUB N BI 3:00 ICE CREAM SOCIAL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 FAMILY FEUD N LV 4:15 PUZZLE PARTY G B 7:00 SATURDAY SHOWING I M
15 COMMUNION 9:30 WEEKEND NEWS S LV 10:00 COMMUNION WITH JAMES SH LV 10:00 CONVERSATION STARTERS S DR 10:30 WALKING CLUB SH CM 10:30 BALLOON VOLLEYBALL SH CY 11:00 WORD IN A WORD S CY 11:00 CREATIVE COLORING SH M 1:15 AFTERNOON SHOWING SH BI 1:30 POKENO S LV 1:30 FRESH AIR CLUB ALL B 3:00 HAPPY HOUR SOCIAL ALL LV 3:00 SMARTBOARD CONCERTS SH LV 4:15 CARDS AT THE BAR S B 4:15 YOU BE THE JUDGE SH LV	16 9:00 MORNING TUNES D LV 9:30 TODAY'S NEWS D LV 10:00 WAKE UP, WORK OUT! D LV 10:30 WALKING CLUB D CY 1:00 MONDAY MANICURES J RR 1:15 MID DAY MOVIE D M 1:30 BINGO! BINGO! BINGO! D LV 3:00 VETS CHAT WITH DOUG V B 3:00 HAPPY HOUR ALL B 4:15 BIOGRAPHY ON DENNIS HOPPER D LV 4:15 CARDS AT THE BAR J B 6:00 BINGO AT NIGHT FOR \$ J BI 7:00 MOVIES WE LOVE J M	17 GARDENING CLUB 9:00 WONDERFUL MELODIES D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 NOODLECIZE D LV 10:30 WALKING CLUB D CY 11:00 BOARD GAMES IN THE BISTRO VS BI 11:00 MUSICAL HANGMAN D LV 1:15 MID DAY MATINEE D M 1:30 FRESH AIR CLUB D CY 1:30 MAGAZINE SCAVENGER HUNT VS LV 3:00 CHEFS CHOICE SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 MENS CLUB MEET UP VS E/W 4:15 MATCH GAME D LV 6:00 BINGO FOR CASH VS BI 7:00 NIGHT TIME MOVIES VS M	18 9:00 SWEET MELODIES IN THE MORNING D LV 9:30 DAILY NEWS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CY 11:00 WORD JUMBLES ON PAPER DD LV 11:00 PUTTING ON THE GREEN JO LV 1:00 SCRABBLE AT THE BAR V M 1:15 MID-DAY MATINEE RS B 1:30 PENNY PITCH D LV 1:30 FRESH AIR CLUB JO CY 3:00 HAPPY HOUR! ALL B 3:00 SMARTBOARD CONCERT ALL LV 4:15 I DOUBT IT CARD GAME D B 4:15 WHO AM I? TRIVIA JO B 6:00 BINGO FOR CASH JO BI 7:00 MOVIES AT DUSK JO M	19 9:00 THURSDAY TUNES D LV 9:30 NEWS & VIEWS D LV 10:00 SIT AND GET FIT D LV 10:30 WALKING CLUB D CY 11:00 A-Z WORD D LV 11:00 WORD SEARCH PUZZLES VS M 1:15 MID-DAY MOVIE D B 1:30 FAMILY FEUD VS CY 1:30 FRESH AIR CLUB ALL B 3:00 CHEFS CHOICE ALL LV 4:15 ARMCHAIR TRIVIA D LV 4:15 LRC FOR PENNIES VS B 6:00 BINGO AT NIGHT \$ VS BI 7:00 SUNSET MOVIES: VS M	20 ROSARY 9:00 MELODIES IN THE MORNING D LV 9:30 HOROSCOPES AND HAPPENINGS D LV 9:45 ROSARY GROUP V M 10:00 DAILY CHRONICLES D LV 10:30 WALKING CLUB D CY 11:00 BOWLING D&J CY 1:00 ARTISTIC EXPRESSIONS J B 1:15 MENS MOVIE MATINEE RS M 1:30 BINGO0000 D LV 3:00 TGIF HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERTS RS LV 4:15 ABOUT GEMINI D LV 4:15 KINGS IN THE CORNER J B 6:00 CASH BINGO J BI 7:00 AFTER DINNER MOVIE J M	21 ARMED FORCES DAY 9:00 MORNING SING-A-LONG N LV 9:30 WEEKEND UPDATE N LV 10:00 SATURDAY STROLL N CM 10:15 EAST V. WEST BALLOON VOLLEYBALL N E 11:00 COFFEE AND CROSSWORDS JO LV 1:30 BOOK CLUB N BI 1:30 ROLL THE DICE, BREAK THE ICE JO LV 2:00 AFTERNOON MOVIE JO M 3:00 ICE CREAM SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 ABOUT ARMED FORCES DAY N LV 4:15 RUMMIKUB JO&B 6:00 BINGO FOR MONEY JO BI 7:00 MOVIE CLUB
22 NATIONAL MARITIME DAY 9:00 SUNDAY SERENADES S LV 9:30 DAILY CHRONICLES SH LV 10:00 SERVICE & COMMUNION WITH JAMES S DR 10:00 KEEP IT UP BALLOON SH CM 10:30 SUNDAY STROLL SH CY 10:30 WORD SCRAMBLE S CY 11:00 MUSICAL HANGMAN SH M 1:15 MID DAY MOVIE SH BI 1:30 POKENO S LV 1:30 FRESH AIR CLUB ALL B 3:00 SOCIAL HOUR ALL LV 3:00 SMARTBOARD CONCERTS SH LV 4:15 ABOUT NATIONAL MARITIME DAY SH LV 4:15 CARDS AT THE BAR S B 6:00 SUNSET MOVIES RS M	23 9:00 MUSIC IN THE MORNING D LV 9:30 HOROSCOPES & NEWS D LV 10:00 MORNING EXERCISE D LV 10:30 WALKING CLUB D CY 11:00 KITCHENLESS COOKING D B 11:00 BIOGRAPHY ON: ROSEMARY CLOONEY J LV 11:30 GIANT WORD SEARCH J LV 1:00 MANICURES WITH JASMINE J RR 1:15 MID-DAY MOVIES RS M 1:30 FREE PLAY BINGO D LV 2:15 HOMONYMS AND HOMOPHONES D LV 3:00 HAPPY HOUR SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 WHEEL OF FORTUNE D LV 4:15 GAMES AT THE BAR J B 6:00 BINGO FOR \$ J BI 7:00 MONDAY MOVIE MANIA J M	24 GARDENING CLUB 9:00 MUSIC IN THE MORNING D LV 9:30 TODAY'S HEADLINERS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CY 11:00 PET THERAPY VS BI 11:15 WHAT YEAR WAS IT? TRIVIA D BI 1:15 MOVIE MATINEE D M 1:30 GARDENING CLUB D CY 1:30 PENNY PITCH VS LV 3:00 CHEFS CHOICE SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL LV 4:15 COVER STORIES WITH GINA VS LV 4:15 MENS CLUB MEET UP D E/W 6:00 CASH BINGO VS BI 7:00 NIGHTLY MOVIE VS M	25 NATIONAL WINE DAY 9:00 MORNING TUNES D LV 9:30 DAILY DOSE D LV 10:00 DANCING WITH SCARVES D LV 10:30 WALKING CLUB D CY 11:00 PICTURE PUZZLES DD LV 11:00 BOARD GAMES IN THE BISTRO JO LV 11:30 TRAVELOGUES: NAPA VALLEY JO LV 1:00 SCRABBLE AT THE BAR V B 1:15 MID DAY MOVIE RS M 1:30 HOT SEAT CHALLENGE D LV 2:00 ALBERT MULLAD VIOLIN CONCERT ALL LV 3:00 WINE TASTING HAPPY HOUR ALL B 3:00 SMARTBOARD CONCERT ALL LV 4:15 WHAT'S YOUR ADVICE? D LV 4:15 GAMES AT THE BAR JO B 6:00 BINGO AT NIGHT JO BI 7:00 EVENING SHOWING JO M	26 DONNA LEE GOES PATRIOTIC 9:00 MUSICAL MUSINGS D LV 9:30 GOOD NEWS ONLY D LV 10:00 USE YOUR NOODLES D LV 10:30 WALKING CLUB D CY 11:00 WORD SEARCH PUZZLES D LV 11:00 TOTALLY TRIVIA VS M 11:30 SING-A-LONG SONGS D B 1:15 MID-DAY MOVIE VS CY 1:30 ENTERTAINMENT BY: DONNA LEE ALL B 3:00 SMARTBOARD CONCERTS ALL LV 3:00 CHEFS CHOICE SOCIAL D LV 4:15 SCATTAGORIES VS B 4:15 LRC FOR PENNIES VS BI 6:00 EVENING BINGO \$\$ VS M 7:00 MEET ME AT THE CINEMA	27 VINTAGE ITEM AND NOSTALGIA DAY 9:00 MELODIC MORNINGS D LV 9:30 BREAKING NEWS D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CY 11:00 GOLFING ON THE GREEN D&J CY 1:00 MANICURES J RR 1:15 MENS MOVIE MATINEE RS M 1:30 VINTAGE ITEM SHOW AND TELL RS LV 1:30 FRESH AIR CLUB RS B 3:00 SOCIAL HOUR ALL B 3:00 SMARTBOARD CONCERT D LV 4:15 NAME THAT FAMOUS FACE D LV 4:15 RUMMIKUB G B 6:00 EVENING BINGO FOR \$ J BI 7:00 TGIF MOVIES J M	28 9:00 SATURDAY SONGS N LV 9:30 SATURDAY POST N LV 10:00 WALKING CLUB N CM 10:15 EAST V. WEST BALLOON VOLLEYBALL N E 11:00 COFFEE AND CROSSWORDS JO LV 1:30 BOOK CLUB N BI 1:30 BEAT THE DEALER JO LV 2:00 MID-DAY MOVIE JO M 3:00 ICE CREAM SOCIAL ALL B 3:00 SMARTBOARD CONCERT ALL LV 4:15 MUSICAL HANGMAN JO LV 4:15 PUZZLE PARTY N B 6:00 SSATURDAY NIGHT BINGO\$ JO BI 7:00 NIGHTLY MOVIES JO M
29 BUS TRIP 9:00 SUNDAY SONGS S LV 9:30 NEWS AND VIEWS SH LV 10:00 COMMUNION WITH JAMES S DR 10:00 REMINISCING SH CM 10:00 COMMUNION WITH JAMES S DR 10:30 USE YOUR NOODLE S LV 10:30 WALKING CLUB SH CY 11:00 WORD-IN-A-WORD S LV 1:15 MID-DAY MATINEE SH M 1:30 FRESH AIR CLUB SH CY 1:30 POKENO S LV 3:00 SUNDAY SOCIAL ALL B 3:00 SMARTBOARD CONCERT ALL LV 4:15 YOU BE THE JUDGE SH LV 4:15 CARDS AT THE BAR S B 6:00 SUNSET MOVIES RS M	30 MEMORIAL DAY 9:00 PATRIOTIC TUNES D LV 9:30 NEWS & VIEWS D LV 10:00 SIT AND BE FIT D LV 10:30 WALKING CLUB D CM 11:00 MEMORIAL DAY FACTS AND TRIVIA D LV 11:30 HONORING OUR VETERANS J LV 1:00 MONDAY MANICURES J RR 1:15 MID-DAY MATINEE J LV 1:30 MEMORIAL DAY CRAFT D RR 1:30 FRESH AIR CLUB RS CY 3:00 RED WHITE AND BLUE SOCIAL D B 3:00 SMARTBOARD CONCERTS: SONGS OF THE 50S RS LV 4:15 WORD IN A WORD: "MEMORIAL DAY" ALL LV 4:15 CARDS AT THE BAR J B 6:00 EVENING BINGO \$ J BI 7:00 MOVIES, MOVIES, MOVIES J M	31 MEMORIAL DAY BBQ 9:00 MUSIC APPRECIATION D LV 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 GAMES IN THE BISTRO VS BI 12:00 BBQ LUNCH ALL CY 1:15 MOVIE IN THE AFTERNOON VS M 1:30 FAMILY FEUD VS LV 1:30 FRESH AIR CLUB D CY 3:00 CHEFS CHOICE SOCIAL ALL B 3:00 SMARTBOARD CONCERTS ALL B 4:15 MENS CLUB MEET UP VS E/W 4:15 WHAT WOULD YOU DO? D LV 6:00 NIGHTTIME \$ BINGO VS BI 7:00 MOVIES AT NIGHT VS M	STAFF KEY G=Gina, Director of Recreation N=NATALIE SH=Sharon S=Sheryl VS=VINNY D=Diane DV=Deb AN=Andrea J=JASMINE AM=ANNEMARIE JO=JOSH I=INDEPENDENT V=Volunteer AC=Activity Channel ***=Call 381 for Appt. 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.	