

August 2022

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Jody will be happy to answer any questions you may have regarding this calendar.	1 WORD WEB DAY 9:30 FITNESS FUN D/C/RS LR 10:15 MONDAY MANICURES & MUSIC D/C/RS P 11:00 BALLOON VOLLEYBALL D/C/RS P 11:45 BE OUR GUEST C DR 1:15 LIFESTYLE STATIONS C/RS/JMDR 2:00 YOU TUBE TEPA SNOW SING A LONG C/RS/JMLR 2:30 WALKING CLUB TO BISTRO C/RS/JMLR 3:00 SNACKIN SOCIAL HOUR C/RS/JMLR 4:00 KARAOKE HOUR! C/RS/JMLR 6:00 THERAPEUTIC ART WITH DANIELLE D DR 7:00 EVENING IN THE CINEMA D LR	2 LIVE MUSIC WITH DONNA LEE 9:30 TUESDAY TONING CLASS RS/D/C LR 10:15 MORNING WALKING CLUB OUTSIDE RS/D/C P 11:00 MOVERS AND SHAKERS RS/D/C LR 11:30 MINI GOLF CHALLENGE RS/D/C LR 1:15 BINGO! RS/D/JMLR 2:00 LIVE MUSIC WITH DONNA LEE VEN LR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION RS/D/JMLR 6:00 RELAXATION CORNER C LR 7:00 EVENING IN THE CINEMA C LR	3 LI MUSEUM CARRIAGE VIRTUAL VISIT 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:00 LI MUSEUM CARRIAGE VIRTUAL VISIT VEN LR 11:00 AROMATHERAPY WITH HAND MASSAGES VEN LR 1:15 KEEP IT UP! D DR 2:00 MUSIC APPRECIATION CLASSICAL MUSIC RS/D/RS LR 2:30 ART TO CLASSICAL MUSIC RS DR 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 SHORT STORIES RS/D/RS LR 6:00 EVENING STRETCH BEFORE BED RS/D/ LR 7:00 EVENING IN THE CINEMA RS LR	4 CHOCOLATE CHIP DAY 9:30 SIT AND BE FIT D/RS/CLR 10:15 MINI GOLF CHALLENGE D/RS/RS LR 11:00 CHOCOLATE CHIP COOKIE MAKING D/RS/RS LR 11:30 LIFESTYLE STATIONS D/RS/CLR 1:15 SIGHTS OF SUMMER D/RS/CLR 2:00 JACK BENNY LARRY WOLFE LECTURE VEN L 2:30 CHOCOLATE CHIP COOKIE DAY SOCIAL D/RS/CLR 3:00 KARAOKE HOUR! D/RS/CLR 4:00 RELAXING MUSIC HOUR D/RS/RS LR 6:00 I LOVE LUCY D/RS/RS LR 7:00 EVENING IN THE CINEMA D/RS/RS	5 SANDCASTLE DAY 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 11:00 Pictionary D/C LR 11:30 SALON & SPA HOUR D/C/AG LR 1:15 BEACH BALL TOSS D//RS/C LR 2:00 SANDCASTLE DAY MAKING RS/D/AGP 2:30 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR RS/D/RS 4:00 ARTIST IMPRESSIONS-JEAN BAPTISTE RS/D/AGLR 6:00 SHORT STORIES RS/D/AGLR 7:00 EVENING IN THE CINEMA RS LR	6 NATIONAL ROOT BEER FLOAT DAY 9:30 SATURDAY STRETCH D/RS/C LR 10:15 MANICURES & MUSIC D/RS/C LR 11:00 SOCCER FUN D/RS/C LR 11:45 COMEDY HOUR D/RS/C LR 1:15 LIFESTATIONS D/RS/C LR 2:00 MUSIC MAKING WITH RECREATION D/RS/C LR 2:30 FUN FACTS ABOUT ROOT BEER D/RS/C P 3:00 ROOT BEER FLOAT SOCIAL D/RS/C P 4:00 KARAOKE HOUR D/RS/C LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS
7 LIGHTHOUSE DAY 9:30 SUNDAY STRENGTHENING C LR 10:00 CATHOLIC MASS C LR 10:30 NAME TEN JM LR 11:15 SHORT STORIES-LIGHTHOUSES C/JM LR 1:15 ARM CHAIR TRAVEL LIGHT HOUSE JM LR 2:00 WALKING CLUB TO THE PATIO JM/RS P 2:00 LIGHT HOUSE CRAFT CORNER JM/RS LR 3:00 SUNDAY ICE CREAM SOCIAL JM/RS LR 4:00 PATRIOTIC SING A LONG J P 6:00 THERAPEUTIC ART WITH DANIELLE J LR 7:00 EVENING MOVIE IN THE CINEMA J LR	8 FABULOUS CAT DAY 9:30 FITNESS FUN D/C/RS LR 10:15 WAKE UP DANCE CHALLENGE D/C/RS LR 10:45 MONDAY MANICURES & MUSIC D/C/RS LR 11:15 AX THROWING GAME C LR 11:45 BE OUR GUEST C/RS/JMLR 1:15 SHABBY TABBY CAT CAFE C/RS/JMO 1:15 LIFESTYLE STATIONS C/RS/JMDR 2:00 CAT FUNNY VIDEOS C/RS/JMDR 2:00 ART CORNER C/RS/JMDR 3:00 SNACKIN SOCIAL HOUR D LR 4:00 KARAOKE HOUR! D P 6:00 THERAPEUTIC ART WITH DANIELLE D LR 7:00 EVENING IN THE CINEMA D LR	9 MEMORIES IN THE MAKING 9:30 TUESDAY TONING CLASS RS/D/C LR 10:15 MORNING WALKING PATH RS/D/C P 11:00 OUTDOOR GAMES RS/D/C P 11:15 MINI GOLF CHALLENGE RS/D/C LR 1:15 BINGO ON THE PATIO RS/D/JMP 2:00 WALKING CLUB TO THE BISTRO RS/D LR 2:00 MEMORIES IN THE MAKING RS/D/JMDR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION C LR 6:00 RELAXATION CORNER C LR 7:00 EVENING IN THE CINEMA C LR	10 HAWAIIAN LUAU DAY 9:30 TROPICAL WORKOUT D/C LR 10:15 TINY BUBBLES ON PATIO D/C P 10:15 CORNHOLE CHALLENGE D/C P 11:00 SALON & SPA HOUR D/C/RS LR 1:15 KEEP IT UP! D DR 2:00 HAWAIIAN LUAU RS/D/RS CY 2:00 ARM CHAIR TRAVEL HAWAII RS LR 3:00 ISLAND HAPPY HOUR RS/D/RS LR 4:00 HAWAIIAN MUSIC DANCE PARTY RS/D/RS LR 6:00 EVENING STRETCH BEFORE BED RS/D/ LR 7:00 EVENING IN THE CINEMA RS LR	11 LIVE MUSIC WITH LES DEGAN 9:30 SIT AND BE FIT D/RS/C LR 10:15 MINI GOLF CHALLENGE D/RS/RSP 10:45 GIANT PONG ON THE PATIO D/RS/RSP 1:15 LIFESTYLE STATIONS D/RS/C LR 1:15 ART CORNER D/RS/C LR 2:00 LIVE MUSIC WITH LES DEGAN VEN P 2:00 RALPH ICES ON PATIO D/RS/C P 3:00 CHIPS N DIP SOCIAL HOUR D/RS/C LR 4:00 KARAOKE HOUR! D/RS/RS LR 6:00 RELAXING MUSIC HOUR D/RS/RS LR 7:00 EVENING IN THE CINEMA D/RS/RS LR	12 VINYL RECORD DAY 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 11:00 ARTIST IMPRESSIONS- TED HARRISON D/C DR 11:30 SALON & SPA HOUR D/C/AG LR 1:15 CRAFTING CORNER D//RS/C LR 2:00 CELEBRATE VINYL RECORD DAY MUSIC RS/D/AGLR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 ARTIST IMPRESSIONS RS/D/AGLR 4:15 SHORT STORIES RS/D/AGLR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA AG LR	13 FAMILY FEUD 9:30 SATURDAY STRETCH D/RS/C LR 10:00 MANICURES & MUSIC D/RS/C LR 11:00 ACTIVE GAMES ON PATIO D/RS/C LR 11:00 COMEDY HOUR D/RS/C LR 1:15 FAMILY FEUD GAME D/RS/C LR 2:00 BOWLING FUN D/RS/C LR 2:30 FUN IN THE SUN D/RS/C P 3:00 CHIPS N DIP SOCIAL HOUR D/RS/C P 4:00 BALLOON VOLLEYBALL D/RS/C LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS LR
14 BENNY GOODMAN HOUR 9:30 SUNDAY STRENGTHENING C LR 10:00 CATHOLIC MASS C LR 10:30 READING ROUNDTABLE SHORT STORIES JM LR 11:15 NAME 10 C/JM LR 1:15 BENNY GOODMAN HOUR JM LR 1:15 ART CORNER JM/RS LR 2:00 WALKING CLUB TO THE PATIO JM/RS P 2:00 AFTERNOON SING A LONG JM/RS LR 3:00 SUNDAY ICE CREAM SOCIAL J LR 4:00 REMINISCING CORNER J P 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR	15 MEMORY CAFE' WITH VANCE 9:30 FITNESS FUN D/C/RS LR 10:15 WAKE UP DANCE CHALLENGE D/C/RS P 10:15 MONDAY MANICURES & MUSIC D/C/RS LR 11:00 ACTIVE GAMES ON PATIO D LR 11:30 SUMMER MEMORIES D/RS/JMLR 1:15 LIFESTYLE STATIONS D/RS/JMDR 2:00 HONEYMOONERS DAY WITH GINGER D/RS/JMLR 2:00 BEACH BALL GAME D/RS/JMLR 3:00 SNACKIN SOCIAL HOUR D/RS/JMLR 4:00 KARAOKE HOUR! D P 6:00 MEMORY CAFE' WITH VANCE VEN LR 7:00 EVENING IN THE CINEMA D LR	16 FUN IN THE SUN DAY 9:30 TUESDAY TONING CLASS RS/D/C LR 10:15 MORNING WALKING PATH RS/D/C P 11:00 MINI GOLF CHALLENGE RS/D/C P 11:30 FUN IN THE SUN RS/D/C P 1:15 BINGO ON THE PATIO RS/D/JMP 1:15 ART CORNER RS/D/JMDR 2:00 WALKING CLUB TO THE BISTRO RS LR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION RS/D/JMLR 6:00 RELAXATION CORNER C LR 7:00 EVENING IN THE CINEMA C LR	17 LIVE MUSIC WITH BANJO BOB 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:15 GARDEN CLUB D/C P 10:15 CORNHOLE CHALLENGE D/C P 11:00 SALON & SPA HOUR D/C/RS LR 11:30 JAZZ APPRECIATION HOUR D B 1:15 KEEP IT UP! RS/D/RS DR 2:00 LIVE MUSIC WITH BANJO BOB VEN P 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 SING A LONG WITH RECREATION RS/D/RS LR 6:00 EVENING STRETCH BEFORE BED RS/D/ LR 7:00 EVENING IN THE CINEMA RS LR	18 WALT WHITMAN POETRY 9:30 SATURDAY STRETCH D/RS/C LR 10:15 MANICURES & MUSIC D/RS/RS LR 10:30 CIRCLE SOCCER D/RS/RS LR 11:00 YOU BE THE JUDGE D/RS/C LR 1:15 TABLETOP GAMES WITH DANIELLE D/RS/C LR 1:30 MUSIC MAKING WITH RECREATION D/RS/C LR 2:00 BEACH OUTING-PHOTOGRAPHY CLUB D/RS/C O 2:00 WALT WHITMAN POETRY VEN LR 3:00 CHIPS N DIP SOCIAL HOUR D/RS/RS LR 4:00 KARAOKE HOUR! D/RS/RS LR 6:00 RELAXING MUSIC HOUR D/RS/RS LR 7:00 EVENING IN THE CINEMA RS LR	19 ARBORS HELPING HANDS DOG BISCUITS 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 11:00 ARTIST CORNER D/C LR 11:30 SALON & SPA HOUR D/C/AG LR 1:15 SILHOUETTE ART D//RS/C LR 2:00 ARBORS HELPING HANDS DOG BISCUITS RS/D/AGDR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 REMINISCING WITH RECREATION RS/D/AGLR 4:15 SHORT STORIES RS/D/AGLR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA AG LR	20 TRIBUTE TO LOUIS ARMSTRONG 9:30 SATURDAY STRETCH D/RS/C LR 10:00 MANICURES & MUSIC D/RS/C LR 11:00 ACTIVE GAMES ON THE PATIO D/RS/C LR 1:15 COMEDY HOUR D/RS/C LR 1:15 TRIBUTE TO LOUIS ARMSTRONG D/RS/C LR 2:00 ASTROSHOOT GAME D/RS/C LR 2:30 WORD CHALLENGE GAMES D/RS/C P 3:00 CHIPS N DIP SOCIAL HOUR D/RS/C LR 4:00 BALLOON VOLLEYBALL D/RS/C LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS LR
21 SUNDAY SUNAES 9:30 SUNDAY STRENGTHENING C LR 10:00 CATHOLIC MASS C LR 10:30 WALKING CLUB TO THE PATIO JM P 11:15 WORD GAMES C/JM P 1:15 ART CORNER JM LR 2:00 READING ROUNDTABLE SHORT STORIES JM/RS P 2:30 REMEMBER WHEN... JM/RS LR 3:00 SUNDAY ICE CREAM SOCIAL JM/RS LR 4:00 BALL GAMES J P 6:00 SOOTHING SOUNDS J LR 7:00 EVENING IN THE CINEMA RS LR	22 TAI CHI CLASS WITH JODY 9:30 FITNESS FUN D/C/RS LR 10:15 WAKE UP DANCE CHALLENGE D/C/RS P 10:15 MONDAY MANICURES & MUSIC D/C/RS LR 11:00 ACTIVE GAMES ON THE PATIO D LR 11:30 BE OUR GUEST D/RS/JMDR 1:15 LIFESTYLE STATIONS D/RS/JMDR 2:00 TAI CHI CLASS WITH JODY D/RS/JMDR 3:00 SNACKIN SOCIAL HOUR D/RS/JMLR 4:00 KARAOKE HOUR! D/RS/JMP 6:00 THERAPEUTIC ART WITH DANIELLE D LR 7:00 EVENING IN THE CINEMA D LR	23 OUTDOOR MOVIE NIGHT 9:30 TUESDAY TONING CLASS RS/D/C LR 10:15 MORNING WALKING PATH RS/D/C P 11:00 NOODLE AROUND RS/D/C P 11:15 MINI GOLF CHALLENGE RS/D/C P 1:15 HISTORY OF DRIVE IN MOVIE RS/D/JMLR 1:15 BINGO! RS/D/JMLR 2:00 WALKING CLUB TO THE BISTRO RS LR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION RS/D/JMLR 6:00 RELAXATION CORNER C LR 7:00 OUTDOOR MOVIE NIGHT C LR	24 GARDEN CLUB 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:15 GARDEN CLUB D/C P 10:15 CORNHOLE CHALLENGE D/C P 11:00 SALON & SPA HOUR D/C/RS LR 11:30 CLASSICAL MUSIC HOUR D B 1:15 KEEP IT UP! RS/D/RS DR 2:00 WORDS THAT START WITH A RS O 2:30 WHO AM I? AUGUST BIRTHDAYS RS/D/RS LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 SING A LONG WITH RECREATION RS/D/ LR 6:00 EVENING STRETCH BEFORE BED RS LR 7:00 EVENING IN THE CINEMA RS LR	25 PONG FUN DAY 9:30 SATURDAY STRETCH D/RS/RS LR 10:00 MANICURES & MUSIC D/RS/RS LR 10:30 GROUP NOODLE HOCKEY D/RS/C LR 11:00 CREATIVE ARTS D/RS/C LR 1:15 GUESS THE SILHOUETTE GAME D/RS/C LR 2:00 GIANT PONG ON THE PATIO D/RS/C P 2:00 CASINO HOUR! D/RS/C LR 3:00 CHIPS N DIP SOCIAL HOUR D/RS/RS LR 3:30 KARAOKE HOUR! D/RS/RS LR 6:00 RELAXING MUSIC HOUR D/RS/RS LR 7:00 EVENING IN THE CINEMA RS LR	26 ARTIST IMPRESSIONS SHEILA MALONEY 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 10:30 ARTIST CORNER D/C LR 11:00 SALON & SPA HOUR D/C/AGLR 1:15 ARTIST IMPRESSIONS SHEILA MALONEY D//RS/C DR 2:00 AMERICAS FUNNIEST ANIMALS RS/D/AGLR 2:00 THERAPY DOG VEN LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 3:30 REMINISCING WITH RECREATION RS/D/AG LR 3:30 SCIENCE ROADSHOW VEN L 4:15 SHORT STORIES RS/D/AG LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS LR	27 AUGUST NUMBER ONE MUSIC HITS 9:30 SATURDAY STRETCH D/RS/CLR 10:15 MANICURES & MUSIC D/RS/CLR 11:00 NAME TEN D/RS/C LR 11:30 COMEDY HOUR D/RS/C LR 1:15 AUGUST NUMBER ONE MUSIC HITS D/RS/C LR 2:00 PONG GAME FUN D/RS/CLR 2:30 FAMOUS COUPLES QUIZ D/RS/CP 3:00 CHIPS N DIP SOCIAL HOUR D/RS/C LR 4:00 SING A LONG D/RS/CLR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS LR
28 READING ROUNDTABLE SHORT STORIES 9:30 SUNDAY STRENGTHENING C LR 10:00 CATHOLIC MASS C LR 10:30 SUMMER GAMES ON THE PATIO JM P 11:15 WALKING CLUB TO THE PATIO C/JM P 1:15 ART CORNER JM LR 1:15 READING ROUNDTABLE SHORT STORIES JM/RS LR 2:00 WALKING CLUB TO THE PATIO JM/RS P 2:30 SHORT STORIES JM/RS LR 3:00 SUNDAY ICE CREAM SOCIAL J LR 4:00 BALL GAMES J P 6:00 SOOTHING SOUNDS OF SUMMER RS LR 7:00 EVENING IN THE CINEMA RS LR	29 NATIONAL LEMON DAY 9:30 FITNESS FUN D/C/RS LR 10:15 WAKE UP DANCE CHALLENGE D/C/RS P 10:15 BAKING DAY LEMON THEME D/C/RS LR 11:00 PARACHUTE FUN D LR 11:30 BE OUR GUEST D/RS/JMLR 1:15 LIFESTYLE STATIONS D/RS/JMDR 2:00 LEMONADE SOCIAL ON PATIO D/RS/JMP 3:00 SNACKIN SOCIAL HOUR D/RS/JMLR 4:00 KARAOKE HOUR! D/RS/JMLR 6:00 THERAPEUTIC ART WITH DANIELLE D LR 7:00 EVENING IN THE CINEMA D LR	30 MINI GOLF CHALLENGE DAY 9:30 TUESDAY TONING CLASS RS/D/C LR 10:15 MORNING WALKING PATH RS/D/C P 11:00 NOODLE AROUND RS/D/C P 11:15 MINI GOLF CHALLENGE RS/D/C LR 11:30 BE OUR GUEST RS/D/JMDR 1:15 BINGO! RS/D/JMLR 2:00 WALKING CLUB TO THE BISTRO RS LR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION RS/D/JMLR 6:00 RELAXATION CORNER C LR 7:00 EVENING IN THE CINEMA C LR	31 OPERA HOUR 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:15 GARDEN CLUB D/C P 10:15 CORNHOLE CHALLENGE D/C P 11:00 SALON & SPA HOUR D/C/RS LR 11:30 OPERA HOUR D B 1:15 KEEP IT UP! RS/D/RS DR 2:00 HANGMAN FUN RS O 2:30 REMINISC CORNER RS/D/RS LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 4:00 SING A LONG WITH RECREATION RS/D/ LR 6:00 EVENING STRETCH BEFORE BED RS LR 7:00 EVENING IN THE CINEMA RS LR	STAFF KEY JW - Jody D - Danielle J - Jasmine AT - Anne AG - Alexa JM - Jaydah C - Cynthia AX - Alex CM - Carmela 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 RL - Resident Lead		