

September 2022

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	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 NATIONAL HORSES DAY 9:30 SIT AND BE FIT D/RS/CLR 10:15 SHORT STORIES: HORSES D/RS/RS LR 11:00 ART CORNER: HORSES D/RS/RS LR 11:30 LIFESTYLE STATIONS D/RS/CLR 1:15 SIGHTS OF SUMMER D/RS/CLR 2:00 HORSERACING D/RS/CLR 3:00 SOCIAL HOUR D/RS/CLR 3:30 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	2 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 JOKE CORNER RS/D/AGP 2:30 HUMPHREY BOGART LECTURE VEN M 3:00 TGIF HAPPY HOUR RS/D/RS 4:00 HUMPHREY BOGART MOVIE RS/D/AGLR 6:00 SHORT STORIES RS/D/AGLR 7:00 EVENING IN THE CINEMA RS LR	3 9:30 SATURDAY STRETCH D/RS/C LR 10:15 MANICURES & MUSIC D/RS/C LR 11:00 SOCCER FUN D/RS/C LR 11:30 KENNY ROGERS MUSIC D/RS/C LR 1:15 LIFESTYLE STATIONS D/RS/C LR 2:00 MUSIC MAKING WITH RECREATION D/RS/C LR 2:30 LIVE COMEDY SHOW AND KENNY ROGERS D/RS/C LR 3:00 HAPPY HOUR 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
4 9:30 SUNDAY STRETCHES C LR 10:00 CATHOLIC MASS C LR 10:30 NAME TEN JM LR 11:00 BRONX ZOO VIRTUAL VISIT C/JM LR 1:15 WALKING CLUB ON PATIO JM P 2:00 WALKING CLUB TO THE BISTRO JM/RS P 2:30 BIRD WATCHING AND BIRD FEEDERS JM/RS P 3:00 SUNDAY SUNDAES 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	5 9:30 FITNESS CLASS TO ITALIAN MUSIC 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 COOKING CLUB: PIZZA MAKING C LR 1:15 WALKING CLUB ON PATIO C/RS/JMLR 1:15 LIFESTYLE STATIONS C/RS/JMP 2:00 PIZZA FUN FACTS C/RS/JMDR 2:30 ART CORNER C/RS/JMDR 3:00 PIZZA SOCIAL HOUR C/RS/JMDR 4:00 KARAOKE HOUR! D LR 6:00 THERAPEUTIC ART WITH DANIELLE D P 7:00 EVENING IN THE CINEMA D LR	6 LABOR DAY BBQ 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 12:00 LABOR DAY BBQ RS/D/JMP 1:15 BINGO ON THE PATIO RS/D/JMP 2:00 WALKING CLUB TO THE BISTRO RS/D LR 2:30 MINUTE TO WIN IT GAMES RS/D/JMP 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 SING A LONG WITH RECREATION C LR 6:00 MUSIC WITH VANCE VEN LR 7:00 EVENING IN THE CINEMA C LR	7 9:30 TROPICAL WORKOUT D/C LR 10:00 LI CARRIAGE MUSEUM VIRTUAL VISIT VEN LR 11:00 GRANDMA MOSES ART CORNER D/C P 11:00 SALON & SPA HOUR D/C/RS LR 1:15 KEEP IT UP! D DR 2:00 FRESH AIR CLUB RS/D/RS CY 2:30 BINGO ON PATIO RS CY 3:00 HAPPY HOUR RS/D/RS LR 4:00 MUSIC RELAXATION RS/D/RS LR 6:00 EVENING STRETCH BEFORE BED RS/D LR 7:00 EVENING IN THE CINEMA RS LR	8 9:30 SIT AND BE FIT D/RS/C LR 10:15 MINI GOLF CHALLENGE D/RS/RSP 10:45 PARACHUTE GAMES D/RS/RSP 1:15 LIFESTYLE STATIONS D/RS/C LR 1:15 ART CORNER D/RS/C LR 2:00 Pictionary GAME VEN LR 2:30 HORSERACING D/RS/C LR 3:00 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	9 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 11:30 SALON & SPA HOUR D/C/AG LR 1:15 CRAFTING CORNER D//RS/C LR 2:00 SING A LONG RS/D/AGLR 2:30 NAME THAT TUNE RS 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	10 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 LIFESTYLE STATIONS D/RS/C LR 1:30 MUSIC THERAPY WITH MARIA VEN LR 2:00 BOWLING FUN D/RS/C LR 2:30 PAINT PARTY VEN 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
11 GRANDPARENTS DAY 9:30 SUNDAY STRETCHES C LR 10:00 CATHOLIC MASS C LR 10:00 CARICATURIST WITH ED MURR VEN CY 10:30 READING ROUNDTABLE SHORT STORIES JM LR 11:15 NAME 10 C/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 2:30 INTERGENERATIONAL PROGRAM: GUINEA PIGS VEN CY 3:00 NANA AND POPS 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	12 ASSISTED LIVING WEEK: THROUGH THE DECADES 9:30 SWEATIN TO THE 50'S D/C/RS LR 10:15 TOP STORIES FROM THE 60'S D/C/RS P 10:15 70'S MUSIC AND MANICURES D/C/RS LR 11:00 ACTIVE GAMES ON PATIO D LR 11:30 MEMORIES THROUGH THE DECADES D/RS/JMLR 1:15 LIFESTYLE STATIONS D/RS/JMDR 2:00 ART CORNER D/RS/JMCY 2:00 BEACH BALL GAME TO THE BEACH BOYS D/RS/JMLR 3:00 HAPPY HOUR: MILK SHAKE BAR! D/RS/JMLR 4:00 80'S KARAOKE HOUR D P 6:00 THERAPEUTIC ART WITH DANIELLE D LR 7:00 EVENING IN THE CINEMA D LR	13 ASSISTED LIVING WEEK: COUNTRY WESTERN DAY 9:30 GIDDY UP TONE AND SCULPT RS/D/C LR 10:15 MORNING WALKING PATH RS/D/C P 11:00 YOGA WITH RAY RS/D/C CY 11:30 BE OUR GUEST RS DR 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 2:30 CLASSIC COUNTRY WITH JOHN K. VEN LR 3:00 CHEF CHOICE HAPPY HOUR RS/D/JMLR 4:00 LINE DANCING IN THE LOBBY RS/D/JMLR 6:00 RELAXATION CORNER C LR 7:00 EVENING IN THE CINEMA C LR	14 ASSISTED LIVING WEEK: BROADWAY DAY 9:30 EXERCISE TO BROADWAY TUNES 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 11:00 OREO TEST TESTING D B 1:15 KEEP IT UP! RS/D/RS DR 2:00 WALKING CLUB TO BISTRO RS/D/RS B 2:30 BROADWAY THEME ROSE GUNTER TRIO VEN P 3:00 HAPPY HOUR RS/D/RS LR 4:00 BROADWAY SING A LONG RS/D/RS LR 6:00 EVENING STRETCH BEFORE BED RS/D LR 7:00 EVENING IN THE CINEMA RS LR	15 ASSISTED LIVING WEEK: ARBORS OLYMPICS 9:30 SIT AND BE FIT D/RS/C LR 10:00 ARBORS OLYMPICS CM O 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 2:30 LIVE MUSIC WITH CATERINA D/RS/C L 2:30 I LOVE LUCY RS LR 3:00 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	16 ASSISTED LIVING WEEK: ARBORS GOT TALENT 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 SING A LONG D//RS/C LR 2:00 WALKING CLUB TO BISTRO RS/D/AGB 2:30 ARBORS GOT TALENT RS 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	17 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 LIFESTYLE STATIONS D/RS/C LR 2:00 LIVE MUSIC WITH LES DEGAN VEN 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
18 AIR FORCE BIRTHDAY 9:30 SUNDAY STRETCHES C LR 10:00 CATHOLIC MASS C LR 10:30 WALKING CLUB TO THE PATIO JM P 11:15 PATRIOTIC SING A LONG C/JM P 1:15 ART CORNER JM LR 2:00 YOU TUBE AIR FORCE BIRTHDAY JM/RS LR 2:30 REMEMBER WHEN... JM/RS LR 3:00 SUNDAY SUNDAES 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	19 NATIONAL TALK LIKE A PIRATE DAY 9:30 WALK THE PLANK EXERCISE D/C/RS LR 10:15 PIRATE JOKE CORNER D/C/RS P 10:15 MONDAY MANICURES & MUSIC D/C/RS LR 11:00 SWORD FIGHTS ON THE PATIO D P 11:30 BE OUR GUEST D/RS/JMDR 1:15 LIFESTYLE STATIONS RS/D/JMLR 2:00 PIRATE ART CORNER D/RS/JMDR 2:30 PIRATE WORDS RS LR 3:00 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	20 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 LIFESTYLE STATIONS RS/D/JMLR 1:15 BINGO! RS/D/JMLR 2:00 WALKING CLUB TO THE BISTRO RS LR 2:30 NAME THE MOVIE STAR RS CY 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	21 WORLD ALZHEIMERS DAY / WEAR PURPLE TODAY 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:15 NAME YOUR FAVORITE 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 ALZHEIMER'S MINI WALK RS/D/RS LR 3:00 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	22 HAPPY FALL YALL! 9:30 SIT AND BE FIT 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 LIFESTYLE STATIONS D/RS/C LR 2:00 HISTORY OF ICE CREAM D/RS/C P 2:3 NAME ICE CREAM FLAVORS D/RS/C LR 3:00 ICE CREAM CONE DAY SOCIAL 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	23 NATIVE AMERICAN DAY 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 LIFELSTYLE STATIONS D//RS/C DR 2:00 INDIAN ART CORNER RS/D/AG LR 3:00 TGIF HAPPY HOUR RS/D/RS LR 3:30 REMINISCING WITH RECREATION RS/D/AG LR 4:15 SHORT STORIES RS/D/AG LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS LR	24 9:30 SATURDAY STRETCH D/RS/CLR 10:15 MANICURES & MUSIC D/RS/CLR 11:00 NAME TEN D/RS/CLR 11:30 COMEDY HOUR D/RS/CLR 1:15 LIFESTYLE STATIONS D/RS/CLR 2:00 PONG GAME FUN D/RS/CLR 2:30 FAMOUS COUPLES QUIZ D/RS/CP 3:00 SOCIAL HOUR D/RS/CLR 4:00 SING A LONG D/RS/CLR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS LR
25 ROSH HASHANAH BEGINS! 9:30 SUNDAY STRETCHES C LR 10:00 CATHOLIC MASS C LR 10:00 ROSH HASHANAH CENTRAL SYNAGOGUE RS M 10:30 ACTIVE GAMES ON THE PATIO JM P 11:15 WALKING CLUB TO THE PATIO C/JM P 1:15 ART CORNER JM LR 1:15 LIFESTYLE STATIONS JM/RS LR 2:00 WALKING CLUB TO THE BISTRO JM/RS B 2:30 SHORT STORIES JM/RS LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL J LR 4:00 BALL GAMES J P 6:00 SOOTHING SOUNDS OF FALL RS LR 7:00 EVENING IN THE CINEMA RS LR	26 9:30 FITNESS FUN D/C/RS LR 10:15 WAKE UP DANCE CHALLENGE D/C/RS P 10:15 LEMON THEMED BAKING HOUR 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 FRESH AIR CLUB D/RS/JMP 3:00 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	27 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 11:30 BE OUR GUEST RS/D/JMDR 1:15 BINGO! RS/D/JMLR 2:00 WALKING CLUB TO THE BISTRO RS LR 2:30 SELF CARE EXPO VEN CY 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	28 9:30 WEDNESDAY BALANCE & AGILITY D/C LR 10:15 BALOON VOLLEYBALL D/C P 10:15 CORNHOLE CHALLENGE D/C P 11:00 SALON & SPA HOUR D/C/RS LR 11:30 FRESH AIR CLUB RS P 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 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	29 9:30 SIT AND BE FIT 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 LIFESTYLE STATIONS D/RS/C LR 2:00 PONG GAME D/RS/C P 2:30 AZ THROWING GAME D/RS/C P 3:00 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	30 9:30 FRIDAY FULL BODY WORKOUT D/C LR 10:00 NAME THAT TUNE D/C LR 10:30 MARITIME MUSEUM SAYVILLE CM O 10:30 ARTIST CORNER D/C LR 11:00 SALON & SPA HOUR D/C/AGLR 1:15 LIFESTYLE STATIONS D//RS/C DR 2:00 OCEAN THEME WORD GAMES RS/D/AG LR 2:30 FASCINATING STORIES OF THE SEA RS/D/RS LR 3:00 OCEAN THEME HAPPY HOUR RS/D/AG LR 4:15 SHORT STORIES RS/D/AG LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS LR	