

September 2022

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE PRACTICE Facemask Suggested  SOcial DISTANCING The Arbors ASSISTED LIVING COMMUNITIES	STAFF KEY G=GINA, Director of Recreation SH=SHARON S=SHERYL VS=VINNY D=DIANE DV=DEB AN=ANDREA J=JASMINE AM=ANNEMARIE JO=JOSH I=INDEPENDENT RS=RECREATION STAFF V=VOLUNTEER AC=ACTIVITY CHANNEL ***=Call 381 for Appt. LOCATION KEY AR=ACTIVITY ROOM 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.		1HELLO SEPTEMBER 9:00 MUSICAL MUSINGS LV JO 9:30 THE FRONT PAGE NEWS LV JO 10:00 SIT AND BE FIT LV JO 10:30 DEXTERITY THERAPY LV JO 11:00 IT HAPPENED IN SEPTEMBER LV VS 11:30 SEPTEMBER BIRTHDAY QUIZ LV VS 1:30 ARTISTIC EXPRESSIONS CLASS AR VS 1:30 BINGO LV JO 3:00 CHEFS CHOICE SOCIAL LV ALL 3:00 SMARTBOARD CONCERTS: DOLLY PARTON LV RS 4:00 ADULT COLORING AR VS 4:00 SHOUT OUT TRIVIA LV JO 6:00 EVENING MOVIE LV RS	2NEW RESIDENT BRUNCH 9:00 SING YOUR HEART OUT LV VS 9:30 DAILY CHRONICALS LV VS 10:00 CHAIR ZUMBA LV JO/VS 10:30 BALLOON VOLLEYBALL LV JO/VS 11:00 NEW RESIDENT BRUNCH BI G BOWLING LV JO/VS 1:30 POOL SHARKS GR VS 1:30 PENNY PITCH FOR PRIZES LV JO/VS 3:00 TGIF HAPPY HOUR LV ALL 3:00 SMARTBOARD CONCERTS: TOM JONESLV RS 4:00 MUSICAL HANGMAN LV JO/VS 4:00 CARD CLUB AR VS 6:00 FRIDAY FLICK LV RS	3KENNY ROGERS IMPERSONATOR 9:00 MUSIC IN THE MORNING LV VS 9:30 WEEKEND UPDATE LV VS 10:00 USE YOUR NOODLE LV VS 10:30 WORD PUZZLES AND JUMBLES LV VS 11:00 COFFEE, TEA AND ME LV VS 1:30 FAMILY FEUD LV VS 2:00 KENNY ROGERS IMPERSONATOR ES I 3:00 CHEF'S TASTING SOCIAL LV VS 3:00 SMARTBOARD CONCERTS LV VS 4:00 URBAN MYTH GAME LV VS 6:00 SATURDAY NIGHT SHOWING LV JO
4COMMUNION 9:00 MORNING TUNES RS LV 9:30 NEWS AND VIEWS RS LV 10:00 SUNDAY STRETCHING RS LV 10:30 COMMUNION WITH JAMES RS LV 11:00 SHARE A STORY RS LV 1:15 MOVIE MATINEE RS LV 1:30 BINGO RS LV 3:00 HAPPY HOUR SOCIAL RS LV 3:00 SMARTBOARD CONCERT RS LV 4:00 QUIPO QUIZ RS LV 6:00 TONIGHT AT THE MOVIES RS LV	5LABOR DAY 9:00 SONGS FOR AMERICA G LV 9:30 MORNING NEWS G LV 10:00 PILATES CLASS G LV 10:30 WALKING CLUB G LV 11:00 ABOUT LABOR DAY G LV 11:30 WORD-IN-A-WORD: LABOR DAY G LV 1:30 LABOR DAY CRAFT G LV 2:00 PATRIOTIC SING A LONG G LV 3:00 RED, WHITE AND BLUE SOCIAL G LV 4:00 HOT SEAT CHALLENGE G LV 6:00 MONDAY NIGHT SHOWING G LV	6LABOR DAY BBQ 9:00 MELODIES IN THE MORNING LV JO 9:30 TODAY'S NEWS LV JO 10:00 MOVEMENTS TO MUSIC LV JO 10:30 NOODLE-BALL LV JO 11:00 WALKING CLUB CY VS/JO 12:00 END OF SUMMER BBQ ALL VS/JO 1:30 FRESH AIR CLUB CY VS/JO 3:00 HAPPY HOUR IN THE COURTYARD CY ALL 3:00 SMARTBOARD CONCERTS RS RS 4:00 SHOUT-OUT TRIVIA LV JO 4:00 MEN'S CLUB GR VS/JO 6:00 NIGHTLY MOVIE LV VS/JO	7WATERCOLOR CLASS 9:00 ACOUSTIC SUNRISE LV VS 9:30 DAILY NEWS LV VS 10:00 MORNING STRETCHING LV VS 10:30 BALLOON VOLLEYBALL LV VS 11:00 WORD WATERFALL LV JO 11:30 CONVERSATION STARTERS LV JO 1:30 FRESH AIR CLUB CY ALL 3:00 HAPPY HOUR SOCIAL! LV ALL 3:00 SMARTBOARD CONCERTS LV RS 4:00 BAR TRIVIA LV JO 4:00 WATERCOLOR CLASS: FLOWERS AR G/VS 6:00 MOVIES AT DUSK JO JO	8LAUREL & HARDY 9:00 60'S IN THE AM LV JO 9:30 HAPPENINGS AND HOROSCOPES LV JO 10:00 STRETCH AND FLEX LV JO 11:00 PUTT-PUTT GOLF LV JO/VS 11:30 WHATS YOUR ADVICE? LV VS 1:15 LAUREL AND HARDY WITH LARRY WOLFF 1F VS 1:30 FRESH AIR CLUB CY ALL 3:00 CHEFS CHOICE SOCIAL LV ALL 3:00 SMARTBOARD CONCERTS LV JO 4:00 CREATE A TRIP TO NYC LV JO 4:00 ADULT COLORING AR VS 6:00 MEET ME AT THE CINEMA LV VS	9ROSARY WITH LINDA 9:00 MUSICAL MUSINGS LV VS 9:30 NEWSDAY LV VS 9:45 ROSARY WITH LINDA M RS 10:00 CHAIR ZUMBA LV JO/VS 10:30 TOSS AND TALK LV JO/VS 11:00 AXE & ARCHERY LV JO/VS 1:30 MAGAZINE SCAVENGER HUNT LV JO 1:30 POOL SHARKS GR VS 3:00 TGIF HAPPY HOUR LV ALL 4:00 A-Z LV JO 4:00 PUZZLE PARTY AR VS 6:00 MOVIES AT NIGHT LV J	10TYE DYE DAY/ BUS TRIP 9:00 MUSIC IN THE MORNING LV VS 9:30 WEEKEND IN REVIEW LV VS 10:00 WAKE UP, WORK OUT LV VS 10:30 WORD PUZZLES AND JUMBLES LV VS 11:00 YOU, ME AND TEA LV VS 1:30 TYE DYE T-SHIRTS CY VS/G 1:30 SCENIC BUS TRIP O DV/AN 3:00 CHEFS TASTING SOCIAL LV ALL 4:15 ABOUT THE AIRFORCE BIRTHDAY 6:00 CASH BINGO 6:00 SATURDAY SHOWING LV JO
11PATRIOTS DAY/ GRANDPARENTS DAY 9:00 MORNING SONGS N LV 9:30 WEEKEND NEWS N LV 10:00 TALKING ABOUT 9/11 N LV 10:30 COMMUNION WITH JAMES V LV 11:00 GRANDPARENTS DAY BRUNCH N LV 1:30 BIOGRAPHIES AND STORY SHARING N LV 2:00 REMINISCING: GRANDPARENTS N LV 3:00 HAPPY HOUR SOCIAL N LV 3:00 SMARTBOARD CONCERTS N LV 4:00 LAUGHTER IS THE BEST MEDICINE N LV	12CHOCOLATE MILKSHAKE DAY 9:00 MORNING TUNES J LV 9:30 TODAY'S NEWS J LV 10:00 WAKE UP, WORK OUT! J LV 10:30 BIOGRAPHY ON: OTIS REDDING J LV 11:00 NAME THAT TUNE: OTIS REDDING EDITION J LV 11:30 RICK STEVENS TRAVELOGUES J LV 1:30 MANICURES WITH JASMINE J LV 3:00 CHOCOLATE MILKSHAKE SOCIAL J LV 4:00 FAMILY FEUD J LV 6:00 MOVIES WE LOVE J LV	13MINUTE TO WIN IT/ BUS TRIP 9:00 CROONERS AND SWOONERS LV JO 9:30 WHAT'S IN THE NEWS? LV JO 10:00 NOODLECIZE LV JO 10:30 CIRCLE SOCCER LV JO 11:00 CAPTURE THE MOMENT PHOTOGRAPHY FUN LV VS 11:30 REMINISCCE CORNER LV JO 1:30 STAFF & RESIDENT MINUTE TO WIN IT CY ALL 1:30 STONY BROOK SCENIC TRIP O DV/AN 3:00 CHEFS CHOICE SOCIAL LV ALL 3:00 SMARTBOARD CONCERTS LV VS 4:00 MEN'S CLUB WITH VINNIE GR VS 4:00 NAME 10 LV JO 6:00 NIGHT TIME MOVIES LV VS	14ALZHEIMERS ART SHOW 9:00 SWEET MELODIES IN THE MORNING VS LV 9:30 DAILY NEWS VS LV 10:00 STRETCH AND FLEX VS LV 10:30 WHO AM I TRIVIA? VS LV 11:00 ALZHEIMER'S ART SHOW VS O 11:30 RIDDLE ME THIS JO LV 1:30 EAST V. WEST FAMILY FEUD AR ES 3:00 HAPPY HOUR! AR LV 3:00 SMARTBOARD CONCERT AR LV 4:00 ROLL-A-FACE JO LV 4:00 CARD CLUB VS AR 7:00 MOVIES AT DUSK JO LV	15THURSDAY TUNES 9:00 THURSDAY TUNES JO LV 9:30 NEWS & VIEWS JO LV 10:00 SIT AND GET FIT JO LV 10:30 KEEP IT UP BALLOON JO LV 11:00 CONVERSATION STARTERS VS/JO LV 11:30 WHAT WOULD YOU DO? VS/JO LV 1:30 HORSE-RACING JO LV 3:00 CHEFS CHOICE VS/JO LV 4:00 ARMCHAIR TRIVIA JO LV 6:00 NIGHTLY MOVIE VS LV	16ARBORS GOT TALENT 9:00 MELODIES IN THE MORNING LV JO 9:30 HOROSCOPES AND HAPPENINGS LV JO 10:00 CHAIR ZUMBA LV JO/VS 10:30 OUTSIDE CORNHOLE CY JO/VS 1:30 ARBORS GOT TALENT VARIETY SHOW ES ALL 3:00 TGIF HAPPY HOUR LV ALL 3:00 SMARTBOARD CONCERTS LV RS 4:00 AWARDS CEREMONY LV G 6:00 AFTER DINNER MOVIE LV J	17PAZAZZ PERFORMS/BUS TRIP 9:00 MORNING SING-A-LONG LV VS 9:30 WEEKEND UPDATE LV VS 10:00 STRETCH AND FLEX LV VS 10:30 WORD PUZZLES AND JUMBLES LV VS 11:00 YOU, ME AND TEA LV VS 1:00 MUSICAL HANGMAN LV VS 1:30 BUS TRIP: ITALIAN ICES O AN/DV 2:00 PAZAZZ PERFORMS LV ALL 3:00 CHEFS TASTING SOCIAL LV ALL 3:00 SMARTBOARD CONCERTS LV VS 4:00 NAME ALL 50 STATES LV VS 6:00 MOVIE CLUB LV JO
18COOKING CLUB 9:00 SUNDAY SERENADES N LV 9:30 DAILY CHRONICLES N LV 10:00 SUNDAY STRETCHING N LV 10:30 COMMUNION WITH JAMES V LV 11:00 ROLLING DOUGH N LV 1:30 BINGO!! N LV 3:00 HOMEMADE HAPPY HOUR N LV 3:00 SMARTBOARD CONCERTS N LV 4:00 A-Z WORD GAME N LV 6:00 SUNSET MOVIES RS LV	19INTERNATIONAL TALK LIKE A PIRATE DAY 9:00 MUSIC IN THE MORNING J LV 9:30 HOROSCOPES & NEWS J LV 10:00 MORNING EXERCISE J LV 10:30 MUSICAL BALL TOSS J LV 11:00 BIOGRAPHY ON:SOPHIA LOREN J LV 1:30 TREASURE HUNT J LV 3:00 HAPPY HOUR SOCIAL J LV 3:00 SMARTBOARD CONCERTS J LV 4:00 PIRATE WORDS J LV 6:00 MONDAY MOVIE MANIA J LV	20PET THERAPY 9:00 MUSIC IN THE MORNING JO LV 9:30 TODAY'S HEADLINERS JO LV 10:00 STRETCH AND FLEX JO LV 10:30 SHOOTING HOOPS JO LV 11:00 PET THERAPY VS LV 11:30 CUTE PET VIDEOS VS LV 1:30 PENNY PITCH JO LV 3:00 CHEFS CHOICE SOCIAL ALL LV 3:00 SMARTBOARD CONCERTS ALL LV 4:00 MAD-LIBS JO LV 4:00 MEN'S CLUB WITH VINNIE VS GR 6:00 NIGHTLY MOVIE VS LV	21PEACE DAY 9:00 PEACEFUL TUNES VS LV 9:30 DAILY DOSE VS LV 10:00 DANCING WITH SCARVES VS LV 10:30 PICTURE PUZZLES VS LV 11:00 CONVERSATIONS ABOUT PEACE VS O 1:30 FRESH AIR CLUB JO LV 3:00 HAPPY HOUR SOCIAL AR ES 3:00 SMARTBOARD CONCERT AR LV 4:15 AROMATHERAPY AND RELAXATION AR LV 4:15 GAMES AT THE BAR JO LV 6:00 BINGO AT NIGHT VS AR 7:00 EVENING SHOWING JO LV	22AUTUMN BEGINS/LIBRA SEASON 9:00 70'S IN THE AM LV JO 9:30 HAPPENINGS AND HOROSCOPES LV JO 10:00 STRETCH AND FLEX LV JO 10:30 NOODLEBALL LV JO 11:00 ZODIAC 101: LIBRA LV VS 11:30 RICK STEVENS TRAVELOGUES LV VS 1:30 FRESH AIR CLUB AR VS 3:00 CHEFS CHOICE SOCIAL LV JO 3:00 SMARTBOARD CONCERTS LV ALL 4:15 ABOUT THE AUTUMNAL EQUINOX LVRS 4:00 COLORING CORNER AR VS 6:00 MEET ME AT THE CINEMA LV VS	23ROSARY GROUP/CHECKERS TOURNAMENT 9:00 MELODIC MORNINGS LV VS 9:30 BREAKING NEWS LV VS 10:00 ROSARY WITH LINDA M RS 10:00 CHAIR ZUMBA LV JO/VS 10:30 AXE & ARCHERY LV JO/VS 11:30 SING-A-LONG SONGS LV JO/VS 1:30 CHECKERS TOURNAMENT LV JO 1:30 BINGO, BINGO, BINGO! GR VS 3:00 TGIF HAPPY HOUR LV ALL 3:00 SMARTBOARD CONCERT LV JO 4:00 IT HAPPENED ON LONG ISLAND AR JO 4:00 CARD CLUB AR VS 6:00 TGIF MOVIES LV J	24COFFEE, TEA & ME 9:00 SATURDAY SONGS LV VS 9:30 SATURDAY POST LV VS 10:00 SIT&BE FIT LV VS 10:30 WORD PUZZLES AND JUMBLES LV VS 11:00 COFFEE, TEA AND ME LV VS 1:30 CLIMB THE MOUNTAIN LV VS 2:00 NAME THAT MUSICAL INSTRUMENT LV VS 3:00 CHEFS TASTING SOCIAL LV ALL 3:00 SMARTBOARD CONCERT LV VS 4:00 WORD-WATERFALL LV VS 6:00 NIGHTLY MOVIES LV RS
25ROSH HASHANAH/ BUS TRIP 9:00 SUNDAY SONGS N LV 9:30 NEWS AND VIEWS N LV 10:00 MONTHLY REFLECTION QUESTIONS N LV 10:30 COMMUNION WITH JAMES N LV 1:30 FAMILY FEUD N LV 2:00 MUSICAL HANGMAN N LV 3:00 SUNDAY SOCIAL N LV 3:00 SCENIC BUS TRIP N LV 4:00 ABOUT ROSH HASHANA N LV 6:00 NETFLIX NIGHT RS LV	26MANICURES 9:00 MELODIES IN THE MORNING J LV 9:30 NEWS & VIEWS J LV 10:00 SIT AND BE FIT J LV 10:30 KICK-BALL J LV 11:00 BIOGRAPHY ON: ED SULLIVAN J LV 1:30 MANICURES WITH JASMINE J LV 1:30 VIRTUAL TRAVEL J LV 3:00 SOCIAL HOUR J LV 3:00 SMARTBOARD CONCERTS J LV 4:00 QUIPO QUIZ J LV 6:00 MOVIES, MOVIES, MOVIES J LV	27ENTERTAINMENT/SELF CARE EXPO 9:00 MUSIC APPRECIATION JO LV 9:30 WHAT'S IN THE NEWS JO LV 10:00 ARMCHAIR PILATES JO LV 10:30 BALLOON VOLLEYBALL JO LV 11:00 BEAT THE DEALER VS LV 11:00 SELF CARE EXPO G CY 11:30 GRATITUDE AND AFFIRMATIONS JO LV 1:30 FRESH AIR CLUB ALL CY 2:30 BIRTHDAY PARTY WITH DEB ALL LV 3:00 CHEFS CHOICE SOCIAL JO LV 3:00 SMARTBOARD CONCERTS ALL LV 4:00 MEN'S CLUB WITH VINNIE VS GR 4:00 WHAT WOULD YOU DO? JO LV 6:00 MOVIES AT NIGHT VS LV	28PENNY PITCH FOR PRIZES 9:00 70'S SONGS VS LV 9:30 DAILY NEWS VS LV 10:00 CHAIR PILATES VS LV 10:30 WORD-IN-A-WORD VS LV 11:00 YOU BE THE JUDGE VS O 1:30 PENNY PITCH FOR PRIZES JO LV 1:30 FRESH AIR CLUB AR ES 3:00 HAPPY HOUR SOCIAL AR LV 3:00 SMARTBOARD CONCERTS AR LV 4:00 LCR DICE GAME JO LV 4:00 ARMCHAIR TRIVIA VS AR 6:00 MOVIE CLUB JO LV	29CREATIVE CREATIONS 9:00 LOVE MUSIC IN THE AM LV JO 9:30 NEWS AND VIEWS LV JO 10:00 WAKE UP, WORK OUT LV JO 10:30 MOVEMENT WITH SCARVES LV JO 11:00 COVER STORIES WITH GINA LV VS 1:30 FRESH AIR CLUB CY VS 1:30 BINGO AR VS 3:00 CHEFS CHOICE SOCIAL LV JO 4:00 SHARE A STORY LV ALL 4:00 CREATIVE CREATIONS LV VS 6:00 MOVIES AT NIGHT LV VS	30POOL SHARKS 9:00 MUSICAL MORNINGS LV JO 9:30 NEWSDAY LV JO 10:00 CHAIR ZUMBA LV JO/VS 10:30 TOSS & TALK LV JO/VS 11:00 CORNHOLE IN THE COURTYARD CY JO/VS 1:30 POOL SHARKS GR VS 1:30 MAGAZINE SCAVENGER HUNT LV JO 3:00 TGIF FRIDAY SOCIAL LV ALL 3:00 SMARTBOARD CONCERTS LV ALL 4:00 CARD CLUB AR VS 4:00 NAME 5,10,15 LV JO 6:00 FRIDAY SHOWING LV J	