

September 2022

The Arbors At ISLANDIA WEST

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



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
RS=Recreation staff
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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 9:00 MORNING TUNES SB DV 9:30 NEWS AND VIEWS LV DV 10:00 COMMUNION WITH JAMES DR V 10:30 WALKING CLUB CM DV 11:00 SHARE A STORY LV DV 1:15 MOVIE MATINEE M DV 1:30 BINGO LV DV 2:00 TOSS AND TALK LV DV 3:00 HAPPY HOUR SOCIAL B DV 3:00 SMARTBOARD CONCERT SB DV 4:15 VIRTUAL SCENES B DV 6:00 TONIGHT AT THE MOVIES M I	5 LABOR DAY 9:00 PATRIOTIC SING A LONG SB D 9:30 MORNING NEWS LV D 10:00 PILATES CLASS LV D 10:30 WALKING CLUB CM D 11:00 ABOUT LABOR DAY LV D 11:30 WORD-IN-A-WORD: LABOR DAY LV D 1:00 SCRABBLE WITH NORA B V 1:15 AFTERNOON SHOWING M RS 1:30 LABOR DAY CRAFT BI D 3:00 RED WHITE AND BLUE HAPPY HOUR B D 3:00 SMARTBOARD CONCERTS SB RS 4:15 CARDS AT THE BAR B D 6:00 EVENING BINGO \$ BI VS 7:00 MONDAY NIGHT SHOWING M VS	6 LABOR DAY BBQ/ BUS TRIP 9:00 MELODIES IN THE MORNING SB D 9:30 TODAY'S NEWS LV D 9:30 IHOP BREAKFAST TRIP O DV/AN 10:00 MOVEMENTS TO MUSIC LV D 10:30 WALKING CLUB CM D 11:00 PET THERAPY LV V 11:30 END OF SUMMER BBQ CY ALL 1:15 MOVIE MATINEE M RS 1:30 FRESH AIR CLUB CY D 1:30 GARDENING CLUB CY G 3:00 HAPPY HOUR IN THE COURTYARD CY ALL 3:00 SMARTBOARD CONCERTS SB RS 4:15 LCR AT THE BAR B D 4:15 MENS CLUB GR VS 6:00 CASH BINGO BI VS 7:00 NIGHTLY MOVIE M VS	7 WATERCOLOR CLASS 9:00 ACOUSTIC SUNRISE SB D 9:30 DAILY NEWS LV D 10:00 MORNING STRETCHING LV D 10:30 WALKING CLUB CM D 11:00 BALLOON VOLLEYBALL LV D 11:30 SING-A-LONG TO THE CLASSICS LV RS 12:00 LUNCH TRIP: MAUREENS KITCHEN ES RS 1:15 MID-DAY MATINEE M RS 1:30 WATERCOLOR CLASS: FLOWERS BI G 1:30 SCRABBLE AT THE BAR B V 3:00 HAPPY HOUR SOCIAL! B ALL 3:00 SMARTBOARD CONCERTS LV RS 4:15 BAR TRIVIA B D 6:00 BINGO IN THE EVENING \$ BI JO 7:00 MOVIES AT DUSK M JO	8 RESIDENT COUNCIL/ LAUREL & HARDY 9:00 60S IN THE AM SB D 9:30 HAPPENINGS AND HOROSCOPES LV DV 10:00 STRETCH AND FLEX LV D 10:30 WALKING CLUB CM D 11:00 RESIDENT COUNCIL BI G 11:30 ACTIVITY COMMITTEE BI G 1:15 AFTERNOON SHOWING M RS 1:30 MANICURES WITH DEB BI DV 1:15 LAUREL AND HARDY WITH LARRY WOLFF LV ALL 3:00 SPECIAL SOCIAL: CORN NUGGETS B ALL 3:00 SMARTBOARD CONCERTS SB RS 4:15 CREATE A SCENE B DV 6:00 BINGO AT NIGHT \$ BI VS 7:00 MEET ME AT THE CINEMA M VS	9 ROSARY WITH LINDA 9:00 MUSICAL MUSINGS SB D 9:30 NEWSDAY LV D 9:45 ROSARY WITH LINDA LV V 10:00 CHAIR ZUMBA LV D 10:30 WALKING CLUB CM D 1:15 MENS MOVIE MATINEE M RS 1:00 ARTISTIC EXPRESSIONS:FAMILY TREE CRAFT B J 1:30 SCRABBLE CLUB B V 1:30 FRESH AIR CLUB LV D 3:00 FRIDAY FLOATS B ALL 4:00 SHABBAT SERVICE BI G 4:15 HOT SEAT CHALLENGE LV D 4:15 KINGS IN THE CORNER B J 6:00 EVENING BINGO FOR \$ BI J 7:00 MOVIES AT NIGHT M J	10 TYE DYE DAY/BUS TRIP 9:00 MUSIC IN THE MORNING SB RS 9:30 WEEKEND UPDATE LV RS 10:00 WALKING CLUB CM RS 10:15 EAST V. WEST VOLLEYBALL ES RS 10:30 LUNCH AND SCENIC TRIP O DV/AN 11:00 COFFEE AND CROSSWORDS LV JO 1:30 TYE DYE T-SHIRTS CY ALL 2:00 MOVIE MATINEE M RS 3:00 CHEFS TASTING SOCIAL: PIEROGIES B ALL 4:15 SCATTAGORIES B JO 6:00 CASH BINGO BI JO 7:00 SATURDAY SHOWING M JO
11 PATRIOTS DAY/ GRANDPARENTS DAY 9:00 MORNING SONGS SB DV 9:30 WEEKEND NEWS LV DV 10:00 COMMUNION WITH JAMES DR V 10:00 CARICATURES WITH ED MURR ES RS 10:30 GRANDPARENTS DAY BRUNCH AND VIOLIN CY DV 11:30 REMEMBERING 9/11 LV DV 1:15 AFTERNOON SHOWING M RS 1:30 BIOGRAPHIES AND STORY SHARING LV DV 2:00 REMINISCING: GRANDPARENTS LV DV 3:00 HAPPY HOUR SOCIAL LV DV 3:00 SMARTBOARD CONCERTS SB DV 4:15 CARDS AT THE BAR B I 4:15 LAUGHTER IS THE BEST MEDICINE LV DV 6:00 SUNDAY SHOWING M I	12 CHOCOLATE MILKSHAKE DAY 9:00 MORNING TUNES SB D 9:30 TODAY'S NEWS LV D 10:00 WAKE UP, WORK OUT! LV D 10:30 WALKING CLUB CM D 11:00 BIOGRAPHY ON: OTIS REDDING LV D 11:30 NAME THAT TUNE LV V 1:00 SCRABBLE WITH NORA B V 1:15 MID DAY MOVIE M RS 1:30 FRESH AIR CLUB CY D 3:00 MILKSHAKE SOCIAL B ALL 4:15 CARDS AT THE BAR B D 6:00 BINGO AT NIGHT FOR \$ BI J 7:00 MOVIES WE LOVE BI J	13 LIBRARY VISITS/ MINUTE TO WIN IT 9:00 CROONERS AND SWOONERS SB D 9:30 WHAT'S IN THE NEWS? LV DV 10:00 NOODLECIZE LV D 10:30 LUNCH TRIP O DV/AN 10:30 WALKING CLUB CM D 10:45 LIBRARY VISIT BI V 11:00 WORD JUMBLES ON PAPER LV D 11:30 CONVERSATION STARTERS LV RS 1:15 MID DAY MATINEE M RS 1:30 MINUTE TO WIN IT STAFF V RESIDENTS LV ALL 2:30 COUNTRY CLASSICS WITH JOHN K ES RS 3:00 SPECIAL SOCIAL: PULLED PORK TACOS B ALL 3:00 SMARTBOARD CONCERTS SB RS 4:15 MENS CLUB WITH VINNIE GR VS 4:15 NAME 10 B DV 6:00 FAMILY BINGO NIGHT BI VS 7:00 NIGHT TIME MOVIES M VS	14 EAST V. WEST FAMILY FEUD 9:00 SWEET MELODIES IN THE MORNING SB D 9:30 DAILY NEWS LV D 10:00 STRETCH AND FLEX LV D 10:30 WALKING CLUB CY D 11:00 WORD WATERFALL SB D 11:30 NAME THAT FAMOUS FACE LV D 1:00 SCRABBLE AT THE BAR B V 1:15 MID-DAY MATINEE M RS 1:30 EAST V. WEST FAMILY FEUD ES ALL 3:00 HAPPY HOUR! B ALL 3:00 SMARTBOARD CONCERT SB RS 4:15 I DOUBT IT CARD GAME B D 6:00 BINGO FOR CASH BI JO 7:00 MOVIES AT DUSK M JO	15 THE ARBORS OLYMPICS 9:00 THURSDAY TUNES SB RS 9:30 OLYMPIC FANFARE STRETCH LV DV 10:15 OPENING CEREMONIES O D 10:30 BATTLE AXE THROWING CY DV 11:00 GOLF PUTTING BI DV 12:00 BBQ LUNCH BI DV 1:00 CORN HOLE TOSS ES 1:15 MID-DAY MOVIE RS RS 1:30 LADDERBALL LV DV 2:00 BRAIN GAMES B I 2:30 LIVE ENTERTAINMENT WITH CATERINA ES ALL 3:15 CLOSING CEREMONIES ES 4:15 ARMCHAIR TRIVIA LV DV 6:00 BINGO AT NIGHT \$ BI VS 7:00 NIGHTLY MOVIE M VS	16 ARBORS GOT TALENT 9:00 MELODIES IN THE MORNING SB D 9:30 HOROSCOPES AND HAPPENINGS LV D 10:00 CHAIR ZUMBA LV D 10:30 WALKING CLUB CY D 11:00 OUTSIDE PUTTING ON THE GREEN CY D/J 1:15 MENS MOVIE MATINEE M RS 1:30 ARBORS GOT TALENT VARIETY SHOW CY ALL 3:00 FRIDAY FLOATS B ALL 3:00 SMARTBOARD CONCERTS SB RS 3:00 SHABBAT SERVICE BI RS 4:15 AWARDS CEREMONY LV G 4:15 JENGA AT THE BAR B J 6:00 CASH BINGO BI J 7:00 AFTER DINNER MOVIE M J	17 PAZAZZ PERFORMS/ BUS TRIP 9:00 MORNING SING-A-LONG RS RS 9:30 WEEKEND UPDATE LV G 10:00 WALKING CLUB CM G 10:15 EAST V. WEST VOLLEYBALL ES G 10:30 LUNCH TRIP TO: FRIENDLY'S O DV/AN 11:00 COFFEE AND CROSSWORDS LV JO 1:00 PAZAZZ VOCAL GROUP LV ALL 2:00 SING-A-LONG SONGS LV ALL 3:00 CHEFS TASTING SOCIAL: PARMESAN TATOR TOTS B ALL 3:00 SMARTBOARD CONCERTS RS SB 4:15 TRIVIA AT THE BAR B JO 6:00 BINGO FOR MONEY BI JO 7:00 MOVIE CLUB M JO
18 COOKING CLASS WITH DEB 9:00 SUNDAY SERENADES SB DV 9:30 DAILY CHRONICLES LV DV 10:00 COMMUNION WITH JAMES DR V 10:30 COOKING CLASS WITH DEB B DV 11:00 WHO WANTS TO BE A MILLIONAIRE QUESTIONS LV DV 1:15 MOVIES IN THE AFTERNOON M DV 1:30 AIR FORCE BIRTHDAY LV DV 2:00 VIRTUAL RIDE: BLUE ANGELS SB DV 3:00 HOMEMADE HAPPY HOUR B DV 3:00 SMARTBOARD CONCERTS SB DV 4:15 CREATE A SCENE B DV 6:00 SUNSET MOVIES M RS	19 INTERNATIONAL TALK LIKE A PIRATE DAY 9:00 MUSIC IN THE MORNING SB D 9:30 HOROSCOPES & NEWS LV D 10:00 MORNING EXERCISE LV D 10:30 WALKING CLUB C D 11:00 BIOGRAPHY ON:SOPHIA LOREN LV D 11:30 GIANT WORD SEARCH LV D 1:15 MID-DAY MOVIES M D 1:30 SCRABBLE WITH NORA B V 1:30 FRESH AIR CLUB CY D 3:00 HAPPY HOUR SOCIAL B D 3:00 SMARTBOARD CONCERTS SB D 4:15 PIRATE WORDS SB D 4:15 GAMES AT THE BAR B D 6:00 BINGO FOR \$ BI J 7:00 MONDAY MOVIE MANIA M J	20 BUS TRIP 9:00 MUSIC IN THE MORNING SB DV 9:30 TODAY'S HEADLINERS LV DV 10:00 STRETCH AND FLEX LV D 10:30 WALKING CLUB CY D 11:00 PET THERAPY LV V 11:30 WORD WATERFALL LV D 1:15 MOVIE MATINEE M RS 12:00 TRIP TO THE MOVIES O ES 1:30 GARDENING CLUB CY D 1:30 PENNY PITCH LV DV 3:00 CHEFS CHOICE SOCIAL B ALL 3:00 SMARTBOARD CONCERTS SB ALL 4:15 CREATE A SCENE B DV 4:15 MENS CLUB WITH VINNIE GR VS 6:00 CASH BINGO BI VS 7:00 NIGHTLY MOVIE M VS	21 PEACE DAY 9:00 PEACEFUL TUNES SB D 9:30 DAILY DOSE LV D 10:00 DANCING WITH SCARVES LV D 10:30 WALKING CLUB CY D 11:00 PICTURE PUZZLES LV D 11:15 CONVERSATIONS ABOUT PEACE LV D 1:00 SCRABBLE AT THE BAR B V 1:15 MID DAY MOVIE M RS 1:30 HOT SEAT CHALLENGE LV D 2:00 ALZHEIMERS WALK-A-THON CY G 3:00 HAPPY HOUR SOCIAL B ALL 3:00 SMARTBOARD CONCERT SB RS 4:15 PEACE AND RELAXATION LV D 4:15 GAMES AT THE BAR B I 6:00 BINGO AT NIGHT BI JO 7:00 EVENING SHOWING M JO	22 AUTUMN BEGINS' LIBRA SEASON 9:00 70S IN THE AM SB DV 9:30 HAPPENINGS AND HOROSCOPES LV DV 10:00 STRETCH AND FLEX LV D 10:30 TARGET TRIP ES RS 10:30 WALKING CLUB CY D 11:00 ZODIAC 101: LIBRA LV D 11:00 DEXTERITY THERAPY BI SV 11:30 STEVENS TRAVELOGUES LV RS 1:15 AFTERNOON SHOWING M M 1:30 MANICURES WITH DEB BI DV 1:30 FRESH AIR CLUB CY D 3:00 CHEFS CHOICE SOCIAL B ALL 3:00 SMARTBOARD CONCERT SB RS 4:15 THE AUTUMNAL EQUINOX LV D 4:15 CARDS AT THE BAR B DV 6:00 BINGO AT NIGHT \$ BI VS 7:00 MEET ME AT THE CINEMA M VS	23 ROSARY GROUP/ CHECKERS TOURNAMENT 9:00 MELODIC MORNINGS SB RS 9:30 BREAKING NEWS LV D 10:00 ROSARY WITH LINDA LV D 10:00 CHAIR ZUMBA LV D 10:30 WALKING CLUB LV D 11:00 OUTDOOR BOCCIE CY D/J 1:15 MENS MOVIE MATINEE M RS 1:30 CHECKERS TOURNAMENT LV G 1:30 SCRABBLE CLUB CY D 3:00 FRIDAY FLOATS B ALL 3:00 SMARTBOARD CONCERT SB RS 4:00 SHABBAT SERVICE ES RS 4:15 IT HAPPENED ON LONG ISLAND LV D 4:15 KINGS IN THE CORNER B J 6:00 EVENING BINGO FOR \$ BI J 7:00 TGIF MOVIES M J	24 9:00 SATURDAY SONGS SB RS 9:30 SATURDAY POST LV RS 10:00 WALKING CLUB CY RS 10:15 EAST V. WEST VOLLEYBALL ES RS 10:30 WORD PUZZLES AND JUMBLES LV RS 11:00 COFFEE AND CROSSWORDS LV JO 1:30 DEAL OR NO DEAL LV JO 2:00 MID-DAY MOVIE M JO 3:00 CHEFS TASTING SOCIAL B ALL 3:00 SMARTBOARD CONCERT SB RS 4:15 JENGA AT THE BAR B JO 6:00 \$SATURDAY NIGHT BINGOS BI JO 7:00 NIGHTLY MOVIES M JO
25 ROSH HASHANAH/ BUS TRIP 9:00 SUNDAY SONGS SB DV 9:30 NEWS AND VIEWS LV DV 10:00 COMMUNION WITH JAMES DR V 10:30 MONTHLY REFLECTION QUESTIONS LV DV 11:00 TRIP TO PORT JEFFERSON O DV/AN 1:15 MID-DAY MATINEE M RS 1:30 FAMILY FEUD LV RS 2:00 MUSICAL HANGMAN LV RS 3:00 SUNDAY SOCIAL B ALL 3:00 SMARTBOARD CONCERT SB RS 4:15 ABOUT ROSH HASHANA LV RS 4:15 CARDS AT THE BAR B I 6:00 NETFLIX NIGHT M I	26 9:00 MELODIES IN THE MORNING SB D 9:30 NEWS & VIEWS LV D 10:00 SIT AND BE FIT LV D 10:30 WALKING CLUB LV D 11:00 BIOGRAPHY ON: ED SULLIVAN LV D 1:00 SCRABBLE WITH NORA B V 1:15 MID-DAY MATINEE M RS 1:30 FRESH AIR CLUB CY D 3:00 SOCIAL HOUR B ALL 3:00 SMARTBOARD CONCERTS SB D 4:15 QUIPO QUIZ SB D 4:15 KINGS IN THE CORNER B J 6:00 EVENING BINGO \$ BI J 7:00 MOVIES, MOVIES, MOVIES M J	27 SELF CARE EXPO 9:00 MUSIC APPRECIATION SB DV 9:30 WHAT'S IN THE NEWS LV DV 10:00 WAKE UP WORK-OUT LV D 10:30 WALKING CLUB CY D 11:00 SELF CARE EXPO CY ALL 11:15 ROSH HASHANA SERVICE ES RS 1:15 MONTHLY BIRTHDAY PARTY WITH DEB TOSCANO LV ALL 3:00 CHEFS CHOICE SOCIAL B ALL 3:00 SMARTBOARD CONCERTS SB D 4:15 MENS CLUB WITH VINNIE GR VS 4:15 WHAT WOULD YOU DO? B DV 6:00 NIGHTTIME \$ BINGO BI VS 7:00 MOVIES AT NIGHT M VS	28 GARDENING CLUB 9:00 70'S SONGS SB D 9:30 DAILY NEWS LV D 10:00 CHAIR PILATES LV D 10:30 WALKING CLUB CY D 11:00 GARDENING CLUB CY 1:00 SCRABBLE AT THE BAR BI V 1:15 AFTERNOON MOVIES M RS 1:30 SHOPPING TRIP: KOHLS LV D 1:30 PENNY PITCH FOR PRIZES B ALL 3:00 HAPPY HOUR SOCIAL B ALL 3:00 SMARTBOARD CONCERTS: LIVE AID LV D 4:15 LCR DICE GAME B I 4:15 ARMCHAIR TRIVIA BI JO 6:00 BINGO AT NIGHT \$ BI VS 7:00 MOVIE CLUB M JO	29 FOOD COMMITTEE MEETING 9:00 LOVE MUSIC IN THE AM SB DV 9:30 NEWS AND VIEWS LV DV 10:00 WAKE UP, WORK OUT LV D 10:30 WALKING CLUB CY D 11:00 FOOD COMMITTEE MEETING BI FSD 1:00 MANICURES WITH DEB BI DV 1:15 MID-DAY MOVIES M RS 1:30 SAY WHAT!? KARAOKE LV G 3:00 CHEFS CHOICE SOCIAL B ALL 4:15 SHARE A STORY LV DV 6:00 NIGHTLY BINGO BI VS 7:00 MOVIES AT NIGHT M VS	30 9:00 MUSICAL MORNINGS LV RS 9:30 NEWSDAY LV D 10:00 CHAIR ZUMBA LV D 10:30 WALKING CLUB CY D 11:00 PUTTING ON THE GREEN CY D/J 1:15 AFTERNOON MOVIES M D 1:00 ARTISTIC EXPRESSIONS: STILL LIFE B J 1:00 SCRABBLE CLUB B V 1:30 FRESH AIR CLUB CY D 3:00 FRIDAY FLOATS B ALL 3:00 SMARTBOARD CONCERTS LV RS 4:00 SHABBAT SERVICE BI G 4:15 JENGA B J 4:15 MAD LIBS LV D 6:00 EVENING BINGO FOR \$ BI J 7:00 FRIDAY SHOWING M J	