

# November 2022

# The Arbors At ISLANDIA EAST

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

# RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> 9:30 TONE AND SCULPT RS LO 10:00 IT HAPPENED IN NOVEMBER RS LO 10:30 <b>RESIDENT COUNCIL</b> RL M <b>FOOD COUNCIL MEETING</b> RL M 11:00 <b>LUNCH OUTING: TEXAS ROADHOUSE</b> CM O 12:00 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 MAHJONG CLUB RL G 2:30 NAME THAT TUNE VEN LO 3:00 HAPPY HOUR RS B 4:00 TRIVIA CHALLENGE RS LO 4:15 MEN'S CLUB RS B 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>2</b> 9:30 WEDNESDAY WORKOUT RS M 10:00 <b>TRIP: ISLAND 16 LUNCH AND MOVIE</b> CM O 10:00 DAILY HOROSCOPES RS LO 11:00 ACTIVE PONG GAME RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 BLACKJACK! RL G 2:30 <b>VIRTUAL LECTURE: ROSEMARY CLOONEY</b> RS LO 3:00 HAPPY HOUR JW B 3:30 <b>ACTIVITIES PLANNING MEETING</b> JW G 4:00 YOU BE THE JUDGE RS LO 6:00 EVENING BINGO! J G 7:00 EVENING IN THE CINEMA J M	<b>3</b> 9:30 GET UP AND GO EXERCISE CLASS RS LO 9:30 <b>TRIP: STOP AND SHOP/BANK</b> CM O 10:00 THIS DAY IN HISTORY CM LO 10:30 GOOD NEWS TO TELL RS LO 11:00 <b>AM COZY AUTUMN BEVERAGE SOCIAL - PUMPKIN LATE</b> RS B 11:15 MUSIC AND MANICURES RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKENO RL G 2:00 TABLE TOP GAMES RS B 2:30 <b>CRAFT CORNER</b> RS B 3:00 HAPPY HOUR RS B 4:00 YOU BE THE JUDGE RS LO 6:00 EVENING BINGO! RS LO 7:00 EVENING IN THE CINEMA RS M	<b>4</b> 9:30 ZUMBA RS LO 10:00 GROUP CROSSWORD PUZZLE RS LO 11:15 LRC DICE GAME RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 <b>MANICURES AND MUSIC</b> RS B 2:00 POKER CLUB RL G 2:30 <b>TIPS &amp; TRICKS SLEEP COMFORT MONTH PT 1</b> JW LO 3:00 HAPPY HOUR JW B 4:00 BOWLING FOR DOLLARS RS LO 4:15 SHABBAT SERVICES JW PDR 6:00 BIG BUCKS BINGO RS G 7:00 EVENING IN THE CINEMA RS M	<b>5 NATIONAL DONUT DAY</b> 9:30 MORNING MOVE AND GROOVE RS LO 10:15 EAST VS WEST VOLLEYBALL CHALLENGE RS LO 11:15 NEWS AND VIEWS RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 <b>DONUT DAY FUN FACTS/HISTORY</b> JW LO 2:00 CANASTA CLUB RL G 3:00 <b>NATIONAL DONUT DAY SOCIAL</b> RS B 3:45 HUMOR CORNER RS LO 4:15 WHO WANTS TO BE A MILLIONAIRE? RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	
<b>6 NATIONAL SAXOPHONE DAY</b> 9:30 SUNDAY CHURCH SERVICE VEN M 9:45 <b>TRIP: MASS AT ST. PATRICK'S CATHOLIC CHURCH</b> CM O 10:00 MORNING EXERCISE RS LO 10:30 SMARTBOARD WORD GAMES RS LO 11:00 TRIVIA CHALLENGE RS LO 1:00 SUNDAY FOOTBALL IN THE BISTRO RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 <b>DISCUSSION: ADOLPHE SAX'S BIRTHDAY</b> RS LO 2:00 KINGS IN THE CORNER RL B 3:00 SUNDAY SUNDAYS ICE CREAM SOCIAL RS B 4:00 WII SPORTS: RESIDENT CHOICE RS M 4:15 BOWLING FOR DOLLARS RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>7</b> 9:30 SWEATIN' TO THE OLDIES LG LO 10:00 PASSWORD CHALLENGE LG LO 10:30 <b>HOT SHOT BASKETBALL</b> CM G <b>VIRTUAL LECTURE: GINGER ROGERS MUSEUM</b> VEN LO 11:00 WORD IN A WORD LG LO 1:15 AFTERNOON MOVIE LG M 1:15 BINGO! LG G 2:00 PENNY POKER RL G 2:00 <b>MONDAY MANICURES AND MUSIC</b> RS B 3:00 HAPPY HOUR LG B 4:00 BOWLING FOR DOLLARS RS LO 6:00 BINGO! ME G 7:00 EVENING IN THE CINEMA ME M	<b>8 ELECTION DAY</b> 9:30 TONE AND SCULPT RS LO 10:00 <b>TRIP: LETS GO VOTE</b> CM O 10:30 PET THERAPY VEN LO 11:00 GROUP CROSSWORD RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 <b>TRIP: SHOPPING: WALMART</b> CM O 2:00 MAHJONG CLUB RL G 2:30 <b>TONGUE TWISTER DAY GAME</b> RS LO 3:00 HAPPY HOUR RS B 4:00 SCATTERGORIES RS LO 4:15 MENS CLUB RS B 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>9</b> 9:30 WEDNESDAY WORKOUT RS L 10:00 <b>DAILY HOROSCOPES</b> CM L 10:30 NAME THAT TUNE RS L 11:00 ACTIVE PONG GAME RS L 12:00 <b>TRIP: ISLAND 16 LA TRAVITA OPERA</b> CM O 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 BLACKJACK! RL G 2:30 <b>FALL CRAFT CORNER</b> RS B 3:00 HAPPY HOUR JW B 4:00 YOU BE THE JUDGE RS L 4:00 <b>GOURMET DINING AT CHEZ ARBORS</b> RT PDR 6:00 EVENING BINGO! J G 7:00 EVENING IN THE CINEMA J M	<b>10 US MARINE CORPS BIRTHDAY</b> 9:30 PATRIOTIC FITNESS CLASS RS LO 10:00 <b>TRIP: HECKSHER MUSEUM OF ART</b> CM O 10:00 US MARINE HISTORY/FUN FACTS RS LO 10:30 WORD IN A WORD RL LO 11:00 <b>AM COZY AUTUMN BEVERAGE SOCIAL - HOT CHOCOLATE IN HOUSE VETERAN LUNCH</b> RS LO 12:00 AFTERNOON MOVIE RS B 1:15 BINGO! C G 2:00 POKENO RL G 2:30 <b>YOU TUBE: US MARINE CORPS CONCERT</b> RS LO 2:30 CELL PHONE ASSISTANCE JW B 3:00 HAPPY HOUR RS B 4:00 Pictionary GAME RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>11 VETERANS DAY</b> 9:30 ZUMBA RS LO 10:00 <b>TRIP: COFFEE WITH A VET DUNKIN</b> CM O 11:00 MANICURES AND MUSIC RS B 11:30 AMERICAS FUNNIEST VIDEOS RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKER CLUB RL G 2:00 <b>VETERANS DAY CEREMONY</b> JW LO 3:00 <b>HAPPY HOUR</b> JW B 4:00 BOWLING FOR DOLLARS RS LO 4:15 SHABBAT SERVICES JW PDR 6:00 BIG BUCKS BINGO RS G 7:00 EVENING IN THE CINEMA RS M	<b>12</b> 9:30 MORNING MOVE AND GROOVE RS LO 10:15 EAST VS WEST VOLLEYBALL CHALLENGE RS LO 11:15 NEWS AND VIEWS RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 1:30 RUMMIKUB JW B 2:00 CANASTA CLUB RL G 2:30 YOU TUBE CONCERT: BARBARA STREISAND RS L 2:30 <b>SCRAPBOOKING CLUB BRING PICTURES</b> JW B 3:00 HAPPY HOUR RS B 3:45 PUT PUT GOLF RS LO 4:15 SMARTBOARD WORD GAMES RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	
<b>13 SUKKOT/WORLD KINDNESS DAY</b> 9:30 SUNDAY CHURCH SERVICE VEN M 9:45 <b>TRIP: MASS AT ST. PATRICK'S CATHOLIC CHURCH</b> CM O 10:00 MORNING EXERCISE RS LO 10:00 NEWS AND VIEWS RS LO 10:30 TRIVIA RS LO 1:00 SUNDAY FOOTBALL IN THE BISTRO RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 KINGS IN THE CORNER RS LO 2:30 <b>DISCUSSION: KINDNESS AND INSPIRATION</b> RS LO 3:00 SUNDAY SUNDAYS ICE CREAM SOCIAL RS B 4:00 WII SPORTS: TENNIS RS M 4:15 KARAOKE RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>14 CLAUDE MONET BIRTHDAY</b> 9:30 <b>YOGA CLASS WITH RAY</b> RS LO 10:00 ART APPRECIATION: CLAUDE MONET CM O 10:30 <b>ROSARY PRAYER</b> VEN M 11:00 COLUMBUS DAY TRIVIA RS LO 1:15 AFTERNOON MOVIE LG M 1:15 BINGO! LG G 2:00 PENNY POKER RL G 2:00 <b>MANICURES AND MUSIC</b> RS B 3:00 HAPPY HOUR LG B 4:00 LETS MAKE A DEAL RS LO 6:00 EVENING BINGO! ME G 7:00 EVENING IN THE CINEMA ME M	<b>15</b> 9:30 TONE AND SCULPT RS LO 10:00 <b>HAUPPAUGE LIBRARY VISIT</b> VEN P 10:00 GROUP CROSSWORD RS LO 10:30 <b>PET THERAPY</b> VEN LO 11:15 WORDLE WORD GAME RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 1:15 <b>TRIP: SHOPPING SMITH HAVEN MALL</b> CM O 2:00 MAHJONG CLUB RL G 2:30 CHICKEN SOUP FOR THE SOUL RS LO 3:00 HAPPY HOUR RS B 4:00 MAD LIBS RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>16</b> 9:30 WEDNESDAY WORKOUT RS L 10:00 <b>TRIP: SHOPPING TARGET</b> CM O 10:00 CORNHOLE ON THE PATIO RS L 10:30 MUSIC HANGMAN RS L 10:30 DAILY HOROSCOPES RS L 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 BLACKJACK! RL G 2:30 <b>FALL CRAFT CORNER</b> RS B 3:00 HAPPY HOUR RS B 4:00 PUTTING GOLF RS L 6:00 EVENING BINGO! J G 7:00 EVENING IN THE CINEMA J M <b>SLUMBER PARTY WITH COLOR STREET J</b>	<b>17 A TASTE OF ARBORS OPEN HOUSE</b> 9:30 GET UP AND GO EXERCISE CLASS RS LO 10:00 CONFUCIUS MOTIVATIONAL QUOTES CM LO 10:00 <b>TRIP: RIVERHEAD AQUARIUM</b> CM O 10:30 PHILOSOPHICAL TERMS RS LO 10:30 MANICURES AND MUSIC RL LO 11:00 <b>AM COZY AUTUMN BEVERAGE SOCIAL - CHAI TEA LATE</b> RS B 11:15 PHILOSOPHICAL WORD SEARCH RS LO 1:00 <b>A TASTE OF ARBORS</b> JW LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKENO RL G 3:00 HAPPY HOUR AND LIVE ENTERTAINMENT RS B 4:15 JEPORDY! RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>18 VENDOR SALE DREAMCATCHERS</b> 9:30 ZUMBA RS LO 10:15 <b>VIRTUAL LECTURE: GEORGE BURNS MUSEUM</b> CM LO 11:00 MANICURES AND MUSIC RS B 12:00 <b>NEW RESIDENT LUNCHEON</b> JW PDR 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKER CLUB RL G 2:00 <b>TIPS &amp; TRICKS: SLEEP COMFORT MONTH PT 2</b> RS LO 3:00 HAPPY HOUR RS B 4:00 BOWLING FOR DOLLARS RS LO 4:15 SHABBAT SERVICES JW PDR 6:00 BIG BUCKS BINGO RS G 7:00 EVENING IN THE CINEMA RS M	<b>19</b> 9:30 BAVARIAN MUSIC WORKOUT RS LO 10:15 EAST VS WEST VOLLEYBALL CHALLENGE RS LO 11:15 NEWS AND VIEWS RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 1:30 RUMIKUB RS B 2:00 CANASTA CLUB RL G 2:00 <b>COMEDY AND LIVE IMPERSONATOR NEIL DIAMOND</b> VEN LO 3:00 HAPPY HOUR RS B 3:45 POETRY READING RS LO 4:15 GROUP POETRY WRITING RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	
<b>20</b> 9:30 SUNDAY CHURCH SERVICE VEN M 9:45 <b>TRIP: MASS AT ST. PATRICK'S CATHOLIC CHURCH</b> CM O 10:00 MORNING EXERCISE RS LO 10:30 SMARTBOARD WORD PUZZLES RS LO 11:15 TEAM WORD IN A WORD CHALLENGE RS LO 1:00 SUNDAY FOOTBALL IN THE BISTRO RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 KINGS IN THE CORNER RL B 2:00 <b>LECTURE HEROS JEWISH WOMAN</b> VEN LO 3:00 SUNDAY SUNDAYS ICE CREAM SOCIAL RL B 4:00 WII SPORTS: RESIDENT CHOICE RS M 4:15 KARAOKE RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>21 WORLD HELLO DAY</b> 9:30 SWEATIN' TO THE OLDIES LG LO 10:00 <b>LIVE ZOOM MEET AND GREET WITH SENIORS</b> RS LO 11:00 TRENDING TOPICS LG LO 1:15 AFTERNOON MOVIE LG M 1:15 BINGO! LG G 2:00 <b>MONDAY MANICURES AND MUSIC</b> LG B 2:00 PENNY POKER RL G 2:00 SCRABBLE FUN RS LO 3:00 HAPPY HOUR RS LO 3:30 <b>VIOLIN MUSICAL MULLAD</b> VEN LO 4:00 Pictionary LG LO 6:00 EVENING BINGO! ME G 7:00 EVENING IN THE CINEMA ME M	<b>22</b> 9:30 TONE AND SCULPT RS LO 10:00 CLASSIC HANGMAN RS LO 10:30 <b>PET THERAPY</b> VEN LO 11:00 WEIRD BUT TRUE FACTS RS LO 11:00 <b>TRIP: DAVE AND BUSTERS LUNCH AND GAMES</b> CM O 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 MAHJONG CLUB RL G 2:30 <b>SPELLING BEE CHALLENGE</b> RS LO 3:00 HAPPY HOUR RS B 4:00 INDOOR GOLF PUTTING RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>23 NATIONAL JUKEBOX DAY</b> 9:30 JUKEBOX WORKOUT! VEN M 10:00 <b>TRIP: CRADLE OF AVIATION MUSEUM</b> CM O 10:15 CORNHOLE RS L 11:00 <b>HISTORY OF JUKEBOXES</b> RS L <b>JUKE BOX JAM</b> RS L 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 BLACKJACK! RL G 2:30 <b>CRAFT HOUR: GRATITUDE JAR</b> JW B 3:00 HAPPY HOUR RS B 4:00 NOODLE HOCKEY RS L 6:00 EVENING BINGO! J G 7:00 EVENING IN THE CINEMA J M	<b>24 HAPPY THANKSGIVING</b> 9:30 GET UP AND GO EXERCISE CLASS RS LO 10:00 <b>THANKSGIVING DAY PARADE</b> RS LO 11:00 <b>COZY BEVERAGE SOCIAL :CRANBERRY APPLE CIDER</b> RS B 11:15 MUSIC AND MANICURES RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKENO RL G 2:00 TABLE TOP GAMES RS B 2:00 <b>MASON JAR DECOUPAGE CRAFT</b> RS B 3:00 HAPPY HOUR RS B 4:00 LETS TALK TURKEY TRIVIA RS LO 6:00 EVENING BINGO! RS LO 7:00 EVENING IN THE CINEMA RS M	<b>25</b> 9:30 ZUMBA RS LO 10:15 CORNHOLE ON THE PATIO RS LO 10:30 <b>HOLIDAY DECORATING</b> RS LO 11:00 MANICURES AND MUSIC RS LO 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 POKER CLUB RL G 2:30 <b>SLEEP COMFORT MONTH PT 3</b> RS LO 3:00 HAPPY HOUR RS B 4:00 BOWLING FOR DOLLARS RS LO 4:15 SHABBAT SERVICES JW PDR 6:00 BIG BUCKS BINGO RS G 7:00 EVENING IN THE CINEMA RS M	<b>26</b> 9:30 MORNING MOVE AND GROOVE RS LO 10:15 EAST VS WEST VOLLEYBALL CHALLENGE RS LO 11:15 NEWS AND VIEWS RS L 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 1:30 RUMIKUB RS B 2:00 CANASTA CLUB RL G 2:15 <b>HOLIDAY KICKOFF DECORATING &amp; CAROLS</b> JW LO 2:15 TABLE GAMES RL LO 3:00 HAPPY HOUR RS B 3:45 PUTT PUTT GOLF RS LO 4:15 DOUBLE DITTO GAME RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	
<b>27 FIRST SUNDAY OF ADVENT</b> 9:30 SUNDAY CHURCH SERVICE VEN M 9:45 <b>TRIP: MASS AT ST. PATRICK'S CATHOLIC CHURCH</b> CM O 10:00 MORNING EXERCISE RS LO 10:30 SMARTBOARD WORD GAMES RS LO 11:15 NEWS & VIEWS RS LO 1:00 SUNDAY FOOTBALL IN THE BISTRO RS B 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 KINGS IN THE CORNER RL B 2:30 <b>DISCUSSION GROUP: HOT TOPICS</b> RS LO 3:00 SUNDAY SUNDAYS ICE CREAM SOCIAL RS B 4:00 WII SPORTS: BOWLING RS M 4:15 KARAOKE RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>28</b> 9:30 SWEATIN' TO THE OLDIES JM LO 10:00 <b>HOT SHOT BASKETBALL</b> RS G 10:30 <b>ROSARY PRAYER</b> VEN M 11:00 DAILY HOROSCOPES RS LO 1:15 AFTERNOON MOVIE JM M 1:15 BINGO! JM G 2:00 PENNY POKER RS G 2:00 <b>MONDAY MANICURES AND MUSIC</b> RS B 3:00 HAPPY HOUR RS B 4:00 DAY AT THE RACES RS LO 4:00 ANTERNOON STRETCHES RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>29</b> 9:30 TONE AND SCULPT RS LO 10:00 <b>TRIP: NASSAU MUSEUM OF ART</b> CM O 10:15 HUMOR CORNER RS LO 10:30 <b>PET THERAPY</b> VEN LO 10:30 NEWS AND VIEWS RS LO 11:00 WORD GAMES ON THE SMARTBOARD RS LO 1:15 AFTERNOON MOVIE CM M 1:15 BINGO! RS G 2:00 <b>MAH JONG CLUB</b> RL G <b>MUSIC APPRECIATION CLASS- HOLIDAY CAROLS</b> JW LO 3:00 HAPPY HOUR RS B 4:00 TRIVIA CHALLENGE RS LO 6:00 EVENING BINGO! RS G 7:00 EVENING IN THE CINEMA RS M	<b>30 MARK TWAINS BIRTHDAY</b> 9:30 WEDNESDAY WORKOUT! RS L 10:00 <b>MARK TWAIN HISTORY AND FUN FACTS</b> RS LR 10:30 <b>MARK TWAIN SAYINGS</b> RS LR 11:00 HOT SHOT BASKETBALL RS G 11:30 <b>LUNCH OUTING- THE DINER</b> CM O 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 BLACKJACK! RL G 2:30 POETRY CORNER RS L 3:00 HAPPY HOUR RS B 4:00 SCATTERGORIES RS L 6:00 EVENING BINGO! J G 7:00 EVENING IN THE CINEMA J M		<b>STAFF KEY</b> JW - Jody D - Danielle J - Jasmine AT - Anne AG - Alexa JM - Jaydah C - Cynthia AX - Alex CM - Carmela RS - Recreation Staff VEN - Vendor	<b>LOCATION KEY</b> O - Outing B - Bistro CY - Courtyard LO - Lobby G - Game Room AC - Activity Channel IR - In Room F1 - First Floor F2 - Second Floor F3 - Third Floor DR - Dining Room M - Media Room W - West Side IR - In Room	<b>FOR YOUR DINING PLEASURE</b> 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.