November 2022 The Arbors At ISLANDIA EAST SAFECARE Tel: 631-232-3131 www.thearborsassistedliving.com

Tuesday

Monday

Sunday

Wednesday

Thursday

Friday

Saturday

FALL FESTIVAL **WORLD SMILE DAY** NATIONAL DONUT DAY 9:30 SIT AND BE FIT ME/LG/RS LR ME/LG/RS LR 9:30 WEDNESDAY WORKOUT 9:30 FRIDAY FULL BODY WORKOUT 9:30 TUESDAY TONING CLASS RS LR 9:30 SATURDAY STRETCH RS MF/IG 10:00 BALLOON VOLLEYABLL ME/LG/RS CY 10:00 CORNHOLE CHALLENGE ME/LG/RS LR 10:00 NAME THAT TUNE 10:15 AL ABOUT NOVEMBER ME/LG RS 10:15 FUN DONUT FACTS RS 10-30 POPILI AR SAYINGS AND THEIR MEANINGS ME/LG/RSLR Facemask 10:30 LIFESTYLE STATIONS ME/LG/RS LR 11:30 LLOVELUCY RS 11:00 PONG GAME CHALLENGE MF/IG 11:00 DONUT GAME 11:00 ACTIVE GAMES MF/IG/RS CY Suaaested 11:00 SALON & SPA HOUR ME/LG/RS LR 11:15 MINI GOLF CHALLENGE ME/LG 1.15 LIFFSTYLE STATIONS MF/IG/RS IR 1.30 CRAFTING CORNEL RS 11:30 BE OUR GUEST: HELP SET TABLE 1:15 ART CORNER ME/LG/RS LR ME/LG/RS DE 2:00 SPOT THE DIFFERENCE 1:30 BINGO MF/IG 1:30 LIFESTATIONS 1:30 FALL FOILAGE OUTING CM = 02:00 FUNNY PLACES TO VISIT ON THE INTERNET ME/LG/RS LR RS ME/LG 2:00 WALKING CLUB TO BISTRO 2:00 FALL CRAFTS ME/LG/RS LR 2:00 ART CORNER 2:30 SCATTEGORIES ME/LG/RS LR 2:30 CREATIVE WRITING CIRCLE ME/LG/J 3:00 TGIF HAPPY HOUR RS 2:30 REMINISCING ALL THINGS NOVEMBER ME/LG/RS LR 3:00 HAPPY HOUR-DONUTS ME/LG/RS LR 3:00 HAPPY HOUR 3:00 HAPPY HOUR ME/LG/RS LR 4:00 ARTIST IMPRESSIONS 3:00 CHEF CHOICE HAPPY HOUR 4.00 KARAOKE HOUR RS 4:00 MUSIC RELAXATION ME/LG/RS LR 4:00 SING A LONG ME/LG/RS LI 4:15 SHORT STORIES RS ME/LG/J 4:00 SING A LONG WITH RECREATION 6:00 RFI AXING MUSIC HOUR RS 6:00 RFI AXING MUSIC HOUR RS ME/LG/RS LF 6:00 EVENING STRETCH RS IR 6:00 RFI AXATION CORNER RS 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA ME/LG/RS M 7:00 EVENING IN THE CINEMA RS RS 7:00 EVENING IN THE CINEMA RS IR 7:00 EVENING IN THE CINEMA 8:00 SNACK HOUR CA 8:00 SNACK HOUR CA 8:00 SNACK HOUR CA 8:00 SNACK HOUR RS 10 US MARINE CORPS BIRTHDAY 11 VETERANS DAY NATIONAL SAXOPHONE DAY **ELECTION DAY** ME/LG/RS LR ME/LG/RS LR 9:30 WEDNESDAY WORKOUT 9:30 SATURDAY STRETCH 9:30 TUESDAY TONING CLASS 9-30 PATIOTIC WORKOU 9:30 SAXOPHONE AND STRETCHES 9:30 FITNESS CLASS CM/LG RS RS ME/RS ME/LG/RS LR 10:00 INDOOR PUTTING GOLF ME/LG/RS LR 10.00 MANICURES & MUSIC RS 10:15 ARM CHAIR TRAVEL: HAWAII CM/LG LR 10:00 TRIP: COFFEE WITH A VET DUNKIN CM 10:00 CATHOLIC MASS ME/LG ME/RS LR 10:00 NAMETEN. 10:00 NAMETEN ME/LG/RS LR 11:00 ACTIVE GAMES ON PATIO RS 10:15 MIJSIC AND MANICURES CM/LG 10:00 FAMILY FEIIT ME/RS ME/LG MF/IG/RS I F 10:30 VOTE: YOUR FAVORITE RS RS 10:30 LIFESTYLE STATIONS ME/LG/RS LR 11:00 COMEDY HOUR LR 10:30 READING ROUNDTABLE SHORT STORIES C/ME 11:00 NAME THE FAMOUS FACE 11:00 TONGUE TWISTER CHALLENGE ME/LG 11:30 LIFESTYLE STATIONS ME/LG/RS LR 1:30 LFIESTYLE STATIONS 11:00 SALON & SPA HOUR ME/LG/RS LR 1130 RF OUR GUEST CM/IG I R ME/LG 1.30 ART CORNER MF/IG/RS I F 1:30 CHICKEN SOUP FOR THE SOUL RS 1:30 KFFP IT UP ME/LG/RS LR 1:15 ART CORNER MF/RS 1:30 LIFESTYLE STATIONS D/RS/ME DR RS ME/LG/J 2:00 ROWLING FUN RS 2:00 WALKING CLUB TO THE BISTRO 2:00 SHORT STOR 2:00 CARD MAKING: THANK A VETERAN ME/LG/RS LR MF/RS MF/IG/RS IR 2:00 WALKING CLUB TO BISTRO D/RS/MF RS 2:30 ART CORNER ME/LG/J 2:00 AFTERNOON SING A LONG ME/RS 2:30 DEAN MARTIN ROAST ME/LG/RS LR 2:30 DRAMA CLUB D/RS/MF IR RS RS 2:30 KARAOKE HOUR 3:00 CHEF CHOICE HAPPY HOUR MF/IG/I 3:00 HAPPY HOUR MF/IG/RS IR D/RS/MF ME/LG/RS LR RS 3.00 HAPPY HOUR 3:00 ICE CREAM SOCIAL I R 4:00 MUSIC RELAXATION ME/LG/RS LR 4:15 SHORT STORIES RS RS 4:00 SING A LONG D/RS/MF 4:00 BALLOON VOLLLEYBALL RS 4:00 REMINISCING CORNER 4:00 SCATTEGORIES ME/LG/RS LR 6:00 EVENING STRETCH RS 6:00 EVENING STRETCH 6:00 THERAPEUTIC ART LR 6:00 RELAXATION CORNER RS RS 6:00 RELAXING MUSIC HOUR RS 6:00 SOOTHING SOUNDS 7:00 EVENING IN THE CINEMA RS 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA RS 7:00 EVENING IN THE CINEMA RS 7:00 EVENING IN THE CINEMA RS 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA LR 8:00 SNACK HOUR CA RS 8:00 SNACK HOUR 8:00 SNACK HOUR CA 8:00 SNACK HOUR 8:00 SNACK HOUR 13 SUKKOUT/WORLD KINDENSS DAY 14 CLAUDE MONET BIRTHDAY 18 17 19 16 9:30 FINTESS CLASS 9:30 SUNDAY STRETCHES ME/RS CM/IG 9:30 SATURDAY STRETCH 9:30 TONE AND SCULPT 9:30 WEDNESDAY WORKOUT ME/LG/RS LR 9:30 SIT AND BE FIT ME/LG/RS LR 9:30 FRIDAY FULL BODY WORKOUT RS RS 10:00 CATHOLIC MASS ME/RS 10:15 ART APPRECIATION: CLAUDE MONET CM/LG LR 10:00 ARBORS SMILES COLLAGES 10:00 NAME THAT TUNE 10:00 CORNHOLE GAME RS 10:15 BAKING CLUB ME/LG 10:15 BALLOON VOLLEYBALL ME/LG/RS LR MF/IG/RS IR I R ME/RS 10:15 MUSIC AND MANICURES 10:30 PERSON PLACE THING 10:15 CORNHOLE CHALLENGE MF/IG/RS IR 10.15 MANICURES & MUSIC MF/IG/RS IR 11.00 ARTIST CORNER RS 11:00 WORD GAMES ME/LG 10:30 READING ROUNDTABLE SHORT STORIES C/ME LR 11:00 PARACHUTE GAMES CM/IG 10:30 LIFESTYLE STATIONS 10:30 CIRCLE SOCCER 11:30 SALON & SPA HOUR 11:00 TRAVELOGUE RS ME/LG/RS LR ME/LG/RS LR ME/LG 11:15 NAME 10 1130 BE OUR GUEST CM/LG 11:00 SALON & SPA HOUR ME/LG/RS LR 11:00 YOU BE THE JUDGE ME/LG/RS LR 1:30 SING A LONG 11:30 BE OUR GUEST RS 1:30 RHYHTM MUSIC ME/LG 1:30 ART CORNER 1:30 LIFESTYLE STATIONS D/RS/MF 1:15 TABLETOP GAMES WITH DANIELLE 2:00 WALKING CLUB TO BISTRO RS 1:30 KFFP IT UP MF/IG/RS IR ME/LG/RS LR 1:30 COMEDY HOUR ME/LG/J 2:00 WALKING CLUB TO THE BISTRO 2:00 TOSS AND TALK RS 2:00 WALKING CLUB TO BISTRO MF/IG/RS B 1:30 MUSIC MAKING WITH RECREATION MF/IG/RS IR 2:30 HEADS UP GAME 2:00 ART CORNER 2:00 AFTERNOON SING A LONG ME/RS ME/LG/J 2:30 DRAMA CLUB D/RS/ME 2:30 PICTIONARY CHALLENGE 3:00 TGIF HAPPY HOUR 2:30 WORD CHALLENGE GAMES RS MF/IG/RS IR 2:00 RIRTHDAY PARTY: RANIO ROR MF/I.G/RS LR 2:30 HEARTS OF KINDNESS MF ME/LG/J 3:00 HAPPY HOUR D/RS/ME LR 3:00 HAPPY HOUR ME/LG/RS LR 2:30 ILOVELUCY 4:00 REMINISCING WITH RECREATION 3:00 HAPPY HOUR RS ME/LG/RS LF 4:00 SINGALONG RS 4:00 SCATTEGORIES MF/IG/RS IR 3:00 HAPPY HOUR RS 4:15 SHORT STORIES 4:00 AX THROWING RS 4:00 REMINISCING CORNER 6:00 THERAPEUTIC ART RS 6:00 RFI AXATION CORNER RS 6:00 EVENING STRETCH RS 4:00 KARAOKE HOUR 6:00 EVENING STRETCH RS 6:00 RFI AXING MUSIC HOUR RS 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS RS 6:00 RELAXING MUSIC HOUR RS RS 7:00 EVENING IN THE CINEMA D/RS/RS LR 7:00 EVENING IN THE CINEMA RS 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA 8:00 SNACK HOUR 7:00 SLUMBER PARTY WITH COLOR STREET RS 7:00 EVENING IN THE CINEMA 8:00 SNACK HOUR CA 8:00 SNACK HOUR CA RS CA 8:00 SNACK HOUR CA 20 21 WORLD HELLO DAY 22 WORLD ALASKA DAY 23 WORLD JUKEBOX DAY 24 HAPPYTHANKSGIVING 25 26 9:30 TUESDAY TONING CLASS 9:30 SIT AND BE FIT ME/LG/RS LR 9:30 FRIDAY FULL BODY WORKOUT RS 9:30 SUNDAY STRETCHES ME/RS 9:30 FITNESS CLASS 9:30 SATURDAY STRETCH RS RS ME/LG/RS LR CM/LG BRAIN FITNESS GAMES LR 10:00 THANKSGIVING DAY PARADE ME/LG/RS LR 10:00 NAME THAT TUNE RS 10:15 MANICURES & MUSIC 10:00 CATHOLIC MASS ME/RS ME/LG RS ME/LG/RS LR 10:15 MONDAY MANICURES & MUSIC CM/LG 10:30 ARTIST CORNER RS MF/IG/RS IR 11:00 NAMETEN 10:30 WALKING CLUB TO THE BISTRO MF/RS RS 11:00 NOODLE AROUND ME/LG ME/LG/RS LR 11:00 BASKETBALL CHALLENGE CM/IG 11:00 LIFESTYLE STATIONS C/ME ME/LG/RS LR 11:00 SALON & SPA HOUR RS 11:30 COMEDY HOUR ME/LG 11:00 SALON & SPA HOUR 11:15 MINI GOLF CHALLENGE ME/LG/RS LR 1130 BE OUR GUEST CM/IG 1:30 LIFESTYLE STATIONS 1:30 ART CORNER MF 1:30 LIFESTYLE STATIONS ME/LG 11:30 WACKY WEDNESDAY MF/IG/RS IR 1:15 LIFFSTYLF STATIONS ME/LG/RS LR RS 1:30 LIFFSTYLE STATIONS 1:30 LFIESTYLE STATIONS 1:30 REMINISCE THANKSGIVING MF/IG/RS IR 2:00 REMINISCE CORNER RS 2:00 PUZZLES AND GAMES ME/RS 2:00 DRAMA CLUB CM//RS/MFIR 1:30 BINGO! MF/IG/I 1:30 KEEP IT UP! ME/LG/RS LR 2:00 PONG GAME FUN 2:30 REMINISCE FAI CM//RS/MFII 2:00 THANKFUL FLAG PENNANT ME/LG/RS LR RS 2:30 ART CORNER 2:30 REMEMBER WHEN. ME/RS ME/LG/J MF/IG/RS IR SOCIAL HOUR CM//RS/MELF RS 3:00 SOCIAL HOUR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL MF/RS 3:00 FROZEN HAPPY HOUR ME/LG/J 2:30 REMINISCE CORNER ME/LG/RS LR VIOLIN MUSIC WITH AL MULLAD 3:00 TURKEY TROT SOCIAL ME/LG/RS LR 4:15 SHORT STORIES RS 4:00 BALL GAMES ME/RS 4:00 HOLIDAY CHORUS RS 4:00 SING A LONG WITH RECREATION RS 3:00 HAPPY HOUR ME/LG/RS LR 4:00 KARAOKE HOUR CM//RS/MFP 6:00 EVENING STRETCH 6:00 SOOTHING SOUNDS 3:30 KARAOKE HOUR! RS RS 6:00 RELAXING MUSIC HOUR RS 6:00 RELAXATION CORNER RS RS 4.00 SING A LONG WITH RECREATION MF/IG/RS IR 6:00 THERAPEUTIC ART RS RS LR 7:00 EVENING IN THE CINEMA RS 6:00 RFI AXING MUSIC HOUR 7:00 EVENING IN THE CINEMA RS RS 7:00 EVENING IN THE CINEMA RS 7:00 EVENING IN THE CINEMA CA 7:00 EVENING IN THE CINEMA RS 8:00 SNACK HOUR CA 8:00 SNACK HOUR CA LR 8:00 SNACK HOUR 8:00 SNACK HOUR 8:00 SNACK HOUR CA 7:00 EVENING IN THE CINEMA RS 27 FIRST SUNDAY ADVENT 28 **LOCATION KEY** FOR YOUR DINING PLEASURE 9:30 SUNDAY STRETCHES MF/RS DR - Dining Room 9-30 FITNESS FIIN CM/IG 9:30 TUESDAY TONING CLASS RS 9:30 WEDNESDAY BALANCE & AGILITY ME/LG/RS LR **BREAKFAST 8AM** 10:00 CATHOLIC MASS ME/RS 10:00 BRAIN FITNESS GAMES CM/LG 10:15 BAKING CLUB MF/IG 10:15 BALOON VOLLEYBALL ME/LG/RS LR LR- Living Room LUNCH 12NOON 10:00 WALKING CLUB ME/RS LR ME/LG/RS LR 10:30 WALK TO GAME ROOM 11:00 NOODLE AROUND B - Bistro **DINNER 5PM** 10:30 MORNING MEDITATION C/ME LR AG - Alexa 11:00 HOOPS CHALLENGE ME/LG/RS LR P - Patio JM - Jaydah 11:00 PUZZLES AND GAMES LR 1130 BE OUR GUEST CM/LG DR 1:30 BINGO! MF/IG 11:30 WACKY WEDNESDAY ME/LG/RS CY L - Lobby C - Cynthia *All trips are if weather permits. MF/RS 1.30 ART CORNER 1:30 LIFESTYLE STATIONS D/RS/MF 1:30 KEEP IT UP! ME/LG/RS DR 2:00 WALKING CLUB TO THE BISTRO ME/RS LB G - Game Room 2:00 WALKING CLUB TO THE BISTRO All programs are subject to change. 2:00 TRAVELOGUE D/RS/ME 2:30 RINGO ME/LG/J 2:00 PERSON, PLACE, THING ME/LG/RS LR CM - Carmela 2:30 SHORT STORIES MF/RS LR All changes will be reflected on the Daily Board. 0 - Outing RS - Recreation Staff 3:00 SOCIAL HOUR 3:00 CHEF CHOICE HAPPY HOUR ME/LG/J ME/LG/RS LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL RS MR - Media Room 4:00 KARAOKE HOUR! D/RS/ME 3:00 HAPPY HOUR ME/LG/RS LR 4:00 BALL GAMES LR RS IR - In Room Your Director Jody will be happy to answer any 4:00 SING A LONG WITH RECREATION ME/LG/RS LR 6:00 SOOTHING SOUNDS OF FALL LR 6:00 THERAPEUTIC ART D/RS/ME LR RS questions you may have regarding this calendar. RL - Resident Lead 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA 7:00 EVENING IN THE CINEMA RS 6:00 EVENING STRETCH RS LR 8:00 SNACK HOUR 8:00 SNACK HOUR 8:00 SNACK HOUR CA 7:00 EVENING IN THE CINEMA RS