


MARCH 2023

The Arbors At ISLANDIA EAST SAFECARE

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

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>STAFF KEY</p> <p>JW- Jody Weber, Rec Director JE- Jeanette Alvarez JA- Jarolin Alvarez T- Tamara Sanchez J- Jasmine Reddick A- Asia Johnson CM- Carmela Treulich SN- Sarah Nelson VEN- Vender RS- Recreation Staff</p> <p>LOCATION KEY</p> <p>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</p>	<p>FOR YOUR DINING PLEASURE</p> <p>BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</p> <p>*All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Director Jody will be happy to answer any questions you may have regarding this calendar.</p>	<div style="text-align: center;">  <p>enjoy THE LITTLE things</p> </div>	<p>1 NATIONAL PIG DAY</p> <p>9:30 WEDNESDAY WORKOUT JA/JELR 10:00 BALLOON VOLLEYBALL JA/JELR 10:00 LIFESTYLE STATIONS JA/JELR 11:00 SALON & SPA HOUR JA/JELR 1:30 KEEP IT UP! JA/JELR 2:00 CRAFT CLUB: PIGGIE BANKS JA/JELR 2:30 KARAOKE JA/JELR 3:00 HAPPY HOUR JA/JELR 4:00 MUSIC RELAXATION JA/JELR 4:00 PET THERAPY: GUINEA PIG FARM W/ JAMES VEN LO 6:00 EVENING STRETCH RS M 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>2 NATIONAL OLD STUFF DAY</p> <p>9:30 SIT AND BE FIT JE/RS LR 10:15 ART CORNER JE/RS LR 11:00 REMINISCE CORNER OLD STUFF JE/RS LR 11:30 LIFESTYLE STATIONS JE/RS LR 1:30 CULINARY CLASS: BAKING COOKIES JE/RS LR 2:00 RHYTHM BAND MAKE MUSIC JE/RS LR OUTING: DUNKIN CM/RSO 2:30 ARTIST CORNER JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:00 KARAOKE HOUR JE/RS LR 6:00 RELAXING BIRD SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR</p>	<p>3 FRIDAY FULL BODY WORKOUT RS/JE LR 10:00 ACTIVE GAMES RS/JE LR 11:30 I LOVE LUCY RS/JE LR 1:30 SING A LONG RS/JE LR 2:00 ALL ABOUT RED GAME RS/JE LR 2:30 NAME THAT TUNE RS/JE LR 3:00 TGIF HAPPY HOUR RS/JE LR 4:00 ARTIST IMPRESSIONS RS/JE LR 4:15 SHORT STORIES RS/JE LR 6:00 EVENING STRETCH RS/JE LR 7:00 EVENING IN THE CINEMA RS/JE LR 8:00 SNACK HOUR RS LR</p>	<p>4 SATURDAY STRETCH JE/RS LR 10:15 MANICURES AND MUSIC JE/RS LR 11:00 SCATTERGORIES JE/RS LR 11:30 BE OUR GUEST: HELP SET TABLE JE/RS LR 1:30 LIFESTYLE STATIONS JE/RS LR 2:00 ART CORNER JE/RS LR 2:30 SING A LONG JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:00 KARAOKE HOUR JE/RS LR 6:00 RELAXING MUSIC HOUR JE/RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>
<p>5</p> <p>9:30 SUNDAY STRETCHES RS LR 10:00 CATHOLIC MASS RS LR 10:00 FAMILY FEUD GAME RS LR 10:30 READING ROUNDTABLE C/RSLR 11:15 LIFESTYLE STATIONS RS LR 1:15 ART CORNER RS LR 2:00 WALKING CLUB TO THE BISTRO RS B 2:00 AFTERNOON SING A LONG RS LR 2:00 BINGO LI LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL RS LR 4:00 REMINISCING CORNER RS LR 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR 8:00 SNACK HOUR CA LR</p>	<p>6 OREO COOKIE DAY</p> <p>9:30 FITNESS CLASS CM/RS LR 10:15 HISTORY OF OREOS CM/RS LR 10:30 MUSIC AND MANICURES CM LR 11:00 NAME THE FAMOUS FACE CM/RS LR 11:30 BE OUR GUEST CM/RS LR 1:30 LIFESTYLE STATIONS CM/RS DR 2:00 WALKING CLUB TO BISTRO CM/RS B 2:30 OREO TASTING GUESS THE OREO CM/RS LR 3:00 HAPPY HOUR CM/RS LR 4:00 SING A LONG CM/RS LR 6:00 THERAPEUTIC ART RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>7</p> <p>9:30 TUESDAY TONING CLASS JE/JALR 10:00 ANAGRAMS JE/JALR 10:00 MENS CLUB: PLAY POOL JE/JALR 10:30 WALKING CLUB TO THE BISTRO JE/JALR 11:00 TONGUE TWISTER CHALLENGE JE/JALR 1:30 BINGO JE/JALR 2:00 WALKING CLUB TO THE BISTRO JE/JALR 2:30 ART CLUB: MEMORIES IN THE MAKING JE/JALR 3:00 CHEF CHOICE HAPPY HOUR JE/JALR 4:00 SING A LONG WITH RECREATION JE/JALR 6:00 RELAXATION CORNER RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>8 NATIONAL WOMEN'S DAY</p> <p>9:30 WEDNESDAY WORKOUT JA/JE LR 10:00 WORD GAMES JA/JE LR 10:00 LIFESTYLE STATIONS JA/JE LR 11:00 SALON & SPA HOUR JA/JE LR 1:30 KEEP IT UP! JA/JE LR 2:00 POETRY CORNER JA/JE LR 2:30 AFTERNOON WOMEN'S TEA JA/JE LO 2:30 ART CORNER JA/JE LR 3:00 HAPPY HOUR JA/JE LR 4:00 FAMOUS WOMEN IN HISTORY JA/JE LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>9 NATIONAL MEATBALL DAY</p> <p>9:30 SIT AND BE FIT JE/CM LR 10:00 CULINARY CLASS: HOMEMADE MEATBALLS JE/CM LR 10:15 KARAOKE JE/CM LR 11:00 BALLOON VOLLEYBALL JE/CM LR 11:30 LIFESTYLE STATIONS JE/CM LR 2:00 OUTING DUNKIN CM/RS O 2:00 BIRTHDAY PARTY WITH GEORGIE JE/RS LR 2:00 ART CORNER JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:00 MUSIC RELAXATION JE/RS LR 6:00 EVENING STRETCHES JE/RS LR 7:00 EVENING IN THE CINEMA JE/RS LR</p>	<p>10</p> <p>9:30 FRIDAY FULL BODY WORKOUT RS/JE LR 10:00 ACTIVE GAMES RS/JE LR 11:30 AMERICAS FUNNIEST VIDEOS RS/JE LR 1:30 FASHION OF YESTERYEAR RS/JE LR 2:00 RHYTHM BAND RS/JE LR 2:30 WORD GAMES RS/JE LR 3:00 TGIF HAPPY HOUR RS/JE LR 4:00 SPOT THE DIFFERENCE RS/JE LR 4:15 SHORT STORIES RS/JE LR 6:00 EVENING STRETCH RS/JE LR 7:00 EVENING IN THE CINEMA RS/JE M 8:00 SNACK HOUR RS LR</p>	<p>11 IRISH STEP DANCERS</p> <p>9:30 SATURDAY STRETCH JE/RS LR 10:00 MANICURES & MUSIC JE/RS LR 11:00 ACTIVE GAMES JE/RS LR 11:00 COMEDY HOUR JE/RS LR 1:30 LIFESTYLE STATIONS CHICKEN SOUP FOR THE SOUL JE/RS LR 2:00 BOWLING FUN JE/RS LR 2:30 COMEDY HOUR JE/RS LR 2:30 KARAOKE HOUR JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:00 BALLOON VOLLEYBALL RS LR 4:00 CIARA GREENE IRISH STEP DANCERS VEN LO 6:00 RELAXING MUSIC HOUR CA LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>
<p>12 ACADEMY AWARD DAY</p> <p>9:30 SUNDAY STRETCHES RS LR 10:00 CATHOLIC MASS RS LR 10:00 WALKING CLUB TO THE BISTRO RS LR 10:30 GUESS THE CELEBRITY/GUESS THE MOVIE C/RSLR 11:15 NAME 10 RS LR 1:30 ART CORNER RS LR 2:00 WALKING CLUB TO THE BISTRO RS B 2:00 AFTERNOON SING A LONG RS LR 2:30 OSCARS CELEBRATION LI LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL RS LR 4:00 REMINISCING CORNER RS LR 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR 8:00 SNACK HOUR CA LR</p>	<p>13</p> <p>9:30 FITNESS CLASS CM/RS LR 10:15 MONDAY MANICURES AND MUSIC CM/RS LR 10:30 ROSARY PRAYER (AL) VEN M 10:30 YOGA WITH RAY VEN LR 11:00 PARACHUTE GAMES CM/RS LR 11:30 BE OUR GUEST CM/RS LR 1:30 LIFESTYLE STATIONS CM/RS DR 2:00 TRAVELOGUE CM/RS LR 2:30 WORD GAMES CM/RS LR 3:00 HAPPY HOUR CM/RS LR 4:00 SING A LONG CM/RS P 6:00 THERAPEUTIC ART RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>14 NATIONAL PI DAY</p> <p>9:30 TONE AND SCULPT JE/JALR 10:00 MENS CLUB: SHOP CLASS JE/JALR 10:15 MONTESSORI MIXER: MATH CHALLENGE JE/JALR 11:00 WORD GAMES JE/JALR 11:30 BE OUR GUEST JE/JADR 1:30 RHYTHM MUSIC JE/JADR 2:00 WALKING CLUB TO THE BISTRO JE/JALR 2:30 MONTESSORI MIXER VEN LR 2:30 SHORT STORIES JE/JALR 3:00 PI HAPPY HOUR JE/JALR 4:00 REMEMBER WHEN... JE/JALR 6:00 RELAXATION CORNER RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>15 WEDNESDAY WORKOUT JA/JE LR 10:15 BALLOON VOLLEYBALL JA/JE LR 10:15 NAME THAT ANIMAL JA/JE LR 10:30 SALON & SPA HOUR JA/JE LR 11:00 POSITIVE AFFIRMATIONS JA/JE LR 1:30 KEEP IT UP! JA/JE LR 2:00 WALKING CLUB TO BISTRO JA/JE B 2:30 CRAFT CORNER: ST PATTY'S DAY DECOR JA/JE LR 3:00 HAPPY HOUR JA/JE LR 4:00 CATEGORIES JA/JE LR 6:00 EVENING STRETCH CM O 7:00 EVENING IN THE CINEMA RS M</p>	<p>16</p> <p>9:30 SIT AND BE FIT JE/CM LR 10:00 ACTIVE GAMES JE/CM LR 10:15 MANICURES & MUSIC JE/CM LR 10:30 CIRCLE SOCCER JE/CM LR 11:00 CULINARY CLASS: BROWNIES JE/CM LR 11:00 YOU BE THE JUDGE JE/CM LR 1:15 TABLETOP GAMES JE/CM LR 1:30 OUTING: SCENIC DRIVE TO WATER CM O 1:30 MUSIC MAKING WITH RECREATION JE/LG LR 2:30 PUTT PUTT GOLF CM O 2:30 I LOVE LUCY JE/T LR 3:00 HAPPY HOUR JE/T LR 4:00 KARAOKE HOUR! JE/T LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS M</p>	<p>17 ST PATRICK'S DAY</p> <p>9:30 IRISH JIG WORKOUT RS/JELR 10:00 ST PATRICK'S DAY BINGO RS/JELR 11:00 CULINARY CLASS: IRISH SODA BREAD RS/JELR 1:30 SING A LONG RS/JELR 2:00 WALKING CLUB TO BISTRO RS/JEB 2:30 ST PATRICK'S DAY BANJO BOB VEN LR 3:00 LUCK OF THE IRISH HAPPY HOUR RS/JELR 4:00 FUNNY LIMERICKS RS/JELR 4:15 LIFESTYLE STATIONS RS/JELR 6:00 EVENING STRETCH RS/JELR 7:00 EVENING IN THE CINEMA RS/JEM 8:00 SNACK HOUR CA LR</p>	<p>18 QUILTING DAY</p> <p>9:30 SATURDAY STRETCH JE/RS LR 10:00 CORNHOLE GAME JE/RS LR 10:30 PERSON PLACE THING JE/RS LR 11:00 SING A LONG JE/RS LR 11:30 BE OUR GUEST JE/RSDR 1:30 LIFESTYLE STATIONS JE/RS LR 2:00 ARTIST IMPRESSIONS JE/RS LR 2:30 WORD CHALLENGE GAMES JE/RS LR 2:30 LETS TALK QUILTS WITH LINDA KATE JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:00 AX THROWING RS LR 6:00 RELAXING MUSIC HOUR CA LR 7:00 EVENING IN THE CINEMA CA M 8:00 SNACK HOUR CA LR</p>
<p>19</p> <p>9:30 SUNDAY STRETCHES RS LR 10:00 CATHOLIC MASS RS LR 10:30 WALKING CLUB TO THE BISTRO RS B 11:00 LIFESTYLE STATIONS C/RSLR 1:30 ART CORNER RS LR 2:00 REMEMBER WHEN... RS LR 2:30 DANCE PARTY RS LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL RS LR 4:00 BALL GAMES RS LR 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR 8:00 SNACK HOUR RS LR</p>	<p>20 SPRING BEGINS</p> <p>9:30 FITNESS CLASS CM/RS LR 10:15 DIY SPRING BONNETS CM/RS LR 10:15 MONDAY MANICURES AND MUSIC CM/RS LR 11:00 BOWLING CM/RS LR 11:30 BE OUR GUEST CM/RS DR 1:30 LIFESTYLE STATIONS CM/RS/ DR 2:00 TOSS AND TALK CM/RS/ LR 2:30 REMINISCE SPRING CM/RS/ LR 3:00 HERE COMES THE SUN LEMONADE BAR CM/RS/RS LR 4:00 ART CORNER- SOOTHING ART RS LR 4:00 KARAOKE HOUR! CM/RS/ P 6:00 THERAPEUTIC ART RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>21</p> <p>9:30 TUESDAY TONING CLASS JE/JALR 10:00 MENS CLUB: POOL AT ISLANDIA WEST JE/JALR 10:15 WORD GAMES JE/JALR 11:00 NOODLE AROUND JE/JALR 11:15 MINI GOLF CHALLENGE JE/JADR 1:30 LIFESTYLE STATIONS JE/JALR 1:30 BINGO! JE/JALR 2:30 MAKING MUSIC WITH RECREATION VEN LR 3:00 PIE HAPPY HOUR JE/JALR 4:00 REMEMBER WHEN... JE/JALR 4:00 SING A LONG WITH RECREATION JE/JALR 6:00 RELAXATION CORNER RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>22</p> <p>9:30 WEDNESDAY BALANCE & AGILITY JA/JE LR 10:15 NAME YOUR FAVORITE JA/JE LR 10:15 BALLOON VOLLEYBALL JA/JE LR 11:00 SALON & SPA HOUR JA/JE LR 11:30 WACKY WEDNESDAY JA/JE LR 1:30 KEEP IT UP! JA/JE LR 2:00 SING A LONG JA/JE LR 2:30 REMINISCE CORNER JA/JE LR 3:00 HAPPY HOUR JA/JE LR 4:00 REMINISCE CORNER JA/JE LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS M</p>	<p>23</p> <p>9:30 SIT AND BE FIT JE/CM LR 10:00 JOKE HOUR JE/CM LR 10:30 TRIVIA CHALLENGE JE/CM LR 11:00 CREATIVE ARTS JE/CM LR 11:00 CULINARY CLASS: CAKE DECORATING CM O OUTING: PIZZA LUNCHEON CM O 1:15 LIFESTYLE STATIONS JE/RS LR 1:30 MAKING MUSIC WITH RECREATION JE/RS LR 2:30 CORNHOLE GAME JE/RS LR 3:00 HAPPY HOUR JE/RS LR 3:30 KARAOKE HOUR! JE/RS LR 4:00 SIT AND STRETCH JE/RS LR 4:30 CREATIVE ART CORNER JE/RS LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS M</p>	<p>24</p> <p>9:30 CLASSICAL MUSIC SIT AND STRETCH RS/JELR 10:00 NAME THAT TV SHOW RS/JELR 10:30 SING A LONG RS/JELR 11:00 SALON & SPA HOUR RS/JELR 1:15 LIFESTYLE STATIONS RS/JELR 1:30 SING A LONG RS/JELR 2:00 TABLE TOP GAMES RS/JELR 2:30 ACTIVE GAMES RS/JELR 3:00 TGIF HAPPY HOUR RS/JELR 4:00 EVENING STRETCH RS/JELR 4:30 SHORT STORIES RS/JELR 6:00 EVENING IN THE CINEMA RS LR 7:00 SNACK HOUR CA LR</p>	<p>25 VIRTUAL REALITY</p> <p>9:30 SATURDAY STRETCH JE/RS LR 10:15 BALLOON VOLLEYBALL JE/RS LR 11:00 NAME THAT SOUND JE/RS LR 11:30 COMEDY HOUR JE/RS LR 1:30 LIFESTYLE STATIONS JE/RS LR 2:00 PONG GAME FUN JE/RS LR 2:30 WORD GAMES JE/RS LR 2:30 VIRTU-WELL VIRTUAL REALITY JE/RS LR 3:00 HAPPY HOUR JE/RS LR 4:15 MUSIC RELAXATION JE/RS LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA VEN M 8:00 SNACK HOUR CA LR</p>
<p>26</p> <p>9:30 SUNDAY STRETCHES RS LR 10:00 CATHOLIC MASS RS LR 10:00 SIT AND BE FIT RS LR 10:30 MORNING MEDITATION C/RSLR 11:00 PUZZLES AND GAMES RS LR 1:30 ART CORNER RS LR 2:00 WALKING CLUB TO THE BISTRO RS LB 2:30 SPOT THE DIFFERENCE GAME RS LR 3:00 SUNDAY SUNDAES ICE CREAM SOCIAL RS LR 4:00 BALL GAMES RS LR 6:00 SOOTHING SOUNDS RS LR 7:00 EVENING IN THE CINEMA RS LR 8:00 SNACK HOUR CA LR</p>	<p>27</p> <p>9:30 FITNESS FUN CM/RS LR 10:00 BRAIN FITNESS GAMES CM/RS LR 10:30 WALK TO BISTRO CM/RS B 11:00 MONDAY MANICURES AND MUSIC CM/RS LR 11:30 BE OUR GUEST CM/RS DR 1:30 LIFESTYLE STATIONS CM/RS DR 2:00 TRAVELOGUE TO CM/RS LR 3:00 SOCIAL HOUR CM/RS LR 4:00 KARAOKE HOUR! CM/RS LR 6:00 THERAPEUTIC ART CM/RS LR 7:00 EVENING IN THE CINEMA CM/RS M 8:00 SNACK HOUR CM/RS LR</p>	<p>28</p> <p>9:30 TUESDAY TONING CLASS JE/JALR 10:00 MENS CLUB: POOL GAMES AT WEST JE/JAW 10:15 ACTIVE GAMES JE/JALR 11:00 NOODLE AROUND JE/JALR 11:30 BE OUR GUEST JE/JADR 1:30 BINGO! JE/JALR 2:00 WALKING CLUB TO THE BISTRO JE/JALR 2:30 BINGO! JE/JALR 3:00 CHEF CHOICE HAPPY HOUR JE/JALR 4:00 SING A LONG WITH RECREATION JE/JALR 6:00 RELAXATION CORNER RS LR 7:00 EVENING IN THE CINEMA RS M 8:00 SNACK HOUR CA LR</p>	<p>29</p> <p>9:30 WEDNESDAY BALANCE & AGILITY JA/JE LR 10:15 FACT OR FICTION JA/JE LR 10:15 BALLOON VOLLEYBALL JA/JE LR 11:00 SALON & SPA HOUR JA/JE LR 11:30 WACKY WEDNESDAY JA/JE LR 1:30 KEEP IT UP! JA/JE LR 2:00 SING A LONG JA/JE LR 2:30 BINGO JA/JE LR 3:00 HAPPY HOUR JA/JE LR 4:00 REMINISCE CORNER JA/JE LR 6:00 EVENING STRETCH RS LR 7:00 EVENING IN THE CINEMA RS M</p>	<p>30</p> <p>9:30 SIT AND BE FIT JE/CM LR 10:00 JOKE HOUR JE/CM LR 10:30 TRIVIA CHALLENGE JE/CM LR 11:00 CREATIVE ARTS JE/CM LR 11:30 OUTING: CHINESE BUFFET CM O 1:15 LIFESTYLE STATIONS JE/RS LR 1:30 MAKING MUSIC WITH RECREATION JE/RS LR 2:30 CORNHOLE GAME JE/RS LR 3:00 HAPPY HOUR JE/RS LR 3:30 KARAOKE HOUR! JE/RS LR 4:00 SIT AND STRETCH JE/RS LR 4:30 CREATIVE ART CORNER JE/RS LR 6:00 RELAXING MUSIC HOUR RS LR 7:00 EVENING IN THE CINEMA RS M</p>	<p>31</p> <p>9:30 CLASSICAL MUSIC SIT AND STRETCH RS/JELR 10:00 NAME THAT TV SHOW RS/JELR 10:30 SING A LONG RS/JELR 11:00 SALON & SPA HOUR RS/JELR 1:15 LIFESTYLE STATIONS RS/JELR 1:30 KARAOKE RS/JELR 2:00 TABLE TOP GAMES RS/JELR 2:30 ACTIVE GAMES RS/JELR 3:00 TGIF HAPPY HOUR RS/JELR 4:00 EVENING STRETCH RS/JELR 4:30 SHORT STORIES RS/JELR 6:00 EVENING IN THE CINEMA RS LR 7:00 SNACK HOUR CA LR</p>	

