## **MARCH 2023**

3:00 SMARTBOARD CONCERT

## The Arbors At ISLANDIA WEST TRANSITIONS Tel: 631-582-3600 www.thearborsassistedliving.com

JO LV

VS

4:00 SHOUT OUT TRIVIA

4:00 JENGA

6:00 TGIF MOVIES

J0

VS

LV

AR

4:00 QUIPO QUIZ

JO LV

VS AR

-	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NDAR</b>	STAFF KEY G=GINA, Director of Recreation SH=SHARON S=SHERYL VS=VINNY D=DIANE DV=DEB LI=LIBRARY AN=ANDREA J=JASMINE AM=ANNEMARIE J0=JOSH LI=INDEPENDENT RS=RECREATION STAFF V=VOLUNTEER AC=ACTIVITY ROOM LV=LIVING ROOM L	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.	THE LPITLE THUMAN	9:00         COUNTRY HITS         VS         LV           9:30         NEWS DISCUSSION         VS         LV           10:00         STRETCH AND FLEX         VS         LV           10:30         CIRCLE SOCCER         VS         LV           11:00         IT HAPPENED IN MARCH         VS/JO         LV           11:30         MARCH BIRTHDAY QUIZ         VS/JO         LV           1:15         ALEX ALEXANDER SING-A-LONG         JO         LV           3:00         WINE DOWN WEDNESDAY         VS/JO         LV           4:00         PIG TRIVIA         JO         LV           4:00         PIG TRIVIA         JO         LV           4:00         PIGGY BANK PAINTING         VS         AR           6:00         MOVIE NIGHT         JO         LV	9:00 MUSIC IN THE MORNING JO LV 9:30 NEWS & VIEWS JO LV 10:00 SIT AND BE FIT JO LV 11:30 WALKING CLUB JO LV 11:00 NAME 10 JO/VS LV 11:00 ARBORS CAFÉ P BI 1:30 CRAFTY CREATIONS VS AR 1:30 BINGO JO LV 3:00 HAPPY HOUR JO/VS LV 4:00 FINISH THE PHRASE JO LV 4:00 PUZZLE PARTY VS AR 6:00 NIGHTTIME MOVIE VS LV	9:00 SING YOUR HEART OUT JO/VS LV 9:30 DAILY CHRONICALS JO/VS LV 10:00 CHAIR ZUMBA JO/VS LV 10:30 TOSS AND TALK JO/VS LV 11:00 FLOOR DARTS JO/VS LV 11:30 POOL SHARKS VS GR 1:30 A-Z WORD GAME JO LV 3:00 ICE CREAM BARS JO/VS LV 4:00 FOLLOW THE RAINBOW: SORTING GAME JO AR 4:00 SCATTAGORIES VS LV 7:00 TGIF MOVIES J LV	4         COFFEE & CROSSWORDS           9:00         MUSIC IN THE MORNING         VS         LV           9:30         WEEKEND UPDATE         VS         LV           10:00         DANCING WITH SCARVES         VS         LV           10:30         CIRCLE SOCCER         VS         LV           11:00         COFFEE & CROSSWORDS         VS         LV           1:30         MUSICAL HANGMAN & SING A LONG         VS         LV           3:00         CHEFS TASTING SOCIAL         VS         LV           4:00         SCATTAGORIES         VS         LV           6:00         SATURDAY NIGHT SHOWING         JO         LV
CALE	5         ARBORS CAFÉ           9:00         SINGING ON SUNDAY         N         LV           9:30         NEWS AND VIEWS         N         LV           10:00         STRETCH AND FLEX         N         LV           10:30         COMMUNION         N         LV           11:00         WORD-IN-A-WORD         N         LV           11:00         ARBORS CAFÉ         P         BI           1:30         21 QUESTIONS         N         LV           2:00         NAME THAT FAMOUS FACE         N         LV           3:00         HAPPY HOUR SOCIAL         N         LV           4:00         SENIOR JOKES         N         LV           6:00         TONIGHT AT THE MOVIES         N	6         PURIM           9:00         SING-A-LONG-SONGS         N         LV           9:30         MORNING NEWS         N         LV           10:00         PILATES CLASS         N         LV           10:30         BALLOON BOUNCE         N         LV           11:00         BIOGRAPHY ON: LOU COSTELLO         A/J         LV           1:30         ABBOTT AND COSTELLO COMEDY         A/J         LV           1:30         BINGO         N         LV           3:00         SMARTBOARD CONCERTS         A/J         LV           4:00         CREATIVE COLORING         N         AR           4:00         ABOUT PURIM         J         LV           6:00         MOVIE AT NIGHT         J         LV	9:00 MELODIES IN THE MORNING JO LV 9:30 TODAYS NEWS JO LV 10:00 MOVEMENTS TO MUSIC JO LV 10:30 NOODLEBALL JO LV 11:15 PET THERAPY VS/JO LV 11:00 ARBORS CAFÉ P BI 11:15 THINGS THAT START WITH "F" JO LV 1:30 BEAN BAG NUMBER TOSS JO LV 1:30 DEXTERITY THERAPY: SORTING JO/VS LV 3:00 SMARTBOARD CONCERTS 4:00 WOULD YOU RATHER BALL TOSS JO LV 4:15 MENS CLUB VS GR 7:00 NIGHTLY MOVIE VS LV	8         International women's day           9:00         Acoustic sunrise         VS         LV           9:30         News and views         VS         LV           10:00         MORNING STRETCING         VS         LV           10:30         MOVEMENT WITH SCARVES         VS         LV           11:00         A-Z WORD GAME: WOMEN IN HISTORY         VS/JO         LV           1:30         BINGO         JO         LV           1:30         MAGAZINE SCAVENGER HUNT         VS         AR           3:00         WINE DOWN WEDNESDAY         JO/VS         LV           3:30         WOMEN TRIVIA           4:00         SENIOR ADVICE         JO         LV           4:00         PUZZLES         VS         AR           6:00         MOVIES AT DUSK         JO         LV	9:00 HAPPY MUSIC JO LV 9:30 HAPPY MUSIC JO LV 10:00 STRETCH AND FLEX JO LV 10:30 CIRCLE SOCCER JO LV 11:00 WORD IN A WORD: "POPCORN LOVERS DAY" JO/VS LV 11:00 ARBORS CAFÉ P BI 1:30 NEW RESIDENT SOCIAL VS 1F 1:30 BINGO JO LV 3:00 GOURMET POPCORN HAPPY HOUR JO/VS LV 4:00 POPCORN TRIVIA JO LV 4:00 CREATIVE COLORING VS AR 6:00 NIGHT TIME MOVIE RS LV	9:00 MUSICAL MUSINGS JO/VS LV 9:30 NEWSDAY JO/VS LV 9:45 ROSARY 10:00 CHAIRZUMBA JO/VS LV 10:30 BALLOON BOUNCE JO/VS LV 11:00 AXETHROWING JO/VS LV 1:30 POOL SHARKS VS GR 1:30 BINGO JO LV 3:00 ICE CREAM SANDWICH SOCIAL 3:00 SMARTBOARD CONCERTS 4:00 LEFT RIGHT CENTER VS AR 4:00 JEOPARDY TRIVIA JO LV 6:00 MOVIES AT NIGHT J LV	9:00 MUSICIN THE MORNING VS LV 9:30 WEEKEND IN REVIEW VS LV 10:00 USE YOUR NOODLE VS LV 10:30 SCRABBLE-GRAMS VS LV 11:00 IRISH STEP DANCERS VS LV 1:30 CROSSWORD PUZZLE VS LV 2:00 A-Z VS LV 3:00 CHEFS TASTING SOCIAL VS LV 4:00 MUSICAL HANGMAN & SING A LONG VS LV 6:00 SATURDAY SHOWING JO LV
NOL	12         ACADEMY AWARDS           9:00         MORNING SONGS         N         LV           9:30         WEEKEND NEWS         N         LV           10:00         SILVER SNEAKERS EXERCISE CLASS         N         LV           10:30         COMMUNION         N         LV           11:00         ARBORS CAFÉ         P         BI           11:00         ACADEMY AWARDS NOMINEES         N         LV           1:30         BINGO         N         LV           3:00         HAPPY HOUR SOCIAL         N         LV           4:00         FASHIONS OF THE ACADEMY AWARDS         N         LV           6:00         SUNDAY SHOWING         N         LV	9:00 MORNING TUNES N LV 9:30 TODAY'S NEWS N LV 10:00 WAKE UP, WORK OUT! N LV 11:00 BIOGRAPHY: NEIL SEDAKA J LV 11:30 NEIL SEDAKA MUSIC J LV 1:00 MANICURES J AR 1:30 FAMILY FEUD N LV 3:00 HAPPY HOUR A/J LV 3:00 SMARTBOARD CONCERTS N 4:00 ARMCHAIR TRIVIA J LV 4:00 CREATIVE COLORING N AR 6:00 MOVIES WE LOVE J LV	9:00         CROONERS AND SWOONERS         JO         LV           9:30         NEWS DISCUSSION         JO         LV           9:30         BREAKFAST TRIP         JO         LV           10:00         SILVER SNEAKERS EXERCISE         JO         LV           10:30         KEEP UP THE BALLOON         JO/VSLV           11:00         ARBORS CAFÉ         P         BI           11:00         MUSICAL HANGMAN         JO/VSLV           1:30         SORTING GAMES         VS         AR           1:30         BINGO         JO         LV           3:00         HAPPY HOUR         JO/VSLV           4:00         MENS CLUB WITH VINNIE         VS         GR           4:00         POT LUCK TRIVIA         JO         LV           6:00         NIGHT TIME MOVIES         VS         LV	15         IDES OF MARCH           9:00         SWEET MELODIES IN THE MORNING         JO         LV           9:30         DAILY NEWS         JO         LV           10:00         STRETCH AND FLEX         JO         LV           10:30         CIRCLE SOCCER         JO         LV           11:00         ABOUTTHE "IDES OF MARCH"         JO/VS         LV           1:30         CARD GAMES         VS         AR           1:30         BINGO         JO         LV           3:00         WINE DOWN WEDNESDAY         JO/VS         LV           4:00         SENIOR MOMENTS         JO         LV           4:00         PUZZLE PARTY         VS         AR           6:00         MOVIE AT NIGHT         JO         LV	16 CASINO OPEN HOUSE           9:00 THURSDAY TUNES         JO         LV           9:30 NEWS & VIEWS         JO         LV           10:00 CHAIR YOGA         JO         LV           10:30 HOT POTATO         JO         LV           11:00 ROLL A FUNNY FACE         P         BI           11:00 ROLL A FUNNY FACE         JO/VS         LV           1:30 BINGO FOR PRIZES         VS         AR           1:30 BLACK JACK AND ROULETTE         JO         LV           3:00 HAPPY HOUR         JO/VS         LV           4:00 QUIPO QUIZ         JO         LV           4:00 CARD CLUB         VS         AR           6:00 MOVIE         VS         LV	9:00 IRISH FOLK SONGS JO/VS LV 9:30 HOROSCOPES AND HAPPENINGS JO/VS LV 10:00 ALBERT MULLAD & VIOLIN JO/VS LV 10:00 CHAIR ZUMBA 11:00 TARGET GOLF JO/VS LV 1:30 POOL SHARKS VS GR 1:30 LUCKY BINGO JO LV 3:00 SHAMROCK SOCIAL JO/VS LV 4:00 TABLE TOP GAMES VS AR 4:00 IRISH TRIVIA JO LV 6:00 MOVIES AT NIGHT J LV	9:00 SONGS FOR ALL VS LV 9:30 WEEKEND UPDATE VS LV 10:00 SIT AND GET FIT VS LV 10:30 SCRABBLE-GRAMS VS LV 11:00 COFFEE AND CROSSWORDS VS LV 1:30 CLIMB THE MOUNTAIN VS LV 2:00 QUIPO QUIZ VS LV 3:00 CHEFS TASTING SOCIAL VS LV 4:00 MUSICAL HOT POTATO VS LV 6:00 MOVIE AT NIGHT JO JO
CREA	19   ARBORS CAFÉ   9:00   SUNDAY SERENADES   N   LV   9:30   DAILY CHRONICLES   N   LV   10:00   MOVING AND GROOVING   N   LV   11:00   ARBORS CAFÉ   P   BU   11:00   WORD-IN-A-WORD   N   LV   1:30   PENNY PITCH   N   LV   3:00   HAPPY HOUR   N   LV   4:00   TRIVIA GAME   N   LV   6:00   NIGHTTIME MOVIE   N   LV	20         1ST DAY OF SPRING           9:00         SPRING TUNES         N         LV           9:30         HOROSCOPES & NEWS         N         LV           10:00         MORNING EXERCISE         N         LV           10:30         SIT AND BE FIT         N         LV           1:00         BIOGRAPHY: OZZIE NELSON         J         LV           1:30         BINGO         N         LV           3:00         HAPPY HOUR         A/J         LV           3:00         SMARTBOARD CONCERTS         A/J         LV           4:00         CLIMB THE MOUNTAIN         N         LV           4:00         CREATIVE COLORING: FLOWERS         J         AR           6:00         NIGHTTIME MOVIE         J         LV	9:00 NEW ORLEANS JAZZ JO LV 9:30 TODAY'S HEADLINERS JO LV 10:00 STRETCH AND FLEX JO LV 10:30 CIRCLE SOCCER JO LV 11:00 PET THERAPY JO/VS LV 11:00 ARBORS CAFÉ P BI 1:30 BINGO JO/VS LV 3:00 TABLE TOP GAMES JO/VS LV 3:00 HAPPY HOUR JO/VS LV 4:00 FINISH THE LYRICS JO LV 4:00 MENS CLUB VS GR 6:00 NIGHTLY MOVIE VS LV	9:00 LOVELY SONGS VS LV 9:30 DAILY DOSE VS LV 10:00 SILVER SNEAKERS EXERCISE VS LV 10:30 NOODLE BALL VS/JO LV 11:00 A-Z WORD GAME VS/JO LV 1:30 TABLE TOP GAMES VS AR 1:30 DEAL OR NO DEAL JO LV 3:00 WINE DOWN WEDNESDAY VS/JO LV 4:00 CARD GAMES VS AR 4:00 RIDDLE METHIS JO LV 6:00 MOVIES AT NIGHT JO LV	23   ARBORS CAFÉ	Page 2012   Page 2013   Page 2014   Page 2014   Page 2014	25         9:00 SATURDAY SONGS       VS LV         9:30 SATURDAY POST       VS LV         10:00 STRETCH AND FLEX       VS LV         10:30 HOT POTATO       VS LV         11:00 COFFEE AND CROSSWORDS       VS LV         1:30 BEAN BAG NUMBER GAME       VS LV         3:00 CHEFS TASTING SOCIAL       VS LV         4:00 SCATTAGORIES       VS LV         6:00 MOVIE TIME       VS LV
	26       ARBORS CAFÉ         9:00       MUSIC IN THE MORNING       N       LV         9:30       NEWS AND VIEWS       N       LV         10:00       CHAIR EXERCISE       N       LV         10:30       COMMUNION       N       LV         11:00       ARBORS CAFÉ       P       BI         11:00       MAKE UP YOUR OWN HOLIDAY       N       LV         1:30       GIANT WORD SEARCH       N       LV         3:00       HAPPY HOUR       N       LV	27         9:00       MELODIES IN THE MORNING       N       LV         9:30       NEWS & VIEWS       N       LV         10:00       SIT AND BE FIT       N       LV         10:30       BALLOON VOLLEYBALL       N       LV         11:00       BIOGRAPHY: CY YOUNG       A/J       LV         1:00       MANICURES       J       AR         1:30       BINGO       N       LV         3:00       SOCIAL HOUR       A/J       LV         3:00       SMARTBOARD CONCERTS       N       LV	28         BREAKFAST TRIP           9:00         COUNTRY MUSIC         JO         LV           9:30         WHAT'S IN THE NEWS         JO         LV           9:30         BREAKFAST TRIP         DV/AN         O           10:00         WAKE UP WORK-OUT         JO         LV           10:30         BALLOON BOUNCE         JO         LV           11:00         NAME 10         JO/VS         LV           11:00         ARBORS CAFÉ         P         BI           1:30         TABLE TOP GAMES         VS         AR           1:30         BINGO         JO         LV           3:00         CHEFS CHOICE SOCIAL         JO/VS         LV	29       REIKI WITH LISA         9:00       70S SONGS       VS       LV         9:30       DAILY NEWS       VS       LV         10:00       SIT AND BE FIT       VS       LV         10:30       TOSS AND TALK       VS       LV         11:00       CORN HOLE       JO/VS       LV         1:30       MAGAZINE SCAVENGER HUNT       JO       LV         2:00       REIKI WITH LISA       VS       AR         3:00       WINE DOWN WEDNESDAY       VS/JO       LV         3:30       TRIVIA AND SIP       VS/JO       LV	30 ART THERAPY         9:00 MORNING TUNES       JO LV         9:30 WHATS IN THE NEWS       JO LV         10:00 SIT AND BE FIT       JO LV         10:30 CIRCLE SOCCER       JO LV         11:00 WORD WATERFALL       VS LV         1:30 BINGO       JO LV         1:30 ART THERAPY WITH CAT       VS AR         3:00 HAPPY HOUR SOCIAL       VS/JO LV	31 NATIONAL CRAYON DAY         9:00 FRI-YAY SONGS       VS       LV         9:30 WEEK END NEWS       VS       LV         10:00 CHAIR ZUMBA       VS       LV         10:30 KEEP UP THE BALLOON       VS       LV         11:00 FLOOR DARTS       VS/JO       LV         1:30 BINGO       JO       LV         1:30 CRAYON CRAFT       VS       AR         3:00 ICE CREAM BAR SOCIAL       VS/JO       LV         3:00 SMARTBOARD CONCERTS       JO       LV	Suggested  The Arbors

4:00 JEOPARDY

4:15 MENS CLUB

JO LV

VS GR

4:00 SENIOR MOMENTS GAME

4:00 PUZZLE PARTY