

# MARCH 2023

# The Arbors At ISLANDIA WEST

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

# RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>STAFF KEY</b> 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.	<b>LOCATION KEY</b> 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 CR=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING	<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 Recreation Director Gina Scaffedi will be happy to answer any questions you may have regarding this calendar.				
<b>5</b> 9:00 TUNES IN THE AM RS LV 9:30 NEWS AND VIEWS RS LV 10:00 COMMUNION RS MR 10:30 WALKING CLUB RS KV 11:00 DEXTERITY THERAPY RS B 1:15 AFTERNOON MOVIE RS MR 1:30 BINGO RS LV 3:00 HAPPY HOUR SOCIAL RS B 4:15 LAUGHTER IS THE BEST MEDICINE RS B 6:00 TONIGHT AT THE MOVIES RS MR	<b>6 PURIM</b> 9:00 SING-A-LONG-SONGS D LV 9:30 MORNING NEWS D LV 10:00 KNITTING CLUB & CROCHET N B 10:00 PILATES CLASS D LV 10:30 WALKING CLUB D LV 11:00 BIOGRAPHY ON: LOU COSTELLO N/D LV 1:15 MOVIE MATINEE N MR 1:00 SCRABBLE WITH NORA V B 1:30 HOT SEAT CHALLENGE D LV 3:00 PURIM HAPPY HOUR D/N B 3:00 SMARTBOARD CONCERTS N B 4:15 ABOUT PURIM N B 6:00 JACKPOT BINGO J BI 7:00 MOVIE AT NIGHT J MR	<b>7 PET THERAPY</b> 9:00 MELODIES IN THE MORNING D LV 9:30 TODAY'S NEWS DV LV 10:00 MOVEMENTS TO MUSIC DV LV 10:30 WALKING CLUB D LV 11:00 PET THERAPY V LV 1:15 MOVIE AFTERNOON RS M 1:30 NAME 10. 15. 20 DV LV 3:00 HAPPY HOUR D/DVB 3:00 SMARTBOARD CONCERTS DV B 4:15 GAMES AT THE BAR DV BI 4:15 MENS CLUB VS GR 6:00 CASH BINGO VS BI 7:00 NIGHTLY MOVIE VS M	<b>8 INTERNATIONAL WOMEN'S DAY</b> 9:00 ACOUSTIC SUNRISE D LV 9:30 NEWS AND VIEWS D LV 10:00 MORNING STRETCHING D LV 10:30 WALKING CLUB D LV 11:00 A-Z WORD GAME: FAMOUS WOMEN D LV 1:00 SCRABBLE AT THE BAR V BI 1:30 NAME THAT FAMOUS FACE D LV 1:15 MID-DAY MATINEE RS MR 3:00 WINE DOWN WEDNESDAY D B 3:30 BINGO AT THE BAR A/D/G BI 4:15 WOULD YOU RATHER? D BI 6:00 NIGHTTIME BINGO JO BI 7:00 MOVIES AT DUSK JO MR	<b>9 POPCORN LOVERS DAY</b> 9:00 HAPPY MUSIC D LV 9:30 HAPPENINGS AND HOROSCOPES DV LV 10:00 STRETCH AND FLEX DV LV 10:30 WALKING CLUB D LV 11:00 PASS THE POPCORN GAME D LV 1:15 AFTERNOON SHOWING RS M 1:30 CRAFTY CREATIONS DV BI 3:00 HAPPY HOUR DV/DVB 3:00 SMARTBOARD CONCERTS RS SB 4:15 RUMMY CLUB DV B 6:00 BINGO AT NIGHT \$ VS BI 7:00 MOVIE AND POPCORN VS MR	<b>10 LUNCH TRIP/ ROSARY</b> 9:00 MUSICAL MUSINGS D LV 9:30 NEWSDAY D LV 9:45 ROSARY V/I B 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CM 11:00 MIDDLE NAME GAME D LV 11:30 LUNCH TRIP AN/DV O 1:00 ARTISTIC EXPRESSIONS J B 1:15 MENS MOVIE MATINEE J MR 2:00 WORD SCRAMBLES D LV 3:00 FRIDAY FLOATS D/J B 4:15 JENGA J/G B 6:00 JACKPOT BINGO J BI 7:00 MOVIES AT NIGHT J MR	<b>11 IRISH DANCERS</b> 9:00 MUSIC IN THE MORNING G LV 9:30 WEEKEND IN REVIEW G LV 10:00 WALKING CLUB G LV 10:30 CROSSWORD G LV 11:00 IRISH STEP DANCERS JO LV 1:15 MOVIES IN THE MEDIA ROOM JO MR 1:30 BEAN BAG NUMBER TOSS J B 2:00 MOVIE MATINEE J B 3:00 CHEFS TASTING SOCIAL JO/G B 4:15 SHOUT OUT THE ANSWERS JO B 6:00 CASH BINGO JO BI 7:00 SATURDAY SHOWING JO MR
<b>12 DAY LIGHT SAVINGS TIME BEGINS</b> 9:00 MORNING SONGS RS LV 9:30 WEEKEND NEWS RS LV 10:00 COMMUNION RS DR 10:30 WALKING CLUB RS LV 11:00 VOTE FOR YOUR FAVORITE... RS B 1:15 AFTERNOON MOVIE RS M 1:30 ACADEMY AWARDS PRE WATCH PARTY RS LV 3:00 HAPPY HOUR SOCIAL RS B 4:15 REMINISCING WITH DEB RS B 6:00 SUNDAY SHOWING RS MR 8:00 ACADEMY AWARDS I B	<b>13</b> 9:00 MORNING TUNES D LV 9:30 TODAY'S NEWS D LV 9:30 KNITTING & CROCHET CLUB N/V B 10:00 WAKE UP, WORK OUT! D LV 10:30 WALKING CLUB D LV 11:00 BIOGRAPHY: NEIL SEDAKA N/D LV 1:00 SCRABBLE WITH NORA V B 1:15 MID DAY MOVIE N MR 1:30 MAGAZINE SCAVENGER HUNT D/N LV 3:00 HAPPY HOUR D/N B 4:15 CARDS AT THE BAR N B 6:00 JACKPOT BINGO J BI 7:00 MOVIES WE LOVE J MR	<b>14 PI DAY</b> 9:00 CROONERS AND SWOONERS D LV 9:30 WHAT'S IN THE NEWS? DV LV 10:00 WALKING CLUB DV LV 10:30 LIBRARY VISIT D LV 11:00 WHAT IS PI? D LV 1:15 AFTERNOON MOVIE D MR 1:30 MATHLETES D/DVB 3:00 PI (E) HAPPY HOUR D/DVB 3:00 SMARTBOARD CONCERTS DV B 4:15 MENS CLUB WITH VINNIE VS GR 4:15 CARDS AT THE BAR DV B 6:00 BINGO FOR CASH VS BI 7:00 NIGHT TIME MOVIES VS MR	<b>15 IDES OF MARCH</b> 9:00 SWEET MELODIES IN THE MORNING D LV 9:30 DAILY NEWS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D LV 11:00 ABOUT THE IDES OF MARCH D/A LV 1:00 SCRABBLE AT THE BAR V BI 2:00 JEOPARDY A/D LV 3:00 WINE DOWN WEDNESDAY A/D/G BI 3:30 TRIVIA AND SIP A/D/G BI 4:15 20 QUESTIONS A/D/G BI 6:00 JACKPOT BINGO JO BI 7:00 MOVIE NIGHT JO MR	<b>16 CASINO OPEN HOUSE</b> 9:00 THURSDAY TUNES D LV 9:30 NEWS & VIEWS DV LV 10:00 CHAIR YOGA DV LV 10:30 WALKING CLUB D LV 11:00 TEST YOUR LUCK CART G BI 1:00 MANICURES WITH DEB DV B 1:15 MID-DAY MOVIE: D MR 2:00 CASINO GAMES D B 3:00 HAPPY HOUR D/DVB 3:00 CHER PERFORMS LV 4:00 CARDS AT THE BAR G B 6:00 BINGO AT NIGHT \$ VS BI 7:00 MOVIE VS MR	<b>17 ST. PATRICK'S DAY</b> 9:00 IRISH FOLK MUSIC D LV 9:30 HOROSCOPES AND HAPPENINGS D LV 10:00 VIOLIN W/ ALBERT MULLAD D LV 11:00 ST. PATTY'S DAY TRIVIA J/D LV 11:30 TRAVEL TO IRELAND RS SB 1:00 ST. PATRICK'S DAY CRAFT J B 1:00 SCRABBLE CLUB D MR 1:15 MENS MOVIE MATINEE V B 3:00 GREEN FLOATS D/J B 3:00 SMARTBOARD CONCERTS J B 4:15 FILL YOUR POT WITH GOLD J B 6:00 CASH BINGO J BI 7:00 MOVIES AT NIGHT J MR	<b>18 QUILTING DAY</b> 9:00 SONGS FOR ALL G LV 9:30 WEEKEND UPDATE G LV 10:00 WALKING CLUB G LV 10:15 EAST V. WEST VOLLEYBALL G E 10:30 STRETCH AND FLEX G LV 11:00 COFFEE AND CROSSWORDS JO LV 1:15 MOVIE IN THE MEDIA ROOM JO MR 1:30 QUILTING CRAFT JO LV 2:30 "QUILTING TALK" LECTURE JO B 3:00 CHEFS TASTING SOCIAL JO B 3:00 SMARTBOARD CONCERTS JO B 4:15 CARDS AT THE BAR JO B 6:00 NIGHTTIME BINGO JO BI 7:00 MOVIE AT NIGHT JO MR
<b>19 KITCHENLESS COOKING</b> 9:00 SUNDAY SERENADES RS LV 9:30 DAILY CHRONICLES RS LV 10:00 COMMUNION RS DR 10:30 SUNDAY STROLL RS LV 11:00 KITCHENLESS COOKING RS LV 1:15 MOVIE MATINEE RS M 1:30 BINGO N/D B 3:00 HAPPY HOUR D/N B 4:15 JOKE TIME D/D B 6:00 NIGHTTIME MOVIE RS M	<b>20 SPRING BEGINS!</b> 9:00 MUSIC IN THE MORNING D LV 9:30 HOROSCOPES & NEWS D LV 9:30 KNITTING & CROCHET CLUB N LV 10:00 MORNING EXERCISE D LV 10:30 WALKING CLUB D LV 11:00 BIOGRAPHY: OZZIE NELSON N LV 1:15 MID-DAY MOVIES N M 1:00 SCRABBLE WITH NORA V B 1:30 FLOWER POT CREATIONS N/D LV 3:00 HAPPY HOUR N/D B 4:15 GAMES AT THE BAR N B 6:00 JACKPOT BINGO J BI 7:00 NIGHTTIME MOVIE J M	<b>21 PET THERAPY</b> 9:00 MELODIC MORNING D LV 9:30 TODAY'S HEADLINERS DV LV 10:00 STRETCH AND FLEX DV LV 10:30 WALKING CLUB D LV 10:30 MOVEMENT WITH SCARVES D/A O 11:00 PET THERAPY V LV 1:15 MOVIE MATINEE D LV 1:30 HORSE RACING D/DVB 3:00 HAPPY HOUR D/DVLV 4:15 CARDS AT THE BAR DV LV 4:15 MENS CLUB VS GR 6:00 CASH BINGO VS LV 7:00 NIGHTLY MOVIE VS LV	<b>22 MARCH MADNESS TRIVIA</b> 9:00 LOVELY SONGS D LV 9:30 DAILY DOSE D LV 10:00 SITTERTCIZE ALL LV 10:30 WALKING CLUB D LV 11:30 BALLOON VOLLEYBALL D LV 1:00 REIKI WITH LISA M 1:00 SCRABBLE AT THE BAR V LV 1:15 MID DAY MOVIE D MR 1:30 MARCH MADNESS TRIVIA @ HAUPPAUGE G O 1:30 YOU BE THE JUDGE D LV 3:00 WINE DOWN WEDNESDAY A/D/G BI 3:00 TRIVIA AND SIP A/D/G BI 4:15 GAMES AT THE BAR A BI 6:00 NIGHTTIME BINGO JO BI 7:00 MOVIES AT NIGHT JO MR	<b>23 VINTAGE DAY</b> 9:00 SING-A-LONG SONGS D LV 9:30 DAILY NEWS DV LV 10:00 SIT AND BE FIT DV LV 10:30 WALKING CLUB D LV 11:00 CONVERSATION STARTERS D LV 11:30 ANTIQUES ROADSHOW RS SB 1:15 AFTERNOON SHOWING D MR 1:30 VINTAGE ITEM SHOW AND SHARE D LV 3:00 HAPPY HOUR DV/DB 4:15 RUMMIKUB DV B 6:00 JACKPOT BINGO VS B 7:00 MOVIE VS MR	<b>24 ROSARY</b> 9:00 MELODIC MORNINGS D LV 9:30 BREAKING NEWS D LV 9:45 ROSARY V/I LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D LV 11:00 SEATED BOCCIE D/J LV 1:15 MENS MOVIE MATINEE J MR 1:00 ARTISTIC EXPRESSIONS J B 1:00 SCRABBLE CLUB V B 2:00 MAD LIBS STORY D LV 3:00 FRIDAY FLOATS D/J B 3:00 SMARTBOARD CONCERT J B 4:15 KINGS IN THE CORNER J/G B 6:00 EVENING BINGO FOR \$ J BI 7:00 MOVIES AT NIGHT J MR	<b>25 MOVIE AND PIZZA TRIP</b> 9:00 SATURDAY SONGS G LV 9:30 SATURDAY POST G LV 10:00 WALKING CLUB G LV 10:15 EAST V. WEST VOLLEYBALL G E 10:30 SIT AND BE FIT G LV 11:00 TRIP: MOVIE AND PIZZA JO LV 1:15 COFFEE AND CROSSWORDS JO MR 1:15 AFTERNOON MOVIE JO MR 1:30 FAMILY FEUD G/JO B 3:00 CHEFS TASTING SOCIAL JO B 3:00 SMARTBOARD CONCERT JO B 4:15 SCATTAGORIES JO B 6:00 BINGO AT NIGHT JO BI 7:00 MOVIE TIME JO MR
<b>26</b> 9:00 MUSIC IN THE MORNING RS LV 9:30 NEWS AND VIEWS RS LV 10:00 COMMUNION RS DR 10:30 WALKING CLUB RS LV 11:00 MAKE UP YOUR OWN HOLIDAY RS B 1:15 MID-DAY MATINEE RS M 1:30 BINGO RS B 3:00 HAPPY HOUR RS B 3:00 SMARTBOARD CONCERT RS SB 4:00 MONTHLY REFLECTIONS RS B 6:00 MOVIES AT NIGHT RS M	<b>27</b> 9:00 MELODIES IN THE MORNING D LV 9:30 NEWS & VIEWS D LV 9:30 KNITTING & CROCHET CLUB N LV 10:00 SIT AND BE FIT D LV 10:30 WALKING CLUB D LV 11:00 BIOGRAPHY: CY YOUNG N/D LV 1:00 SCRABBLE WITH NORA V B 1:15 MID-DAY MATINEE N M 1:30 FACT OR CRAP N/D LV 3:00 HAPPY HOUR N/D B 3:00 SMARTBOARD CONCERTS N SB 4:15 CARDS AT THE BAR N B 6:00 EVENING BINGO \$ J BI 7:00 MOVIES, MOVIES, MOVIES J M	<b>28</b> 9:00 COUNTRY MUSIC D LV 9:30 WHAT'S IN THE NEWS DV LV 10:00 WAKE UP WORK-OUT DV LV 10:30 WALKING CLUB D LV 11:00 NAME 10 DV LV 1:15 MID DAY MOVIE D MR 1:30 FLOOR DARTS D LV 2:00 SHOUT OUT TRIVIA D/DVLV 3:00 HAPPY HOUR D/DVB 4:15 MENS CLUB VS GR 6:00 JACKPOT BINGO VS BI 7:00 MOVIES AT NIGHT VS MR	<b>29</b> 9:00 70S SONGS D LV 9:30 DAILY NEWS D LV 10:00 CHAIR PILATES D LV 10:30 WALKING CLUB D CM 11:00 IT HAPPENED ON LONG ISLAND D LV 11:30 MYSTERIES AT THE MUSEUM I LV 1:00 SCRABBLE V BI 1:30 MAGAZINE SCAVENGER HUNT D LV 3:00 WINE DOWN WEDNESDAY D B 3:30 BOOZY TRIVIA G B 4:15 CARDS AT THE BAR D B 6:00 BINGO AT NIGHT \$ JO BI 7:00 MOVIE CLUB JO M	<b>30 FOOD COMMITTEE</b> 9:00 MUSIC IN THE AM D LV 9:30 NEWS DISCUSSION D LV 10:00 MOVEMENT WITH SCARVES D LV 10:30 WALKING CLUB D LV 11:00 FOOD COMMITTEE BI 1:15 MOVIE MATINEE D M 1:30 NUMBER BEAN BAG TOSS D LV 3:00 HAPPY HOUR D B 3:00 COMEDY CLASSICS D B 4:15 URBAN MYTH GAME D LV 6:00 NIGHTLY BINGO VS BI 7:00 NIGHTTIME MOVIE VS M	<b>31 NATIONAL CRAYON DAY</b> 9:00 SOFT JAZZ D LV 9:30 NEWSDAY D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CM 11:00 SEATED BOCCIE D/J LV 1:15 AFTERNOON MOVIES D M 1:00 CRAYON CRAFTS J B 1:00 SCRABBLE CLUB V BI 2:00 WHO AM I? D LV 3:00 FRIDAY FLOATS D/J B 3:00 SMARTBOARD CONCERTS D LV 4:15 JENGA J B 6:00 EVENING BINGO FOR \$ J BI 7:00 FRIDAY SHOWING J M	

