

# SEPTEMBER 2023

# The Arbors At ISLANDIA EAST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**STAFF KEY**  
D=Denzel  
J= Jarolin  
C=Carmela  
PJ= Patrick  
W= Wendy  
SN= Sarah  
G= Gina  
A= Anne  
GT= Gerry  
VEN= Vendor  
RS- Recreation Staff  
RL= Resident Lead

**LOCATION KEY**  
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

**FOR YOUR DINING PLEASURE**  
BREAKFAST 8AM  
LUNCH 12NOON  
DINNER 5PM

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.

**WEEKLY TRIPS**

TO SIGN UP FOR OUR WEEKLY TRIPS  
OR SPECIAL EVENTS PLEASE GO TO  
THE CALENDAR AREA BY THE FRONT  
DESK TO RESERVE YOUR SPOT!

\*All trips are if weather permits.

**1**

9:30 SILVER SNEAKERS ZUMBA W LO  
10:00 IT HAPPENED IN SEPTEMBER W LO  
10:15 MUSIC AND MANICURES W B  
11:00 TRIVIAL PURSUIT CHALLENGE W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **POKER CLUB** RL G  
2:00 NAME S... S LO  
3:00 CHEF'S CHOICE HAPPY HOUR S B  
4:00 SHUFFLEBOARD IN THE COURTYARD! S CY  
4:15 SHABBAT SERVICES RL PDR  
6:00 BIG BUCKS BINGO! D G  
7:00 EVENING IN THE CINEMA D M

**2**

9:30 SATURDAY SIT & STRETCH FITNESS PROGRAM W LO  
10:15 THE PRICE IS RIGHT W LO  
11:00 GROUP CROSSWORD W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **CANASTA CLUB** RL G  
2:00 SMARTBOARD GAME: RESIDENT'S CHOICE S LO  
3:00 MIXED SNACKS SOCIAL HOUR S B  
4:00 JUMBO PONG S LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**3**

9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M  
9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O  
10:00 SUNDAY SUNRISE STRETCH AT LO  
10:30 PASSPORT TO...US NATIONAL PARKS AT LO  
11:00 SUNDAY MORNING WITH STEVE HARTMAN RS LO  
1:15 BINGO! A G  
1:15 AFTERNOON MOVIE RL M  
2:00 **KINGS IN THE CORNER CLUB** RL B  
2:00 TRIVIAL TRIVIA WITH ANNE A LO  
3:00 **SUNDAY SUNDAYES ICE CREAM SOCIAL** A B  
4:00 WHEEL OF FORTUNE! A LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**4 LABOR DAY!**

9:30 MONDAY MOVE & GROOVE W/ GINA G LO  
10:00 ROSARY PRAYER SERVICE VEN M  
10:30 MATCHING GAME WITH GINA G LO  
10:30 MONDAY MANICURES & MUSIC WITH GINA G B  
11:00 LABOR DAY TRIVIA! G LO  
12:00 **LABOR DAY BBQ**  
1:15 AFTERNOON MOVIE IN THE CINEMA D/H M  
1:15 BINGO! D/H G  
2:00 PENNY POKER CLUB RL G  
2:00 LABOR DAY ARTWORK SHOP CLASS D/H/AT LO  
3:00 CHEF'S CHOICE HAPPY HOUR D/H B  
4:00 HOT SEAT CHALLENGE WITH DENZEL D LO  
6:00 EVENING BINGO! H G  
7:00 EVENING MOVIE IN THE CINEMA H M

**5 RESIDENT & FOOD COUNCIL MEETING**

9:30 TUESDAY TONE AND SCULPT CLASS G LO  
10:00 WORD IN A WORD G LO  
10:30 RESIDENT COUNCIL MEETING RL M  
11:00 FOOD COUNCIL MEETING RL M  
11:00 GROUP CROSSWORD G LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S/W M  
1:15 BINGO! S/W G  
2:00 **SHOPPING TRIP: DOLLAR TREE** RS O  
2:00 **MAHJONG CLUB** RL G  
2:15 CROCHET/KNITTING CLUB WITH WENDY S/W LO  
3:00 MIXED APPS SOCIAL HOUR S/W B  
4:00 MATCHING GAME W/ GINA BEFORE DINNER G LO  
6:00 EVENING BINGO! S G  
7:00 EVENING MOVIE IN THE CINEMA S M

**6**

9:30 WEDNESDAY WORK OUT CLASS C LO  
10:00 **TRAVEL TO: PORTUGAL** C LO  
10:30 WEDNESDAY MANICURES C B  
11:00 FINISH THE PHRASE C LO  
1:15 AFTERNOON MOVIE IN THE CINEMA D/A M  
1:15 BINGO! D/A G  
2:00 **BLACKJACK CARD CLUB** RL G  
2:00 JUMBO PONG WITH DENZEL D LO  
3:00 ROOT BEER FLOAT WEDNESDAY D/A B  
4:00 JEOPARDY WITH DENZEL D LO  
6:00 EVENING BINGO! A G  
7:00 EVENING MOVIE IN THE CINEMA A M

**7**

9:30 GOOD MORNING YOGA C LO  
10:00 SOLVE THE RIDDLES C LO  
10:30 WALKING CLUB C CY  
11:00 GROUP CROSSWORD C LO  
11:15 **TRIP: JAKE'S 58 CASINO** RS O  
1:15 BINGO! S/H G  
1:15 AFTERNOON MOVIE S/H M  
2:00 **COLLAGE MAKING WITH RECREATION** S/H LO  
2:15 POKENO RL G  
3:00 HAPPY HOUR-APPLES & CARAMEL SAUCE S/H B  
4:00 GROUP BOGGLE S LO  
6:00 EVENING BINGO! H G  
7:00 EVENING IN THE CINEMA H M

**8**

9:30 SILVER SNEAKERS ZUMBA W LO  
10:00 MUSIC AND MANICURES W B  
11:00 HEADS UP CHALLENGE W M  
12:00 **TAKE IN LUNCH: PIZZA** RS B  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **POKER CLUB** RL G  
2:00 SMARTBOARD TRIVIA CHALLENGE S LO  
3:00 CHEF'S CHOICE HAPPY HOUR S B  
4:00 BOWLING WITH RECREATION S LO  
4:15 SHABBAT SERVICES RL PDR  
6:00 BIG BUCKS BINGO! D G  
7:00 EVENING IN THE CINEMA D M

**9**

9:30 SATURDAY SIT & STRETCH FITNESS PROGRAM W LO  
10:15 FAMILY FEUD W LO  
11:00 GROUP CROSSWORD W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **CANASTA CLUB** RL G  
2:00 SMARTBOARD GAME: RESIDENT'S CHOICE S LO  
3:00 MIXED SNACKS SOCIAL HOUR S B  
4:00 PICTONARY S LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**10 GRANDPARENTS DAY- FALL THEMED!**

9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M  
9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O  
10:00 SUNDAY SUNRISE STRETCH RS LO  
10:30 GROUP MADLIBS WITH AMANDA AT LO  
11:00 SUNDAY MORNING WITH STEVE HARTMAN RS LO  
1:00 **RECOVERY PROGRAM** RL M  
1:15 AFTERNOON MOVIE IN THE CINEMA A M  
1:15 BINGO! A G  
2:00 **KINGS IN THE CORNER CLUB** RL B  
2:00 ALL THINGS FALL AT/ALO  
3:00 "A TASTE OF FALL" AT CY  
3:00 SUNDAY SUNDAYES ICE CREAM SOCIAL A B  
4:00 SMARTBOARD JEOPARDY A LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**11 PATRIOTS' DAY & 9/11 REMEMBRANCE**

9:30 MONDAY MOVE & GROOVE W/ GINA G LO  
10:00 MATCHING GAME WITH GINA G LO  
10:30 MONDAY MANICURES & MUSIC WITH GINA G B  
1:15 AFTERNOON MOVIE IN THE CINEMA D/H M  
1:15 BINGO! D/H G  
2:00 MEN'S CLUB WITH DENZEL D G  
2:00 **PENNY POKER CLUB** RL LO  
2:15 **CARE PACKAGES FOR THE TROOPS** AT G  
3:00 CHEF'S CHOICE HAPPY HOUR D/H B  
4:00 WHEEL OF FORTUNE WITH DENZEL D LO  
6:00 EVENING BINGO! H G  
7:00 EVENING MOVIE IN THE CINEMA H M

**12 THE ROARING 20'S**

9:30 TUESDAY TONE AND SCULPT CLASS G LO  
10:00 **HAUPPAUGE LIBRARY VISIT** VEN B  
10:15 TRUE OR FALSE? G W  
11:00 GROUP CROSSWORD G LO  
1:15 BINGO! S/W G  
1:15 AFTERNOON MOVIE IN THE CINEMA S/W M  
2:00 **ENTERTAINMENT: GENE PIANIST** S/W LO  
2:00 **MAHJONG CLUB** RL G  
3:00 **REFLECTING BACK WITH AMANDA** AT LO  
3:00 MIXED APPS SOCIAL HOUR S/W B  
4:00 MATCHING GAME W/ GINA BEFORE DINNER G LO  
6:00 EVENING BINGO! S/W G  
7:00 EVENING MOVIE IN THE CINEMA S/W M

**13 THE ARBORS OLYMPIC GAMES**

9:30 OLYMPIC GAME DAY STRETCH C LO  
10:15 **OPENING CEREMONIES** RS CY  
10:30 **BATTLE AXE THROWING** RS CY  
11:00 **GOLF PUTTING** RS CY  
12:00 **OLYMPIC BBQ LUNCH** RS CY  
1:00 **CORNHOLE TOSS** RS CY  
1:15 AFTERNOON MOVIE IN THE CINEMA D M  
1:15 BINGO! D G  
1:30 **LADDERBALL** RS CY  
2:00 **BLACKJACK CARD CLUB** RL G  
2:00 **TRIVIA BATTLE** RS CY  
3:00 ROOT BEER FLOAT WEDNESDAY D/A B  
3:15 **CLOSING CEREMONIES** RS CY  
6:00 EVENING BINGO! A G  
7:00 EVENING MOVIE IN THE CINEMA A M

**14 THE ARBORS TALENT SHOW**

9:30 GOOD MORNING YOGA C LO  
10:00 WHO AM I? SEPTEMBER BIRTHDAYS C LO  
10:30 WALKING CLUB C CY  
11:00 GROUP CROSSWORD C LO  
1:15 BINGO! S/H G  
1:15 AFTERNOON MOVIE S/H M  
2:00 **TALENT SHOW BEGINS!** RS LO  
2:15 POKENO RL G  
3:00 HAPPY HOUR-MOZZARELLA STICKS S/H B  
4:00 ARE YOU SMARTER THAN A FIFTH GRADER S LO  
6:00 EVENING BINGO! H G  
7:00 EVENING IN THE CINEMA H M

**15 ASSISTED LIVING WEEK-ROSH HASHANA BEGINS**

9:45 YOGA CLASS WITH RAY! VEN LO  
10:15 MUSIC AND MANICURES W B  
11:00 HEADS UP CHALLENGE W M  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **POKER CLUB** RL G  
2:00 BALLOON TAP S LO  
3:00 CHEF'S CHOICE HAPPY HOUR S B  
4:00 **PAINT NIGHT WITH RECREATION** S LO  
4:15 SHABBAT SERVICES RL PDR  
6:00 BIG BUCKS BINGO! D G  
7:00 EVENING IN THE CINEMA D M

**16 ASSISTED LIVING WEEK-OKTOBERFEST**

9:30 SATURDAY SIT & STRETCH FITNESS PROGRAM W LO  
10:15 OKTOBERFEST TRIVIA W LO  
11:00 GROUP CROSSWORD W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **CANASTA CLUB** RL G  
2:00 SMARTBOARD GAME: RESIDENT'S CHOICE S LO  
3:00 PUB MUSIC AND BEER TASTING WITH SARAH S B  
3:00 MIXED SNACKS SOCIAL HOUR S B  
4:00 HEADS UP CHALLENGE S LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**17**

9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M  
9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O  
10:00 SUNDAY SUNRISE STRETCH AT LO  
10:30 GROUP MADLIBS WITH AMANDA AT LO  
11:00 SUNDAY MORNING WITH STEVE HARTMAN RS LO  
12:00 **ROSH HASHANAH SERVICE-B'NAI TEMPLE**  
1:15 AFTERNOON MOVIE IN THE CINEMA A M  
1:15 BINGO! A G  
2:00 **KINGS IN THE CORNER CLUB** RL B  
2:00 MINI GOLF CHALLENGE A LO  
3:00 **SUNDAY SUNDAYES ICE CREAM SOCIAL** A B  
4:00 WHEEL OF FORTUNE! A LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**18**

9:30 MONDAY MOVE & GROOVE W/ GINA G LO  
10:00 **ROSARY PRAYER SERVICE** VEN M  
10:30 MATCHING GAME WITH GINA G LO  
10:30 MONDAY MANICURES & MUSIC WITH GINA G B  
1:15 AFTERNOON MOVIE IN THE CINEMA D/H M  
1:15 BINGO! D/H G  
2:00 **PENNY POKER CLUB** RL G  
2:00 MEN'S CLUB WITH DENZEL D LO  
3:00 CHEF'S CHOICE HAPPY HOUR D/H B  
4:00 GROUP HANGMAN WITH DENZEL D LO  
6:00 EVENING BINGO! H G  
7:00 EVENING MOVIE IN THE CINEMA H M

**19**

9:30 TUESDAY TONE AND SCULPT CLASS G LO  
10:00 WORD IN A WORD GAME G LO  
10:30 WALK TO THE WEST SIDE G W  
11:00 GROUP CROSSWORD G LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S/W M  
1:15 BINGO! S/W G  
2:00 **MAHJONG CLUB** RL G  
2:00 CROCHET/KNITTING CLUB WITH WENDY S/W B  
2:15 **SHOPPING TRIP: TARGET** RS O  
3:00 MIXED APPS SOCIAL HOUR S/W B  
4:00 MATCHING GAME W/ GINA BEFORE DINNER G LO  
6:00 EVENING BINGO! S/W G  
7:00 EVENING MOVIE IN THE CINEMA S/W M

**20**

9:30 WEDNESDAY WORK OUT CLASS C LO  
10:00 **TRAVEL TO: AUSTRALIA** C LO  
10:30 WEDNESDAY MANICURES C B  
11:00 HANGMAN CHALLENGE C LO  
1:15 AFTERNOON MOVIE IN THE CINEMA D M  
1:15 BINGO! D G  
2:00 **BLACKJACK CARD CLUB** RL G  
2:00 BASKETBALL CHALLENGE WITH DENZEL D LO  
3:00 ROOT BEER FLOAT WEDNESDAY D B  
4:00 JEOPARDY WITH DENZEL D LO  
6:00 EVENING BINGO! RS G  
7:00 EVENING MOVIE IN THE CINEMA RS M

**21 WORLD ALZHEIMER'S DAY-WEAR PURPLE**

9:30 GOOD MORNING YOGA C LO  
10:00 NAME THAT... C LO  
10:30 WALKING CLUB C CY  
11:00 GROUP CROSSWORD C LO  
11:00 **LUNCH TRIP: BLD'S RESTAURANT** RS O  
1:15 BINGO! S/H G  
1:15 AFTERNOON MOVIE S/H M  
2:00 **JEWELRY MAKING CLASS** S B  
2:15 POKENO RL G  
3:00 HAPPY HOUR-SOFT PRETZELS S/H B  
4:00 BOWLING S LO  
6:00 EVENING BINGO! H G  
7:00 EVENING IN THE CINEMA H M

**22**

9:30 SILVER SNEAKERS ZUMBA W LO  
10:00 WORD IN A WORD W LO  
10:30 MUSIC AND MANICURES W B  
11:00 HEADS UP CHALLENGE W M  
12:00 **TAKE IN LUNCH: CHINESE** RS B  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **POKER CLUB** RL G  
2:00 HANGMAN S LO  
3:00 CHEF'S CHOICE HAPPY HOUR S B  
4:00 BOWLING WITH RECREATION S LO  
4:15 SHABBAT SERVICES RL PDR  
6:00 BIG BUCKS BINGO! D G  
7:00 EVENING IN THE CINEMA D M

**23 FIRST DAY OF AUTUMN**

9:30 SATURDAY SIT & STRETCH FITNESS PROGRAM W LO  
10:15 AUTUMN QUIZ W LO  
11:00 GROUP CROSSWORD W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **CANASTA CLUB** RL G  
2:00 SMARTBOARD GAME: RESIDENT'S CHOICE S LO  
3:00 MIXED SNACKS SOCIAL HOUR S B  
4:00 HANGMAN S LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**24 YOM KIPPUR**

9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M  
9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O  
10:00 SUNDAY SUNRISE STRETCH RS LO  
10:30 GROUP MADLIBS WITH AMANDA AT LO  
11:00 SUNDAY MORNING WITH STEVE HARTMAN RS LO  
1:15 AFTERNOON MOVIE IN THE CINEMA A M  
1:15 BINGO! A G  
2:00 **KINGS IN THE CORNER CLUB** RL B  
2:00 BALLOON TAP CHALLENGE A LO  
3:00 **SUNDAY SUNDAYES ICE CREAM SOCIAL** A B  
4:00 GROUP JEOPARDY CHALLENGE A LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

**25**

9:30 MONDAY MOVE & GROOVE W/ GINA G LO  
10:00 MATCHING GAME WITH GINA G LO  
10:30 MONDAY MANICURES & MUSIC WITH GINA G B  
1:15 AFTERNOON MOVIE IN THE CINEMA D/H M  
1:15 BINGO! D/H G  
2:00 **PENNY POKER CLUB** RL G  
2:00 MEN'S CLUB WITH DENZEL D LO  
3:00 CHEF'S CHOICE HAPPY HOUR D/H B  
4:00 GROUP BOGGLE CHALLENGE WITH DENZEL D LO  
6:00 EVENING BINGO! H G  
7:00 EVENING MOVIE IN THE CINEMA H M

**26**

9:30 TUESDAY TONE AND SCULPT CLASS G LO  
10:00 PICTONARY! G LO  
10:30 WALK TO THE WEST SIDE G W  
11:00 GROUP CROSSWORD G LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S/W M  
1:15 BINGO! S/W G  
2:00 **MAHJONG CLUB** RL G  
2:00 CROCHET/KNITTING CLUB WITH WENDY S/W B  
3:00 MIXED APPS SOCIAL HOUR S/W B  
4:00 MATCHING GAME W/ GINA BEFORE DINNER G LO  
6:00 EVENING BINGO! S/W G  
7:00 EVENING MOVIE IN THE CINEMA S/W M

**27**

9:30 WEDNESDAY WORK OUT CLASS C LO  
10:00 **TRAVEL TO: GREECE** C LO  
10:30 WEDNESDAY MANICURES C B  
11:00 WORD IN A WORD C LO  
1:15 AFTERNOON MOVIE IN THE CINEMA D M  
1:15 BINGO! D G  
2:00 **BLACKJACK CARD CLUB** RL G  
2:00 HEADS UP CHALLENGE D LO  
3:00 ROOT BEER FLOAT WEDNESDAY D B  
4:00 JEOPARDY WITH DENZEL D LO  
6:00 EVENING BINGO! RS G  
7:00 EVENING MOVIE IN THE CINEMA RS M

**28**

9:30 GOOD MORNING YOGA C LO  
10:00 WORDS STARTING WITH 'S' QUIZ C LO  
10:30 WALKING CLUB C CY  
11:00 GROUP CROSSWORD C LO  
11:00 **LUNCH TRIP: FRIENDLY'S** RS O  
1:15 BINGO! S/H G  
1:15 AFTERNOON MOVIE S/H M  
2:00 **SUNFLOWER OIL PASTELS ART CLASS** S B  
2:15 POKENO RL G  
3:00 HAPPY HOUR-PIZZA BITES S/H B  
4:00 NAME TEN... S LO  
6:00 EVENING BINGO! H G  
7:00 EVENING IN THE CINEMA H M

**29**

9:30 SILVER SNEAKERS ZUMBA W LO  
10:00 WORD IN A WORD W LO  
10:30 MUSIC AND MANICURES W B  
11:00 HEADS UP CHALLENGE W M  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:15 **POKER CLUB** RL G  
2:15 HANGMAN S LO  
3:00 CHEF'S CHOICE HAPPY HOUR S B  
4:00 TRIVIAL PURSUIT CHALLENGE S LO  
5:00 **MONTHLY SHABBAT DINNER** RL PDR  
6:00 BIG BUCKS BINGO! D G  
7:00 EVENING IN THE CINEMA D M

**30**

9:30 SATURDAY SIT & STRETCH FITNESS PROGRAM W LO  
10:15 TRIVIAL PRUSUIT CHALLENGE! W LO  
11:00 GROUP CROSSWORD W LO  
1:15 AFTERNOON MOVIE IN THE CINEMA S M  
1:15 BINGO! S G  
2:00 **CANASTA CLUB** RL G  
2:00 SMARTBOARD GAME: RESIDENT'S CHOICE S LO  
3:00 MIXED SNACKS SOCIAL HOUR S B  
4:00 HANGMAN S LO  
6:00 EVENING BINGO! PJ G  
7:00 EVENING MOVIE IN THE CINEMA PJ M

ACTIVITY CALENDAR