

SEPTEMBER 2023

The Arbors At ISLANDIA WEST TRANSITIONS

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		STAFF KEY G=GINA, Director of Recreation N=NATALIE Y=YVETTE VS=VINNIE D=DIANE AN=ANDREA C=CARMELA NY=NANCY T=TAYLA I=INDEPENDENT RS=RECREATION STAFF V=VOLUNTEER AC=ACTIVITY CHANNEL E=ENTERTAINER ***=Call 381 for Appt.	LOCATION KEY AR=ACTIVITY ROOM 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 CY=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING	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.	DAILY PROGRAMS 9:30 CURRENT EVENTS 10:30 WALKING CLUB 1:15 MOVIE MATINEE 1:30 FRESH AIR CLUB 3:00 HAPPY HOUR 6:00 NIGHTLY BINGO 7:00 NIGHTLY MOVIE	1 HAPPY SEPTEMBER! 9:00 LIVELY TUNES VS LV 9:30 DAILY CHRONICLES VS LV 10:00 CHAIR ZUMBA VS LV 10:30 WALKING CLUB VS CM 11:00 IT HAPPENED IN SEPTEMBER VS LV 1:30 WHO AM I? CELEBRITY BIRTHDAY QUIZ VS LV 1:30 MEMORY TRAY AND MATCH GAME TT AR 2:00 WORDS THAT START WITH "S" QUIZ VS LV 3:00 FRIDAY ICE CREAM SOCIAL VS/TT LV 3:30 SONG REQUEST KARAOKE VS LV 4:00 SCATTERGORIES VS AR 6:00 TGIF MOVIES RS SB	2 SIMPLE RECIPES 9:00 MUSIC IN THE MORNING VS LV 9:30 WEEKEND UPDATE VS LV 10:00 WALKING CLUB VS/NU 10:30 KEEP UP THE BALLOON VS LV 10:30 SIMPLE RECIPES NU AR 11:00 COFFEE AND CROSSWORDS VS LV 1:30 WATERCOLOR CRAFT WITH NANCY NU AR 1:30 FLOOR DARTS VS LV 3:00 CHEFS TASTING SOCIAL ALL B 4:00 HIGHER OR LOWER CARD GAME VS AR 4:00 POETRY READING NU LV 6:00 SATURDAY NIGHT SHOWING RS SB
3 CAFÉ ARBORS 9:00 TUNES IN THE AM N LV 9:30 NEWS AND VIEWS N LV 10:00 TOSS AND TALK BALL N LV 10:30 COMMUNION N/CCLV 11:00 CAFÉ ARBORS WALK TO THE BISTRO CC BI 11:00 A-Z WORD GAME N LV 1:30 BINGO N LV 1:30 SCRAP PAPER ART CC AR 3:00 SUNDAY SOCIAL ALL B 4:00 ROLL THE DICE, BREAK THE ICE N LV 4:00 CREATIVE COLORING CC AR 6:00 TONIGHT AT THE MOVIES TT M	4 LABOR DAY 9:00 SING-A-LONG-SONGS VR LV 9:30 MORNING NEWS VR LV 10:00 SIT AND BE FIT VR LV 10:30 LABOR DAY FACTS AND TRIVIA VR LV 11:00 ALBERT MULLAD VIOLIN CONCERT VR LV 12:00 LABOR DAY BBQ VR CY 1:30 RED, WHITE AND BLUE BALLOON BOUNCE VR LV 3:00 HAPPY HOUR VR LV 4:00 LABOR DAY ACROSTIC POEM VR LV 6:00 MOVIE: "9-5" RS LV	5 PET THERAPY 9:00 SING-A-LONG TO THE CLASSICS VR LV 9:30 TODAY'S HEADLINES VR LV 10:00 JAZZERCISE VR LV 10:30 SCATTERGORIES VR LV 11:00 WORD WHEELS VR LV 11:00 PET THERAPY 1:30 OLYMPIC GAME TRAINING: CORN HOLE VR LV 3:00 HAPPY HOUR VR LV 4:00 20 QUESTIONS TRIVIA VR LV 6:00 SILVER SCREEN CLASSICS RS SB	6 9:00 ACOUSTIC SUNRISE VS LV 9:30 NEWS AND VIEWS VS LV 10:00 MORNING STRETCHING VS LV 10:30 NOODLE BALL VS LV 11:00 GOLF PUTTING VS LV 1:30 SPELLING BEE VS LV 2:30 SPELLING BEE AWARD VS LV 3:00 WINE DOWN WEDNESDAY VS LV 3:30 BOOZY TRIVIA VS LV 4:00 SPEED BINGO VS LV 6:00 MOVIE NIGHT RS SB	7 ART THERAPY 9:00 HAPPY MUSIC VR LV 9:30 HAPPENINGS AND HOROSCOPES VR LV 10:00 STRETCH AND FLEX VR LV 10:30 PICTURE PUZZLES VR LV 11:00 AROUND THE WORLD TRAVEL VR LV 1:30 RAIN OR SHINE ART THERAPY GROUP VR AR 1:30 BEAN BAG TOSS NU LV 3:00 HAPPY HOUR SOCIAL VR/NU LV 4:00 CELEBRITY TRIVIA NU LV 6:00 NIGHTLY MOVIE RS SB	8 ROSARY 9:00 MUSICAL MUSINGS VS LV 9:30 NEWSDAY VS LV 9:45 ROSARY VS 1F 10:00 CHAIR ZUMBA VS LV 10:30 TOSS AND TALK VS LV 11:00 OLYMPICS TRAINING: BOWLING VS/TT LV 1:30 HORSE RACING GAME VS LV 1:30 DEXTERITY THERAPY WITH PLAY-DOH TTAR 3:00 FRIDAY ICE CREAM SOCIAL VS/TT LV 3:30 SONG REQUEST KARAOKE VS LV 4:00 FAMILY FEUD VS LV 6:00 MOVIES AT NIGHT RS SB	9 CUP CAKE DECORATING 9:00 MUSIC IN THE MORNING VS LV 9:30 WEEKEND IN REVIEW VS LV 10:00 WALKING CLUB VS LV 10:30 CIRCLE SOCCER VS LV 10:30 CUP CAKE DECORATING NU AR 11:00 COFFEE AND CROSSWORDS VS LV 1:30 SATURDAY MOVEMENT TO MUSIC NU LV 1:30 TABLE TOP GAMES VS AR 3:00 SMARTBOARD CONCERTS JO LV 3:00 CHEFS TASTING SOCIAL Y/VR LV 4:00 CONVERSATION STARTERS NU LV 6:00 SATURDAY SHOWING RS SB	
10 GRANDPARENTS DAY! 9:00 MORNING SONGS N LV 9:30 WEEKEND NEWS N LV 10:00 SITTERCIZE N LV 10:30 COMMUNION N LV 11:00 CAFÉ ARBORS CC LV 11:00 GRANDPARENTS DAY POEM READING N SB 1:30 CELEBRATION WITH STEVE GILMAN CC 1F 1:30 MUSICAL HOT POTATO N LV 3:00 SUNDAY SOCIAL N/CCLV 4:00 GRANDPARENTS DAY COLORING PAGES N AR 4:00 REMINISCING: GRANPARENTS CC LV 6:00 MOVIES ON THE SMARTBOARD RS SB	11 PATRIOTS DAY/BUS TRIP 9:00 MORNING TUNES VR LV 9:30 TODAY'S NEWS VR LV 10:00 LUNCH TRIP 10:00 WAKE UP, WORK OUT! VR LV 10:30 KEEP UP THE BALLOON VR LV 11:00 BIOGRAPHY ON: JESSE OWENS VRV LV 1:30 BINGO N LV 3:00 VETS CHAT WITH RAY V 1F 3:00 HAPPY HOUR N LV 4:00 CONCENTRATION GAME N LV 6:00 MOVIES WE LOVE RS LV	12 WINTER-PJ DAY 9:00 MORNING MUSIC VR LV 9:30 WHAT'S IN THE NEWS? VR LV 10:00 STRETCH AND FLEX VR LV 10:30 CIRCLE SOCCER VR LV 11:00 A-Z WORD GAME: WINTER THEME VR LV 1:30 HOLIDAY SONG MUSICAL HANGMAN VR LV 3:00 HAPPY HOUR VR LV 4:15 CARDS AT THE BAR VR LV 6:00 BINGO FOR CASH VR LV 7:00 NIGHT TIME MOVIES RS LV	13 SUMMER-ARBORS OLYMPICS/TEAM SHIRT DAY 9:00 CLASSIC OLDIES VS LV 9:30 NEWS AND VIEWS VS LV 10:00 CHAIR PILATES VS LV 10:30 TOSS AND TALK BALL VS LV 10:30 OLYMPICS 10:30-3:30 VS LV 1:30 FLOOR DARTS VS LV 3:00 HAPPY HOUR VS LV 3:30 TRIVIA AND SIP VS LV 4:00 OLYMPIC FACTS AND TRIVIA VS LV 6:00 NIGHTLY MOVIE RS SB	14 SPRING-COLOFUL T-SHIRTS 9:00 MORNING TUNES VR LV 9:30 NEWS & VIEWS VR LV 10:00 CHAIR YOGA VR LV 10:30 MUSICAL BALL TOSS VR/NU LV 11:00 SPRING PHOTO INTERPRETATIONS VR/NU LV 1:30 POETRY CIRCLE READING NU LV 1:30 CREATIVE CREATIONS VR AR 3:00 HAPPY HOUR VR/NU LV 4:00 MOVEMENT TO MUSIC NU LV 6:00 MOVIE RS SB	15 ROSH HASHANAH/FALL FLANNEL SHIRT DAY 9:00 SING YOUR HEART OUT VS LV 9:30 HOROSCOPES AND HAPPENINGS VS LV 10:00 STRETCHING IN THE AM VS LV 10:30 KEEP UP THE BALLOON VS LV 11:00 KITCHENLESS COOKING TT AR 11:00 I SPY GAME VS LV 1:30 LEAF PRINT PAINTING TT AR 1:30 PENNY PITCH VS LV 3:00 ICE CREAM SOCIAL TT/VS LV 3:30 SONG REQUEST KARAOKE VS LV 4:00 ABOUT ROSH HASHANAH VS LV 6:00 MOVIES AT NIGHT RS SB	16 9:00 SONGS FOR ALL VS LV 9:30 WEEKEND UPDATE VS LV 10:00 SITTERCIZE VS LV 10:30 WALKING CLUB NU CM 11:00 COFFEE AND CROSSWORDS VS LV 1:30 CHICKEN SOUP FOR THE SOUL NU AR 1:30 CLIMB THE MOUNTAIN DICE GAME VS LV 3:00 CHEFS TASTING SOCIAL VS/NU LV 3:00 SMARTBOARD CONCERTS NU LV 4:00 JOKES BEFORE DINNER VS LV 6:00 MOVIE AT NIGHT RS LV	
17 ROSH HASHANAH SERVICE 9:00 SUNDAY SERENADES N LV 9:30 DAILY CHRONICLES N LV 10:00 SUNDAY STRETCHING N LV 10:30 COMMUNION N/CC LV 11:00 CAFÉ ARBORS CC BI 11:00 KEEP UP THE BALLOON N LV 1:30 BINGO N LV 1:30 MANICURES CC AR 2:00 ROSH HASHANAH SERVICE SC ES 3:00 SUNDAY SOCIAL CC/N LV 4:00 COLORING CORNER CC AR 4:00 NAME 10 GAME N LV 6:00 MOVIES ON THE SMARTBOARD RS SB	18 9:00 MUSIC IN THE MORNING VR LV 9:30 HOROSCOPES & NEWS VR LV 10:00 MORNING EXERCISE VR LV 10:30 USE YOUR NOODLE VOLLEYBALL VR CM 11:00 BIOGRAPHY ON: FRANKIE AVALON VR LV 1:30 JEOPARDY TRIVIA N CY 3:00 HAPPY HOUR N B 4:00 GAMES AT THE BAR N B 6:00 NIGHTTIME MOVIE RS SB	19 ENTERTAINMENT / PET THERAPY 9:00 MELODIC MORNING VR LV 9:30 TODAY'S HEADLINERS VR LV 10:00 CIRCLE SOCCER VR LV 10:30 WALKING CLUB VR CM 11:00 NAME THAT FAMOUS FACE VR LV 11:00 PET THERAPY 1:30 MAGAZINE SCAVENGER HUNT VR LV 3:00 HAPPY HOUR VR LV 4:00 WORD WATERFALL VR LV 6:00 NIGHTLY MOVIE RS LV	20 BUS TRIP 9:00 SUMMER SONGS VS LV 9:30 DAILY DOSE VS LV 10:00 SITTERCIZE VS LV 10:30 CIRCLE SOCCER VS LV 11:00 YOU BE THE JUDGE VS LV 11:00 LUNCH TRIP: MAMA ANGELINA'S AN/RS O 1:30 FLOOR DARTS VS LV 3:00 WINE DOWN WEDNESDAY VS LV 3:30 TRIVIA AND SIP VS LV 4:00 URBAN MYTH GAME VS LV 6:00 NIGHTTIME MOVIE RS SB	21 9:00 SING-A-LONG SONGS VR LV 9:30 DAILY NEWS VR LV 10:00 SIT AND BE FIT VR LV 10:30 WALKING CLUB VR SCM 11:00 ODD WORD OUT VR LV 1:30 FROM START TO FINISH GAME VR AR 1:30 MUSICAL HANGMAN NU LV 3:00 HAPPY HOUR NU/VR LV 4:00 SHOUT OUT TRIVIA NU LV 6:00 MOVIE RS SB	22 ROSARY 9:00 MELODIC MORNINGS VS LV 9:30 BREAKING NEWS VS LV 9:45 ROSARY RS 1F 10:00 CHAIR ZUMBA VS LV 10:30 WALKING CLUB VS CM 11:00 BOWLING VS/TT LV 1:30 FAMILY FEUD VS LV 1:30 PUZZLES TT AR 3:00 ICE CREAM SOCIAL VS/TT LV 3:30 SONG REQUEST KARAOKE VS LV 4:00 SCATTERGORIES VS LV 6:00 TGIF MOVIES RS SB	23 FIRST DAY OF FALL 9:00 FALL AMBIANCE VS LV 9:30 SATURDAY POST VS LV 10:00 WEEKEND WORKOUT VS LV 10:30 ADVICE COLUMN VS LV 11:00 CROSSWORD PUZZLE VS AR 11:00 SPICED CIDER IN CROCK POT NU AR 1:30 BEAN BAG NUMBER GAME VS LV 1:30 FALL REMINISCING SENSORY BIN NU AR 3:00 CHEFS TASTING SOCIAL VS/NU LV 3:00 SMARTBOARD CONCERT VS/NU LV 4:00 ABOUT THE AUTUMNAL EQUINOX VS/NU LV 6:00 MOVIE TIME RS SB	
24 YOM KIPPUR 9:00 MUSIC IN THE MORNING N LV 9:30 NEWS AND VIEWS N LV 10:00 MOVEMENT TO MUSIC N/CCLV 10:30 COMMUNION CC/N LV 11:00 PICTONARY N LV 11:00 CAFÉ ARBORS CC BI 1:30 MAGAZINE SCRAPBOOK ART CC AR 1:30 BINGO N LV 3:00 SUNDAY SOCIAL N/CCLV 3:00 SMARTBOARD CONCERT N/CCLV 4:00 ABOUT YOM KIPPUR N LV 4:00 CHICKEN SOUP FOR THE SOUL CC AR 6:00 MOVIES ON THE SMARTBOARD RS SB	25 9:00 MELODIES IN THE MORNING VR 9:30 NEWS & VIEWS VR 10:00 SIT AND BE FIT VR 10:30 TOSS AND TALK BALL VR 11:00 BIOGRAPHY ON: BARBARA WALTERS VR 1:30 AX THROWING N 3:00 HAPPY HOUR N 3:00 SMARTBOARD CONCERTS N 4:00 MAD LIBS N 6:00 MOVIES, MOVIES, MOVIES N	26 9:00 COUNTRY MUSIC VR LV 9:30 WHAT'S IN THE NEWS VR LV 10:00 WAKE UP WORK-OUT VR LV 10:30 CIRCLE SOCCER VR LV 11:00 NAME 10 VR LV 1:30 JEOPARDY TRIVIA VR LV 3:00 HAPPY HOUR VR LV 4:00 SENIOR MOMENTS GAME VR LV 6:00 MOVIES AT NIGHT RS SB	27 9:00 70S SONGS VS LV 9:30 DAILY NEWS VS LV 10:00 CHAIR PILATES VS LV 10:30 BALLOON VOLLEYBALL VS LV 11:00 MUSICAL HANGMAN VS LV 1:30 FRESH AIR CLUB VS/TT CY 3:00 WINE DOWN WEDNESDAY VS/TT LV 3:30 BOOZY TRIVIA VS/TT LV 4:00 AROUND THE WORLD TRAVEL VS LV 4:00 TABLE TOP GAMES TT AR 6:00 MOVIE AT NIGHT CC SB	28 MONTHLY BIRTHDAY PARTY 9:00 MUSIC IN THE AM VR LV 9:30 NEWS DISCUSSION VR LV 10:00 MOVEMENT WITH SCARVES VR LV 10:00 WORDS STARTING WITH "S" QUIZ VR LV 10:30 WALKING CLUB NU LV 11:00 FILL IN THE BLANK VR LV 1:30 CRAFTY CREATIONS VR AR 3:00 BIRTHDAY PARTY WITH ALEX ALEXANDER VR/NU LV 4:00 SCATTERGORIES VR LV 6:00 NIGHTTIME MOVIE RS SB	29 9:00 SOFT JAZZ VS LV 9:30 NEWSDAY VS LV 10:00 CHAIR ZUMBA VS LV 10:30 WALKING CLUB VS CM 11:00 SING-A-LONG SONGS VS/TT LV 1:30 CORN HOLE VS LV 1:30 WORD SEARCH PUZZLES TT AR 3:00 ICE CREAM SOCIAL VS/TT LV 3:30 KARAOKE PARTY VS LV 4:00 NAME THAT FAMOUS FACE VS LV 6:00 TGIF MOVIES RS SB	30 9:00 SATURDAY SONGS VS LV 9:30 SATURDAY POST VS LV 10:00 WALKING CLUB VS/NU LV 10:30 SIT AND BE FIT VS LV 11:00 COFFEE AND CROSSWORDS VS LV 1:30 SCAVENGER HUNT VS/NU O 3:00 CHEFS TASTING SOCIAL VS/NU LV 3:00 SMARTBOARD CONCERT VS/NU LV 4:00 SEPTEMBER REFLECTION QUESTIONS NU LV 6:00 MOVIE TIME VR BI	