

SEPTEMBER 2023

The Arbors At ISLANDIA WEST

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 JO=JOSH C=CARMELA NY=NANCY T=TAYLA I=INDEPENDENT RS=Recreation staff V=Volunteer AC=Activity Channel ***=Call 381 for Appt.	LOCATION KEY 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.		1 ACTIVITY COMMITTEE/BOOK CLUB 9:00 LIVELY TUNES D LV 9:30 DAILY CHRONICALS D LV 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D LV 11:00 ACTIVITY COMMITTEE SC LV 1:00 SCRABBLE CLUB V BI 1:30 OLYMPICS PRATICE: AX THROWING NU CY 2:00 IT HAPPENED IN SEPTEMBER NU LV 3:00 FRIDAY FLOATS NU B 3:30 SONG REQUEST KARAOKE NU B 4:00 BOOK CLUB NU M 4:15 WHO AM I? BIRTHDAY QUIZ SC B 6:00 BINGO TT B 7:00 TGIF MOVIES TT M	2 BUS TRIP 9:00 MUSIC IN THE MORNING Y LV 9:30 WEEKEND UPDATE Y LV 10:00 WALKING CLUB Y LV 10:15 EAST V. WEST VOLLEYBALL VR E 10:30 WAKE UP, WORK OUT Y LV 10:30 TRIP TO: NORTHPORT / J&R'S AN/RSO 11:00 COFFEE AND CROSSWORDS G BI 1:30 WATERCOLORS WITH VALERIE Y LV 1:30 GARDENING AND COURTYARD CHAT G&VRCY 3:00 CHEFS TASTING SOCIAL ALL B 4:15 HIGHER OR LOWER CARD GAME Y B 6:00 JACKPOT BINGO VR B 7:00 SATURDAY NIGHT SHOWING VR M
3 COMMUNION 9:00 TUNES IN THE AM Y LV 9:30 NEWS AND VIEWS Y LV 10:00 COMMUNION CC DR 10:30 WALKING CLUB Y CM 11:00 TOSS AND TALK BALL Y LV 11:00 BOARD GAMES IN THE BISTRO TT BI 1:30 BINGO TT LV 1:30 SCRAP PAPER ART Y B 3:00 SUNDAY SOCIAL ALL B 4:15 WAR TT B 6:00 CRAFTS WITH TAYLA TT B 7:00 TONIGHT AT THE MOVIES TT M	4 LABOR DAY 9:00 SING-A-LONG-SONGS D LV 9:30 MORNING NEWS D LV 10:00 ALBERT MULLAD VIOLIN CONCERT D/N LV 12:00 LABOR DAY BBQ ALL CY 1:00 SCRABBLE WITH NORA V BI 1:30 RED, WHITE AND BLUE BALLOON BOUNCE VR CY 3:00 HAPPY HOUR VR B 4:15 LEFT, RIGHT CENTER VR B 6:00 MOVIE: "9-5" RS M	5 PET THERAPY 9:00 SING-A-LONG TO THE CLASSICS D LV 9:30 TODAY'S HEADLINES D LV 10:00 JAZZERCISE D LV 10:30 WALKING CLUB D CM 10:30 SCATTAGORIES IN THE BISTRO VS BI 11:00 WORD WHEELS D LV 11:00 PET THERAPY SC CY 1:30 GARDENING CLUB VS B 1:30 OLYMPIC GAME TRAINING: GOLF PUTTING VS CY 3:00 HAPPY HOUR VS/SCB 4:15 NO SIXES DICE GAME VS B 6:00 BINGO AT NIGHT VS B 7:00 SILVER SCREEN CLASSICS VS M	6 BACK TO SCHOOL SPELLING BEE 9:00 ACOUSTIC SUNRISE VR LV 9:30 NEWS AND VIEWS VR LV 10:00 MORNING STRETCHING VR LV 10:30 WALKING CLUB VR LV 11:00 OLYMPIC GAME TRAINING: CORN HOLE VR LV 1:00 SCRABBLE CLUB V BI 1:30 SPELLING BEE VR LV 2:30 SPELLING BEE AWARD VR LV 3:00 WINE DOWN WEDNESDAY VR B 3:30 BOOZY TRIVIA VR B 4:15 CARDS AT THE BAR VR B 6:00 SPEED BINGO RS B 7:00 MOVIE NIGHT RS M	7 9:00 HAPPY MUSIC VS LV 9:30 HAPPENINGS AND HOROSCOPES VS LV 10:00 STRETCH AND FLEX VS LV 10:30 PICTURE PUZZLES VS LV 10:30 WALKING CLUB VS CM 11:00 TRAVEL TRIVIA WITH VIDEO VS LV 1:30 OLYMPIC GAME TRAINING: AX THROWING VS CY 3:00 HAPPY HOUR VS B 4:15 CELEBRITY TRIVIA VS B 6:00 JACKPOT BINGO VR B 7:00 NIGHTLY MOVIE VR M	8 ROSARY/TRIP 9:00 MUSICAL MUSINGS D LV 9:30 NEWSDAY D LV 9:45 ROSARY D M 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB D CM 10:30 SUNKEN MEADOW PARK NU/RSO 11:00 WORD-IN-A-WORD D LV 1:00 SCRABBLE CLUB V BI 1:30 OLYMPICS TRAINING: BASKETBALL RS CY 3:00 FRIDAY FLOATS NU B 3:30 SONG REQUEST KARAOKE NU B 4:15 RUMMIKUB NU B 6:00 BINGO TT B 7:00 MOVIES AT NIGHT TT M	9 BUS TRIP 9:00 MUSIC IN THE MORNING Y LV 9:30 WEEKEND IN REVIEW Y LV 10:00 WALKING CLUB Y LV 10:15 EAST V. WEST VOLLEYBALL VR LV 10:30 CIRCLE SOCCER Y LV 11:30 LUNCH TRIP TO TEXAS ROADHOUSE AN/RS O 11:00 COFFEE AND CROSSWORDS Y LV 1:30 ART CLASS WITH VALERIE GS/VR LV 1:30 OLYMPICS TRAINING: CORNHOLE Y LV 3:00 SMARTBOARD CONCERTS JO B 3:00 CHEFS TASTING SOCIAL Y/VR B 4:15 CONVERSATION STARTERS Y B 6:00 CASH BINGO VR B 7:00 SATURDAY SHOWING VR M	
10 GRANDPARENTS DAY! 9:00 MORNING SONGS Y LV 9:30 WEEKEND NEWS Y LV 10:00 COMMUNION Y DR 10:30 WALKING CLUB Y LV 11:00 GRANDPARENTS DAY POEM DISTRIBUTION TT 11:00 GRANDPARENTS DAY TRIBUTE Y LV 1:30 CELEBRATION WITH STEVE GILMAN ALL LV 2:00 BALLOON MAGIC WITH BRANDON ALL 3:00 SUNDAY SOCIAL Y B 4:15 ARMCHAIR TRIVIA Y B 6:00 CRAFTS WITH TAYLA TT B	11 PATRIOTS DAY/VETS CHAT 9:00 MORNING TUNES D LV 9:30 TODAY'S NEWS D LV 10:00 KNITTING & CROCHET CLUB CC BI 10:00 WAKE UP, WORK OUT! D LV 10:30 WALKING CLUB CC CM 11:00 BIOGRAPHY ON: JESSE OWENS D LV 1:00 SCRABBLE WITH NORA V BI 1:30 OLYMPICS TRAINING: CORN HOLE CC CY 3:00 VETS CHAT WITH RAY V GR 3:00 HAPPY HOUR CC LV 4:15 CONCENTRATION GAME CC B 6:00 MOVIES WE LOVE CC M	12 WINTER-PJ DAY 9:00 MORNING MUSIC D LV 9:30 WHATS IN THE NEWS? D LV 10:00 CIRCLE SOCCER D LV 10:30 WALKING CLUB D CM 10:30 LIBRARY VISIT V BI 11:00 A-Z WORD GAME: WINTER THEME D LV 1:30 STAFF V. RESIDENTS: JEOPARDY SC/ALL LV 3:00 HAPPY HOUR VS B 4:15 CARDS AT THE BAR VS B 6:00 BINGO FOR CASH VS B 7:00 NIGHT TIME MOVIES VS M	13 SUMMER ARBORS OLYMPICS 9:00 CLASSIC OLDIES VR LV 9:30 NEWS AND VIEWS VR LV 10:00 STRETCH AND FLEX VR LV 10:30 WALKING CLUB VR CM 10:30 OLYMPICS 10:30-3:30 ALL CY 1:00 SCRABBLE CLUB V BI 3:00 HAPPY HOUR ALL B 3:30 TRIVIA AND SIP VR B 4:15 SUMMER #1 HITS VR B 6:00 SPEED BINGO RS B 7:00 NIGHTLY MOVIE RS M	14 SPRING-COLOFUL T-SHIRTS 9:00 MORNING TUNES VS LV 9:30 NEWS & VIEWS VS LV 10:00 CHAIR YOGA VS LV 10:30 WALKING CLUB VS LV 11:00 SPRING PHOTO INTERPRETATIONS VS CY 1:30 STAFF V. RESIDENTS: FAMILY FEUD ALL CY 3:00 HAPPY HOUR VS B 4:15 RUMMIKUB VR B 6:00 BINGO AT NIGHT \$ VR B 7:00 MOVIE VR M	15 ROSH HASHANAH/FALL FLANNEL SHIRT DAY 9:00 SING YOUR HEART OUT D LV 9:30 HOROSCOPES AND HAPPENINGS D LV 10:00 STRETCHING IN THE AM D LV 10:30 WALKING CLUB D CM 10:30 KITCHENLESS COOKING: PUMPKIN SPICE PUDDING PIE NU B 11:00 KEEP UP THE BALLOON D LV 1:00 SCRABBLE CLUB V BI 1:30 STAFF V. RESIDENTS "WHAT'S THE LYRIC" NU CY 3:00 FRIDAY FLOATS NU/SCB 3:30 SONG REQUEST KARAOKE NU SB 4:15 ABOUT ROSH HASHANAH SC B 6:00 BINGO TT B 7:00 MOVIES AT NIGHT TT M	16 9:00 SONGS FOR ALL Y LV 9:30 WEEKEND UPDATE Y LV 10:00 WALKING CLUB Y CM 10:15 EAST V. WEST VOLLEYBALL VR E 10:30 SITTERCIZE Y LV 11:00 COFFEE AND CROSSWORDS Y LV 1:30 GARDENING CLUB & COURTYARD CHAT VR/GS CY 1:30 CRAFTY CREATIONS VR SB 3:00 CHEFS TASTING SOCIAL ALL B 3:00 SMARTBOARD CONCERTS RS SB 4:15 SHOUT OUT TRIVIA VR B 6:00 NIGHTTIME BINGO VR B 7:00 MOVIE AT NIGHT VR M	
17 BUS TRIP/ROSH HASHANAH SERVICE 9:00 SUNDAY SERENADES Y LV 9:30 DAILY CHRONICLES Y LV 10:00 COMMUNION Y SR 10:30 SUNDAY STROLL Y LV 11:00 LUNCH TRIP-MILLERS ALE HOUSE AN/CC O 11:00 KEEP UP THE BALLOON Y/TT LV 1:30 BINGO Y LV 2:00 ROSH HASHANAH SERVICE SC E 3:00 SUNDAY SOCIAL TT/Y B 4:15 CARDS AT THE BAR TT B 6:00 CRAFTS WITH TAYLA TT B	18 9:00 MUSIC IN THE MORNING D LV 9:30 HOROSCOPES & NEWS D LV 10:00 KNITTING & CROCHET CLUB CC BI 10:00 MORNING EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 BIOGRAPHY ON: FRANKIE AVALON D LV 1:00 SCRABBLE WITH NORA NO BI 1:30 FRESH AIR CHATS CC CY 3:00 HAPPY HOUR CC B 4:15 GAMES AT THE BAR CC B 6:00 NIGHTTIME MOVIE CC M	19 GARDENING CLUB - PET THERAPY 9:00 MELODIC MORNING D LV 9:30 TODAY'S HEADLINERS D LV 10:00 CIRCLE SOCCER D LV 10:30 WALKING CLUB CC CM 10:30 TABLE TOP GAMES D BI 11:00 NAME THAT FAMOUS FACE CC LV 11:00 PET THERAPY CC O 1:30 MAGAZINE SCAVENGER HUNT CC/GS CY 3:00 HAPPY HOUR CC B 4:15 CARDS AT THE BAR CC LV 6:00 BINGO NIGHT VS B 7:00 NIGHTLY MOVIE VS LV	20 BUS TRIP 9:00 SUMMER SONGS VR LV 9:30 DAILY DOSE VR LV 10:00 SITTERCIZE VR LV 10:30 WALKING CLUB CC LV 11:00 YOU BE THE JUDGE VR/CC LV 1:00 SCRABBLE V LV 1:30 FLOOR DARTS CC O 3:00 WINE DOWN WEDNESDAY ALL BI 3:00 TRIVIA AND SIP CC BI 4:15 GAMES AT THE BAR VR BI 6:00 SPEED BINGO CC M 7:00 NIGHTTIME MOVIE CC M	21 BIRTHDAY PARTY/WALMART TRIP 9:00 SING-A-LONG SONGS VS 9:30 DAILY NEWS VS 10:00 SIT AND BE FIT VS LV 10:30 WALKING CLUB VS LV 10:30 WALMART TRIP NU/RS LV 11:00 ODD WORD OUT VS LV 1:30 MONTHLY BIRTHDAY PARTY ALL LV 3:00 HAPPY HOUR ALL LV 4:15 RUMMIKUB NU LV 6:00 JACKPOT BINGO VR B 7:00 MOVIE VR M	22 ROSARY 9:00 MELODIC MORNINGS D LV 9:30 BREAKING NEWS D LV 9:45 ROSARY D M 10:00 CHAIR ZUMBA D LV 10:30 WALKING CLUB NU CM 10:30 DOLLAR TREE TRIP NU/RS LV 11:00 SEATED BOCCIE NU/DLV 1:00 SCRABBLE CLUB N BI 1:30 FAMILY FEUD ALL LV 3:00 FRIDAY FLOATS NU B 3:00 SMARTBOARD CONCERTS RS SB 4:00 RUMMIKUB NU B 6:00 BINGO TT B 7:00 MOVIE AT NIGHT TT	23 FIRST DAY OF FALL 9:00 AM JAZZ Y LV 9:30 SATURDAY POST Y LV 10:00 WALKING CLUB Y LV 10:15 EAST V. WEST VOLLEYBALL VR E 10:30 COFFEE SOCIAL Y LV 11:00 CROSSWORD PUZZLE Y LV 1:30 GARDENING CLUB & COURTYARD CHAT GS/Y CY 1:30 ART CLASS WITH VALERIE NU B 3:00 CHEFS TASTING SOCIAL ALL B 3:00 SMARTBOARD CONCERT RS SB 4:15 ABOUT THE AUTUMNAL EQUINOX VR B 6:00 BINGO AT NIGHT VR B 7:00 MOVIE TIMEWALKING CLUB VR M	
24 YOM KIPPUR 9:00 MUSIC IN THE MORNING Y LV 9:30 NEWS AND VIEWS Y LV 10:00 COMMUNION Y DR 10:30 WALKING CLUB Y LV 11:00 MOVEMENT TO MUSIC Y B 1:30 BEADING CRAFT Y LV 3:00 SUNDAY SOCIAL Y B 3:00 SMARTBOARD CONCERT Y SB 4:15 ABOUT YOM KIPPUR SC B 6:00 MOVIES ON THE SMARTBOARD RS B	25 9:00 MELODIES IN THE MORNING D LV 9:30 NEWS & VIEWS D LV 10:00 KNITTING & CROCHET CLUB N LV 10:00 SIT AND BE FIT D LV 10:30 WALKING CLUB D LV 11:00 BIOGRAPHY ON: BARBARA WALTERS D LV 1:00 SCRABBLE CLUB V B 1:30 FRESH AIR CHATS VR LV 3:00 HAPPY HOUR VR B 3:00 SMARTBOARD CONCERTS VR SB 4:15 CARDS AT THE BAR VR B 6:00 MOVIES, MOVIES, MOVIES VR M	26 GARDENING CLUB 9:00 COUNTRY MUSIC D LV 9:30 WHATS IN THE NEWS D LV 10:00 WAKE UP WORK-OUT D LV 10:30 WALKING CLUB D LV 11:00 NAME TO D LV 1:30 GARDENING CLUB SC CY 1:30 JEOPARDY TRIVIA VS LV 3:00 HAPPY HOUR VS B 4:15 L.R.C. GAME VS B 6:00 JACKPOT BINGO VS B 7:00 MOVIES AT NIGHT VS MR	27 9:00 70S SONGS VR LV 9:30 DAILY NEWS VR LV 10:00 MOVEMENT WITH SCARVES VR LV 10:30 WALKING CLUB CC CM 11:00 MUSICAL HANGMAN VR LV 1:00 SCRABBLE CLUB V BI 1:30 COURTYARD COLORING VR LV 3:00 WINE DOWN WEDNESDAY VR/CC B 3:30 BOOZY TRIVIA CC B 4:15 CARDS AT THE BAR CC B 6:00 SPEED BINGO CC BI 7:00 MOVIE NIGHT CC BI	28 RESIDENT & FOOD COUNCIL 9:00 MUSIC IN THE AM VS 9:30 NEWS DISCUSSION VS 10:00 MOVEMENT WITH SCARVES VS LV 10:00 WORDS STARTING WITH "S" QUIZ VS 10:30 WALKING CLUB SC LV 11:00 RESIDENT COUNCIL I LV 1:30 CRAFTY CREATIONS VS/SC BI 3:00 HAPPY HOUR VS M 3:00 COMEDY CLASSICS VS LV 4:15 SCATTAGORIES VS B 6:00 CASH BINGO VR B 7:00 NIGHTTIME MOVIE VR LV	29 BOOK CLUB 9:00 SOFT JAZZ D LV 9:30 NEWSDAY D LV 10:00 CHAIR ZUMBA D 10:30 MUSICAL HANGMAN D LV 1:00 WALKING CLUB NU CM 1:00 SCRABBLE CLUB V BI 1:30 WALMART TRIP NU/VS LV 3:00 FRIDAY FLOATS SC B 3:30 KARAOKE AT THE BAR NU/SC LV 4:00 RUMMIKUB NU B 6:00 EVENING BINGO FOR \$ TT BI 7:00 TGIF MOVIES TT	30 9:00 SATURDAY SONGS Y LV 9:30 SATURDAY POST Y LV 10:00 WALKING CLUB Y LV 10:15 EAST V. WEST VOLLEYBALL Y E 10:30 SIT AND BE FIT Y LV 11:00 COFFEE AND CROSSWORDS Y LV 1:30 GARDENING CLUB & COURTYARD CHAT Y MR 1:30 ART CLASS WITH VALERIE VR LV 3:00 CHEFS TASTING SOCIAL VR/YB 3:00 SMARTBOARD CONCERT VR B 4:15 MAD LIBS VR B 6:00 BINGO AT NIGHT VR BI 7:00 MOVIE TIME VR M	