

# NOVEMBER 2023

# The Arbors At ISLANDIA WEST TRANSITIONS

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>STAFF KEY</b> G=Gina, Director of Recreation ND=NATALIE Y=YVETTE D=DIANE AN=ANDREA SC=STACEY VR=VALERIE CC=CATHERINE I=INDEPENDENT RS=Recreation staff V=Volunteer AC=Activity Channel ***=Call 381 for Appt.	<b>LOCATION KEY</b> 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	<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>DAILY PROGRAMS</b> 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	<b>1 ALL SAINTS DAY</b> 9:00 CROONERS AND SWOONERS VR LV 9:30 NEWS DISCUSSION VR LV 10:00 CHAIR PILATES VR LV 10:30 FACTS ABOUT SQUIRRELS & ACORNS 10:30 COLOR THE FALL LEAVES DA AR 11:00 IT HAPPENED IN NOVEMBER VR LV 1:30 TOP 10 VR LV 1:30 BASKET TOSS DA LV 3:00 HAPPY HOUR SOCIAL VR/DA LV 4:00 NOVEMBER BIRTHDAY QUIZ DA/VR LV 6:00 MOVIE NIGHT RS LV	<b>2 THANKSGIVING TREE</b> 9:00 SING-A-LONG SONGS VR LV 9:30 NEWS & VIEWS VR LV 10:00 SIT AND BE FIT VR LV 10:30 WORD WATERFALL NU LV 11:00 TOSS & TALK BALL NU LV 11:00 CREATE LEAVES-THANKFUL FOR... VR AR 1:30 PUZZLES NU AR 1:30 SHIRLEY TEMPLE TRIVIA VR LV 3:00 HAPPY HOUR NU/VR LV 4:00 FAMILY FEUD NU LV 6:00 NIGHTTIME MOVIE RS LV	<b>3 ROSARY</b> 9:00 LIVELY TUNES CC LV 9:30 DAILY CHRONICALS CC LV 9:45 ROSARY V M 10:00 STRETCHING IN THE AM CC LV 10:30 TRUE OR FALSE CC LV 11:00 MUSICAL HANGMAN VR LV 11:00 PAINTING FREE STYLE CC AR 1:30 NAME THAT FAMOUS FACE CC LV 1:30 CREATE WITH CLAY VR AR 3:00 HAPPY HOUR VR/CC LV 4:00 21 QUESTIONS CC LV 6:00 TGIF MOVIE RS LV	<b>4 CHEFS TASTING SOCIAL</b> 9:00 MUSIC IN THE MORNING CC LV 9:30 WEEKEND UPDATE CC LV 10:00 CHAIR YOGA CC LV 10:30 WORD IN A WORD NU LV 11:00 Pictionary NU LV 11:00 1 ON 1'S CC R 1:30 FACT OR FICTION CC LV 3:00 CHEFS TASTING SOCIAL CC/NU LV 4:00 CELEBRATE NATIONAL CANDY DAY! NU NU 6:00 SATURDAY NIGHT SHOWING RS LV
<b>5 DAYLIGHT SAVINGS ENDS</b> 9:00 SUNDAY TUNES SC LV 9:30 NEWS AND VIEWS SC LV 10:00 CHAIR FITNESS SC LV 10:30 COMMUNION V LV 11:00 BINGO CC LV 1:30 RIDDLE ME THIS CC LV 1:30 CHICKEN SOUP FOR THE SOUL TT AR 3:00 HAPPY HOUR CC/TT LV 4:00 FAMILY FEUD CC LV 4:00 MATCH GAME TT AR 6:00 SUNDAY MOVIE RS LV	<b>6 KAREN BELLA-SINGER</b> 9:00 BIG BAND MEDLEY DA LV 9:30 MORNING NEWS ND LV 10:00 EXERCISE/STRETCHES ND LV 10:30 THANKSGIVING TRIVIA ND LV 11:00 DESIGN FALL SCENES DA AR 11:00 NAME 10 ND LV 1:30 KAREN BELLA-SINGER VEN LV 3:00 HAPPY HOUR DA/TT LV 4:00 BRAIN TEASERS DA LV 6:00 MOVIE AT NIGHT RS LV	<b>7 ELECTION DAY</b> 9:00 SING-A-LONG TO THE CLASSICS ND LV 9:30 TODAY'S HEADLINES VR LV 10:00 JAZZERCISE ND LV 10:30 BALLOON VOLLEYBALL ND LV 11:00 SHORT STORIES ND LV 11:00 CRAFTS CRAFTS AND MORE CRAFTS VR AR 1:30 FLOOR DARTS D LV 1:30 CARD GAMES ND AR 3:00 HAPPY HOUR D/ND LV 4:00 SHARE A JOKE ND LV 6:00 SILVER SCREEN CLASSICS RS LV	<b>8 AUTUMN TEA PARTY</b> 9:00 ACOUSTIC SUNRISE VR LV 9:30 NEWS AND VIEWS VR LV 10:00 CHAIR YOGA VR LV 10:30 AUTUMN TRIVIA DA LV 11:00 AUTUMN TEA PARTY VR AR 11:00 FILL IN THE BLANKS DA LV 1:30 ANYTHING ORANGE MAGAZINE SCAVENGER HUNT DA AR 1:30 WORD WATERFALL VR LV 3:00 HAPPY HOUR SOCIAL DA/VR LV 4:00 DO YOU REMEMBER... DA LV 6:00 EVENING FLICK RS LV	<b>9 ART THERAPY</b> 9:00 HAPPY MUSIC VR LV 9:30 HAPPENINGS AND HOROSCOPES VR LV 10:00 STRETCH AND FLEX NU LV 10:30 FILL IN THE BLANK NU LV 11:00 NOODLE VOLLEYBALL RS LV 1:30 ART THERAPY VEN AR 1:30 TURKEY TRIVIA RS LV 3:00 HAPPY HOUR VR/RS LV 4:00 FAMILY FEUD RS LV 6:00 NIGHTTIME MOVIE RS LV	<b>10 VETERANS DAY OBSERVED</b> 9:00 MUSICAL MUSINGS CC LV 9:30 NEWSDAY CC LV 10:00 CHAIR ZUMBA CC LV 10:00 VETERANS BREAKFAST SC BI 11:00 SPELLING BEE VR LV 11:00 PAINT A PUMPKIN CC AR 1:30 WHEEL OF FORTUNE CC LV 1:30 JENGA VR AR 3:00 HAPPY HOUR CC/VR LV 4:00 JOKES & RIDDLES CC LV 6:00 TGIF MOVIE RS LV	<b>11 VETERANS DAY</b> 9:00 MUSIC IN THE MORNING CC LV 9:30 WEEKEND IN REVIEW CC LV 10:00 SENIOR STRETCHING CC LV 10:30 HOT POTATO NU LV 11:00 KARAOKE CC LV 11:00 NON BAKING-PUMPKIN CHEESECAKE NU AR 1:30 COLOR A SCARECROW VR AR 1:30 A-Z NU LV 3:00 CHEFS TASTING SOCIAL CC/NU LV 4:00 CONVERSATION STARTERS NU/CC LV 6:00 SATURDAY AT THE MOVIES RS LV	
<b>12 COMMUNION</b> 9:00 SHOWTUNES ND LV 9:30 WEEK IN REVIEW ND LV 10:00 MORNING WORK OUT ND LV 10:30 COMMUNION V DI 11:00 FALL CRAFTS CC AR 11:00 RIDDLE ME THIS ND LV 1:30 TRUE OR FALSE ND LV 1:30 MATCH GAME CC B 3:00 SUNDAY SOCIAL CC/TTB 4:00 ARMCHAIR TRIVIA CC/TTB 6:00 MOVIE ON SMARTBOARD RS M	<b>13 WORLD KINDNESS DAY/VETS CHAT</b> 9:00 MORNING TUNES DA LV 9:30 TODAY'S NEWS DA LV 10:00 WAKE UP, WORK OUT! NA LV 10:30 BINGO ND LV 11:00 MIND TEASERS DA AR 11:00 WHO SAID IT TRIVIA? NA LV 1:30 FALL ART PROJECT DA AR 1:30 BASKET TOSS TT LV 3:00 HAPPY HOUR TT/DA LV 4:00 JEOPARDY TT LV 6:00 CLASSIC MOVIES RS LV	<b>14 LIBRARY VISIT</b> 9:00 MORNING MUSIC ND LV 9:30 WHAT'S IN THE NEWS? VR LV 10:00 WORK IT OUT VR LV 10:30 HISTORY MYSTERIES ND LV 11:00 PET THERAPY WITH TOM V LV 11:00 CROSSWORD PUZZLE ND LV 1:30 CIRCLE SOCCER ND LV 1:30 NAME 10 ND LV 3:00 HAPPY HOUR VR/DA LV 4:00 CONVERSATION STARTERS VR LV 6:00 NIGHTLY MOVIE RS LV	<b>15 OPEN HOUSE-ENTERTAINMENT ELVIS</b> 9:00 MORNING MELODIES VR LV 9:30 NEWS AND VIEWS VR LV 10:00 STRETCH AND FLEX VR LV 10:30 I SPY DA LV 11:00 TRUE OR FALSE TRIVIA VR LV 1:30 BALLOON VOLLEYBALL DA LV 2:00 STEVE MITCHEL AS ELVIS VEN LV 3:00 HAPPY HOUR VR/DA LV 4:00 CONVERSATION STARTERS VR LV 6:00 NIGHTLY MOVIE RS LV	<b>16 SCARF DAY</b> 9:00 MORNING TUNES VR LV 9:30 NEWS & VIEWS VR LV 10:00 CHAIR YOGA VR LV 10:30 MUSICAL HANGMAN VR LV 11:00 COMEDY/JOKES DA LV 11:00 COLORING WITH AUTUMN COLORS DA AR 1:30 WORD IN A WORD VR LV 1:30 BOARD GAME DA AR 3:00 HAPPY HOUR DA/VR LV 4:00 REMINISCING VR LV 6:00 MOVIE RS LV	<b>17 ROSARY</b> 9:00 SING YOUR HEART OUT CC LV 9:30 HOROSCOPES AND HAPPENINGS CC LV 9:45 ROSARY V M 10:00 STRETCHING IN THE AM CC LV 10:30 BINGO CC LV 11:00 NAME 10 CC LV 11:00 DECORATE COOKIES VR AR 1:30 DO YOU REMEMBER WHEN... VR LV 1:30 FINGER PAINTING CC AR 3:00 HAPPY HOUR CC/VR LV 4:00 FAMILY FEUD VR LV 6:00 TGIF MOVIE RS LV	<b>18 APPLE CIDER DAY</b> 9:00 SONGS FOR ALL CC LV 9:30 WEEKEND UPDATE CC LV 10:00 CHAIR ZUMBA CC LV 10:30 TURKEY TRIVIA CC LV 11:00 CELEBRATE THE FALL WITH APPLE CIDER CC LV 1:30 APPLE TOSS CC LV 1:30 CRAFTING CORNER VR AR 3:00 CHEFS TASTING SOCIAL CC LV 4:00 Pictionary CC LV 6:00 NIGHTTIME MOVIE RS LV	
<b>19 COMMUNION</b> 9:00 SUNDAY SERANDES ND LV 9:30 DAILY CHRONICLES ND LV 10:00 SIT AND BE FIT ND LV 10:30 COMMUNION V DI 11:00 MONOPOLY TRIVIA ND LV 11:00 COLOR COLOR AND MORE COLOR CC AR 1:30 TOMMY DORSEY MUSIC/BIO CC LV 1:30 PUZZLES TT AR 3:00 SUNDAY SOCIAL TT/CC LV 4:00 NAME THAT TUNE TT LV 6:00 SUNDAY SHOWING RS LV	<b>20 ENTERTAINMENT</b> 9:00 MUSIC IN THE MORNING ND LV 9:30 HOROSCOPES & NEWS ND LV 10:00 MORNING WORKOUT ND LV 10:30 BALLOON TOSS DA LV 11:00 ENTERTAINMENT: GRIOGORY MULLAD VEN LV 1:30 FACT OR FICTION TT LV 1:30 CONNECT 4 DA AR 3:00 HAPPY HOUR TT/DALV 4:00 SENIOR ADVICE DA/TT LV 6:00 MOVIES AT NIGHT RS LV	<b>21 FAMILY BINGO NIGHT</b> 9:00 MELODIC MORNING VR LV 9:30 TODAY'S HEADLINERS VR LV 10:00 CIRCLE SOCCER VR LV 10:30 I SPY VR LV 11:00 MARLO THOMAS TRIVIA VR LV 1:30 TOSS & TALK BALL D LV 1:30 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR D/SC LV 4:00 SING A LONG D LV 6:00 MOVIE TIME RS LV	<b>22 GRATITUDE CARDS</b> 9:00 SUMMER SONGS VR LV 9:30 DAILY DOSE VR LV 10:00 CHAIR WORKOUT DA LV 10:30 NAME GAME VR LV 11:00 GRATITUDE CARD FILL IN VR LV 1:30 MANICURE BY APPT SC AR 1:30 KARAOKE DA LV 3:00 HAPPY HOUR SOCIAL DA/VR LV 4:00 FUNNY ANIMAL VIDEOS DA LV 6:00 NIGHTTIME MOVIE RS LV	<b>23 HAPPY THANKSGIVING</b> 9:00 THANKSGIVING DAY PARADE VR LV 9:30 DAILY NEWS VR LV 10:00 SIT AND BE FIT VR LV 10:30 TURKEY TROT VR LV 11:00 TOM THE TURKEY SAYS... DA LV 1:30 GOBBLE GOBBLE BINGO DA LV 3:00 HAPPY HOUR DA/VR LV 4:00 TURKEY TRIVIA VR LV 6:00 MOVIES AT NIGHT RS LV	<b>24 MONTHLY BIRTHDAY</b> 9:00 MELODIC MORNINGS CC LV 9:30 BREAKING NEWS CC LV 10:00 CHAIR ZUMBA CC LV 10:30 MIND TEASERS CC LV 11:00 FACTS ABOUT BLACK BEAUTY CC LV 11:00 MATCH GAMES VR AR 1:30 FAMILY FEUD CC LV 2:45 MONTHLY BIRTHDAY WITH GEORGE MASSELLI VEN LV 3:00 HAPPY HOUR CC/VR LV 4:00 TRUE OR FALSE CC LV 6:00 TGIF MOVIE RS LV	<b>25</b> 9:00 AM JAZZ CC LV 9:30 SATURDAY POST CC LV 10:00 MOVEMENT TO MUSIC CC LV 10:30 TOSS AND TALK BALL CC LV 11:00 CROSSWORD PUZZLE CC LV 1:30 PERCY SLEDGE BIO CC LV 1:30 NON COOKING CLASS CC AR 3:00 CHEFS TASTING SOCIAL CC LV 4:00 SING A LONG CC LV 6:00 MOVIE TIME RS LV	
<b>26 COMMUNION</b> 9:00 MUSIC IN THE MORNING ND LV 9:30 NEWS AND VIEWS ND LV 10:00 MOVING TO THE BEAT ND LV 10:30 COMMUNION V LV 11:00 MUSICAL HANGMAN ND LV 11:00 CREATING AUTUMN ACORNS CC AR 1:30 WHO SAID IT TRIVIA CC LV 1:30 1 ON 1'S TT R 3:00 SUNDAY SOCIAL TT/CLV 4:00 FACTS ABOUT PUMPKINS TT LV 6:00 MOVIES ON THE SMARTBOARD RS LV	<b>27 SILLY SOCK &amp; HAT DAY</b> 9:00 MELODIES IN THE MORNING ND LV 9:30 NEWS & VIEWS ND LV 10:00 SIT AND BE FIT ND LV 10:30 TOSS & TALK DA LV 11:00 BUFFALO BOB SMITH BIO DA LV 11:00 CONNECT 4 ND AR 1:30 CROSSWORDS DA LV 1:30 ARTS N CRAFTS TT AR 3:00 HAPPY HOUR DA/TT LV 4:00 TRUE OR FALSE TT LV 6:00 MONDAY MOVIE NIGHT RS LV	<b>28 PET THERAPY WITH TOM-PJ DAY</b> 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 BALLOON VOLLEYBALL VR LV 11:00 NAME 10 VR LV 1:30 FAMILY FEUD D LV 1:30 WORD IN A WORD D LV 3:00 HAPPY HOUR D LV 4:00 CUTE KID VIDEOS D LV 6:00 MOVIE RS LV	<b>29 ENTERTAINMENT WITH JOHNNY WHIMPLE</b> 9:00 70S SONGS VR LV 9:30 DAILY NEWS VR LV 10:00 SIT AND BE FIT VR LV 10:30 MUSICAL HANGMAN DA LV 10:30 MAGAZINE SCAVENGER HUNT VR AR 11:00 21 QUESTIONS DA LV 1:30 CONCENTRATION DA AR 1:30 FACTS ABOUT LONG ISLAND VR LV 2:30 JOHNNY WHIMPLE-ENTERTAINMENT VEN LV 3:00 HAPPY HOUR DA/VR LV 4:00 JOKES & RIDDLES VR LV 6:00 MOVIE NIGHT RS LV	<b>30 BUS TRIP</b> 9:00 MUSIC IN THE AM VR LV 9:30 NEWS DISCUSSION VR LV 10:00 MOVING & GROOVING VR LV 10:30 THIS DAY IN HISTORY VR LV 11:00 BUS TRIP-DINER AK/AL O 11:00 BEAN BAG TOSS VR LV 1:30 CRAFTY CREATIONS VR AR 1:30 A TO Z DA LV 3:00 HAPPY HOUR VR/DA LV 4:00 FACTS OR FICTION VR LV 6:00 NIGHTTIME MOVIE RS LV			