



ACTIVITY CALENDAR

DECEMBER 2023

The Arbors At ISLANDIA EAST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAFF KEY AT= Amanda Turnbull D= Denzel J= Jarolin C= Carmela W= Wendy SN= Sarah G= Gina A= Anne DA= Danielle S= Samantha H= Heidi K= Karen 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 7:45am-9:15am LUNCH 11:45am-1:15pm DINNER 4:45pm-6:15pm 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.				
3 ADVENT BEGINS 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 A&E HISTORY HOUR WITH AMANDA AT LO 1:15 BINGO! A G 1:15 AFTERNOON MOVIE A M 2:00 KINGS IN THE CORNER CLUB RL B 2:00 TRIVIAL TRIVIA WITH ANNE A LO 3:00 HAPPY HOUR: SUNDAY SUNDAYES A B 4:00 GROUP BOGGLE WITH AMANDA A LO 6:00 EVENING BINGO! A G 7:00 EVENING MOVIE IN THE CINEMA A M	4 NATIONAL COOKIE DAY 9:30 MONDAY MORNING MOVE & GROOVE W/ GINA G LO 10:00 MONDAY MANICURES AND MUSIC W/ GINA G B 11:00 COOKIE DECORATING G LO 1:15 AFTERNOON MOVIE IN THE CINEMA D/H M 1:15 BINGO! D/H G 2:00 PENNY POKER CLUB SN/SM RL G 2:00 WHEEL OF FORTUNE! D/H LO 3:00 HAPPY HOUR: CHEF'S CHOICE D/H B 4:00 WORDLE CHALLENGE WITH DENZEL D LO 4:15 LETTERS TO SANTA WRITING AT LO 6:00 EVENING BINGO! H G 7:00 EVENING MOVIE IN THE CINEMA H M	5 ADOPT-A-SENIOR 9:30 TUESDAY TONE AND SCULPT CLASS G LO 10:00 WORD IN A WORD G LO 10:30 RESIDENT COUNCIL MEETING AT M 11:00 FOOD COUNCIL MEETING RL M 11:00 GROUP CROSSWORD G LO 11:30 LUNCH TRIP: OUTBACK STEAKHOUSE S O 1:15 AFTERNOON MOVIE IN THE CINEMA SN/SM D M 1:15 BINGO! SN/SG RL G 2:00 MAHJONG CLUB RL G 2:15 CROCHET/KNITTING CLUB J B 3:00 HAPPY HOUR: MIXED APPS SN/SB G LO 4:00 JEOPARDY HOUR! G LO 6:00 EVENING BINGO! S G 7:00 EVENING MOVIE IN THE CINEMA S M	6 HAPPY HOLIDAY PARTY! 9:30 WEDNESDAY WORK OUT CLASS K LO 10:00 ORNAMENT MAKING CLASS AT B 10:30 LUTHERAN CHURCH SERVICE VEN M 10:30 HOLIDAY PARTY MANICURES WITH AMANDA AT G 11:00 PICTURES WITH SANTA AT LO 1:15 AFTERNOON MOVIE IN THE CINEMA D M 1:15 BINGO! D G 2:00 BLACKJACK CARD CLUB RL G 2:00 JEOPARDY HOUR WITH DENZEL D LO 3:00 HOLIDAY HORS'D'OEUVRES AT B 3:30 HOLIDAY PARTY BEGINS! RS LO 4:00 OVEN MITT UNWRAP GAME AT LO 6:00 EVENING BINGO! A G 7:00 EVENING MOVIE IN THE CINEMA A M	7 PEARL HARBOR REMEMBRANCE/HANUKKAH 9:30 GOOD MORNING YOGA SN LO 10:00 COZY HOT COCOA BAR SN LO 10:30 GUESS WHO... SN LO 10:30 WALKING CLUB SN CY 11:00 GROUP CROSSWORD SN LO 11:00 LUNCH: COOPERAGE INN SN O 1:15 BINGO! SN/H G 1:15 AFTERNOON MOVIE SN/H M 2:00 LETTERS TO SANTA WRITING SN LO 2:00 DAN FOGEL SN B 2:15 POKENO RL G 3:00 HAPPY HOUR: PIZZA DIP SN/H B 4:00 GROUP BOGGLE SN LO 4:30 MENORAH LIGHTING AT 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 10:30 THERAPY DOG VISIT VEN LO 11:00 HEADS UP CHALLENGE W M 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 POKER CLUB RL G 2:00 CHRISTMAS THEMED JEOPARDY SN LO 3:00 HAPPY HOUR: CHEF'S CHOICE SN B 4:00 MINI GOLF CHALLENGE SN LO 4:30 MENORAH LIGHTING RS LO 5:00 HANUKKAH DINNER RS PDR 6:00 BIG BUCKS BINGO! D G 7:00 EVENING IN THE CINEMA D M	9 ENTERTAINMENT: MARIA MENNITI 9:30 SATURDAY SIT AND STRETCH W LO FITNESS PROGRAM W LO 10:15 FAMILY FEUD W LO 10:15 TREE TRIMMING! RL LO 11:00 GROUP CROSSWORD W LO 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 CANASTA CLUB RL G 3:00 ENTERTAINMENT: MARIA MENNITI VEN LO 3:00 HAPPY HOUR: MIXED SNACKS SN B 4:00 Pictionary SN LO 4:30 MENORAH LIGHTING RS LO 6:00 EVENING BINGO! S G 7:00 EVENING MOVIE IN THE CINEMA S M
10 9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M 9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O 10:15 SUNDAY SUNRISE STRETCH RS LO 10:45 60 MINUTES WITH AMANDA AT 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 SNOW GLOBE MAKING WITH AMANDA AT B 3:00 HAPPY HOUR: SUNDAY SUNDAYES A B 4:00 SMARTBOARD JEOPARDY A LO 4:30 MENORAH LIGHTING AT LO 6:00 EVENING BINGO! A G 7:00 EVENING MOVIE IN THE CINEMA A M	11 ENTERTAINMENT: LARRY WOLFF LECTURE 9:30 MONDAY MORNING MOVE & GROOVE W/ GINA G LO 10:00 ROSARY PRAYER SERVICE VEN M 10:00 MONDAY MANICURES AND MUSIC W/ GINA G B 11:00 GUESS IN 10 GAME G LO 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 LARRY WOLFF: CHRISTMAS WITH THE COMEDIANS VEN LO 3:00 HAPPY HOUR: CHEF'S CHOICE D/H B 4:00 WHEEL OF FORTUNE WITH DENZEL D LO 4:30 MENORAH LIGHTING AT LO 6:00 EVENING BINGO! H G 7:00 EVENING MOVIE IN THE CINEMA H M	12 VENDOR SALE/GINGERBREAD HOUSE DAY 9:30 TUESDAY TONE AND SCULPT CLASS G LO 10:00 AVON VENDOR SALE VEN LO 10:00 HAUPPAUGE LIBRARY VISIT VEN B 10:15 WORD IN A WORD G LO 11:00 GROUP CROSSWORD G LO 12:00 LUNCH TRIP: CLAY OVEN S O 1:15 BINGO! SN/SG RL G 1:15 AFTERNOON MOVIE IN THE CINEMA SN/SM D M 2:00 COOKING CLUB: GINGERBREAD HOUSES SN/S B 2:00 MAHJONG CLUB RL G 3:00 HAPPY HOUR: MIXED APPS SN/SB G LO 4:00 GUESS IN 10 GAME G LO 4:30 MENORAH LIGHTING AT LO 6:00 EVENING BINGO! SN/SG H G 7:00 JONES BEACH LIGHT SHOW AT O EVENING MOVIE IN THE CINEMA SN/SM	13 UGLY SWEATER DAY 9:30 WEDNESDAY WORK OUT CLASS K LO 10:00 TRAVEL TO: WALES K LO 10:30 WEDNESDAY MANICURES K G 11:00 HANGMAN CHALLENGE K LO 1:00 SHOPPING TRIP: TJ MAXX A O 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 FAMILY FEUD WITH DENZEL D LO 3:00 HAPPY HOUR: ROOTBEER FLOATS! D/A B 4:00 HOLIDAY JEOPARDY WITH DENZEL D LO 4:30 MENORAH LIGHTING AT LO 6:00 EVENING BINGO! A G 7:00 EVENING MOVIE IN THE CINEMA A M	14 9:30 GOOD MORNING YOGA SN LO 10:15 COZY HOT COCOA BAR SN LO 10:30 WALKING CLUB SN CY 11:00 GROUP CROSSWORD SN LO 11:00 LUNCH TRIP: MILLERIDGE INN SN O 1:15 BINGO! SN/H G 1:15 AFTERNOON MOVIE SN/H M 2:00 CHRISTMAS STOCKING DECORATING SN/H LO 2:15 POKENO RL G 3:00 HAPPY HOUR: PIGS IN A BLANKET SN B 4:00 GROUP BOGGLE SN LO 4:30 MENORAH LIGHTING AT LO 6:00 EVENING BINGO! H G 7:00 EVENING IN THE CINEMA H M	15 YOGA WITH RAY! 9:45 YOGA CLASS WITH RAY! VEN LO 10:30 MUSIC AND MANICURES W B 10:30 THERAPY DOG VISIT VEN LO 11:00 HEADS UP CHALLENGE W M 12:00 TAKE IN LUNCH: PIZZA RS B 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 POKER CLUB RL G 2:00 TRIVIA HOUR! SN LO 3:00 HAPPY HOUR: CHEF'S CHOICE SN B 4:00 BOWLING HOUR! SN LO 4:30 SHABBAT CANDLE LIGHTING RS PDR 4:30 MENORAH LIGHTING RS LO 6:00 BIG BUCKS BINGO! D G 7:00 EVENING IN THE CINEMA D M	16 9:30 SATURDAY SIT AND STRETCH W LO FITNESS PROGRAM W LO 10:15 TRIVIAL PURSUIT CHALLENGE! W LO 11:00 GROUP CROSSWORD W LO 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 CANASTA CLUB RL G 2:00 CHRISTMAS THEMED JEOPARDY SN LO 3:00 HAPPY HOUR: MIXED SNACKS SN B 4:00 WORD IN A WORD SN LO 6:00 EVENING BINGO! S G 7:00 CHRISTMAS CAROLING VISIT D G EVENING MOVIE IN THE CINEMA S M
17 BOY SCOUT VISIT 9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M 9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O 10:15 SUNDAY SUNRISE STRETCH RS LO 10:45 A&E HISTORY HOUR WITH AMANDA AT 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 CUB SCOUT 80 VISIT VEN LO 3:00 HAPPY HOUR: SUNDAY SUNDAYES A B 4:00 WHEEL OF FORTUNE! A LO 6:00 EVENING BINGO! A G 7:00 GIRL SCOUT VISIT A M 7:00 EVENING MOVIE IN THE CINEMA A M	18 9:30 MONDAY MORNING MOVE & GROOVE W/ GINA G LO 10:00 ROSARY PRAYER SERVICE VEN M 10:00 MONDAY MANICURES AND MUSIC W/ GINA G B 11:00 GROUP WORD IN A WORD GAME G LO 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 GROUP JEOPARDY CHRISTMAS THEMED! D/H LO 3:00 HAPPY HOUR: CHEF'S CHOICE 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 PLAID DAY! 9:30 TUESDAY TONE AND SCULPT CLASS G LO 10:00 JEOPARDY TRIVIA WITH GINA! G LO 10:30 PLAID CRAFTING WITH AMANDA AT B 10:30 WALK TO THE WEST SIDE G W 11:00 GROUP CROSSWORD G LO 1:00 SHOPPING TRIP: DOLLAR TREE S O 1:15 AFTERNOON MOVIE IN THE CINEMA SN/SM D M 1:15 BINGO! SN/SG RL G 2:00 CROCHET/KNITTING CLUB J B 2:00 MAHJONG CLUB RL G 3:00 HAPPY HOUR: MIXED APPS SN/SB G LO 4:00 BOWLING HOUR! G LO 6:00 EVENING BINGO! SN/SG H G 7:00 EVENING MOVIE IN THE CINEMA SN/SM	20 SUFFOLK COMMUNITY COLLEGE VISIT 9:30 WEDNESDAY WORK OUT CLASS K LO 10:00 TRAVEL TO: MOROCCO K LO 10:30 WEDNESDAY MANICURES K G 12:00 LUNCH TRIP: MILLER'S ALE HOUSE A O 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 HAPPY HOUR: ROOTBEER FLOATS! D B 3:30 VISIT FROM SUFFOLK COMMUNITY COLLEGE VEN B 4:00 HOLIDAY JEOPARDY WITH DENZEL D LO 6:00 EVENING BINGO! RS G 6:00 SCENIC DRIVE: LIGHT DISPLAYS A O 7:00 EVENING MOVIE IN THE CINEMA RS M	21 9:30 GOOD MORNING YOGA SN LO 10:15 COZY HOT COCOA BAR SN LO 10:30 WALKING CLUB SN LO 11:00 GROUP CROSSWORD SN LO 1:00 SHOPPING TRIP: WALMART SN O 1:15 BINGO! SN/H G 1:15 AFTERNOON MOVIE SN/H M 2:00 SANTA HAT DECORATING! SN/H B 2:15 POKENO RL G 3:00 HAPPY HOUR: HOMEMADE RICE PUDDING SN/H B 4:00 BOWLING SN LO 6:00 EVENING BINGO! H G 7:00 EVENING IN THE CINEMA H M	22 FIRST DAY OF WINTER- COZY SWEATER 9:30 SILVER SNEAKERS ZUMBA W LO 10:00 MUSIC AND MANICURES W B 10:30 THERAPY DOG VISIT VEN LO 11:00 HEADS UP CHALLENGE W M 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 POKER CLUB RL G 2:00 SNOWMAN CRAFT SN B 3:00 HAPPY HOUR: CHEF'S CHOICE SN B 4:00 MINI GOLF HOUR! SN LO 4:30 SHABBAT CANDLE LIGHTING RS PDR 6:00 BIG BUCKS BINGO! D G 7:00 EVENING IN THE CINEMA D M	23 9:30 SATURDAY SIT AND STRETCH W LO FITNESS PROGRAM W LO 10:15 FAMILY FEUD W LO 11:00 GROUP CROSSWORD W LO 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 CANASTA CLUB RL G 2:00 LETTERS TO SANTA WRITING SN LO 3:00 HAPPY HOUR: MIXED SNACKS SN B 4:00 HANGMAN SN LO 6:00 EVENING BINGO! S G 7:00 EVENING MOVIE IN THE CINEMA S M
24/31 CHRISTMAS EVE- WEAR RED/NEW YEARS EVE 9:30 R.C. COMMUNION SERVICE WITH JAMES VEN M 9:30 TRIP: GRACE LUTHERAN & ST. PATRICKS CHURCH RS O 10:15 SANTA'S SWEAT & STRETCH RS LO 10:30 60 MINUTES WITH AMANDA 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 GROUP BOGGLE WITH AMANDA A LO 3:00 HAPPY HOUR: SUNDAY SUNDAYES A B 3:00 CANDY CANE TASTE TESTING (24TH) AT B 3:30 A TOAST TO 2024! (31ST) AT B 4:00 GROUP JEOPARDY CHALLENGE A LO 4:30 NORAD SANTA TRACKER (24TH) AT LO 6:00 EVENING BINGO! A G 7:00 EVENING MOVIE IN THE CINEMA A M	25 CHRISTMAS DAY 9:30 KRIS KRINGLE KRUNCH WORKOUT G LO 10:00 LAST MINUTE MANICURES G B 10:00 MERRY CHRISTMAS FROM THE CROONERS G LO 11:00 CHRISTMAS THEMED FAMILY FEUD G LO 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 REMINISCING: CHRISTMAS RECIPES H LO 3:00 HAPPY HOUR: CHEF'S CHOICE D/H B 4:00 WORDLE CHALLENGE WITH DENZEL D LO 6:00 EVENING BINGO! H G 7:00 EVENING MOVIE IN THE CINEMA H M	26 KWANZAA BEGINS/PAJAMA DAY! 9:30 TUESDAY TONE AND SCULPT CLASS G LO 10:00 Pictionary! G LO 10:30 WORD IN A WORD G LO 10:30 WALK TO THE WEST SIDE G W 11:00 GROUP CROSSWORD G LO 1:15 AFTERNOON MOVIE IN THE CINEMA SN/SM D M 1:15 BINGO! SN/SG RL G 2:00 MAHJONG CLUB RL G 2:00 CROCHET/KNITTING CLUB J B 3:00 HAPPY HOUR: MIXED APPS SN/SB G LO 4:00 MINI GOLF CHALLENGE G LO 6:00 EVENING BINGO! SN/SG H G 7:00 EVENING MOVIE IN THE CINEMA SN/SM	27 9:30 WEDNESDAY WORK OUT CLASS K LO 10:00 TRAVEL TO: UKRAINE K LO 10:30 WEDNESDAY MANICURES K B 11:00 WORD IN A WORD K LO 12:00 LUNCH TRIP: APPLEBEE'S A O 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 HAPPY HOUR: ROOTBEER FLOATS! 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 SN LO 10:00 COZY HOT COCOA BAR SN LO 10:30 SHOPPING TRIP: HOBBY LOBBY SN O 10:30 WALKING CLUB SN CY 11:00 GROUP CROSSWORD SN LO 1:15 BINGO! SN/H G 1:15 AFTERNOON MOVIE SN/H M 2:00 TRIVIAL TRIVIA SN/H B 2:15 POKENO RL G 3:00 HAPPY HOUR: CHEESE BACON SPINACH DIP SN/H B 4:00 NAME TEN... SN 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 MUSIC AND MANICURES W B 10:30 THERAPY DOG VISIT VEN LO 11:00 HEADS UP CHALLENGE W M 12:00 TAKE IN LUNCH: SUBWAY RS B 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 POKER CLUB RL G 2:00 HANGMAN SN LO 3:00 HAPPY HOUR: CHEF'S CHOICE SN B 4:00 MINI GOLF HOUR! SN LO 4:30 SHABBAT CANDLE LIGHTING RS PDR 6:00 BIG BUCKS BINGO! D G 7:00 EVENING IN THE CINEMA D M	30 ENTERTAINMENT: TOMMY SAX 9:30 SATURDAY SIT AND STRETCH W LO FITNESS PROGRAM W LO 10:15 FAMILY FEUD W LO 11:00 GROUP CROSSWORD W LO 1:15 AFTERNOON MOVIE IN THE CINEMA SN M 1:15 BINGO! SN G 2:00 CANASTA CLUB RL G 2:00 ENTERTAINMENT: TOMMY SAX VEN LO 3:00 HAPPY HOUR: MIXED SNACKS SN B 4:00 HANGMAN SN LO 6:00 EVENING BINGO! S G 7:00 EVENING MOVIE IN THE CINEMA S M