

DECEMBER 2023

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**STAFF KEY**  
D= Denzel  
J= Jarolin  
C= Carmela  
DA= Danielle  
W= Wendy  
SN= Sarah  
G= Gina  
A= Anne  
GT= Gerry  
K= Karen  
VEN= Vender  
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.



<b>1</b>	9:30	FRIDAY FULL BODY WORKOUT	S/J	LR
	10:00	MUSIC AND MANICURES	S/J	LR
	10:30	THERAPY DOG VISIT	VEN	LR
	11:00	BALLOON TAP	S/J	LR
	1:15	TREE TRIMMING!	D/J/W	LR
	1:15	BINGO!	D/J/W	LR
	2:00	DEAN MARTIN CHRISTMAS MUSIC	D/J/W	LR
	2:00	GROUP GAMES WITH RECREATION	D/J/W	LR
	3:00	HAPPY HOUR: CHEF'S CHOICE	D/J/W	LR
	4:00	POOL NOODLE TAP	D/J/W	LR
	6:00	EVENING STRETCH BEFORE BED	RS	LR

<b>2</b>	9:30	SATURDAY SUNSHINE STRETCH	K/W/L	LR
	10:15	60'S ROCKIN' MUSIC	K/W/L	LR
	10:15	TABLETOP GAMES WITH RECREATION	K/W/L	DR
	11:00	BEAN BAG TOSS	K/W/L	LR
	1:15	CASINO GAMES WITH RECREATION	K/W/L	LR
	1:15	SINATRA SATURDAY MUSIC	K/W/L	LR
	2:00	TREE TRIMMING!	K/W/L	LR
	2:00	BINGO HOUR!	K/W/L	LR
	3:00	HAPPY HOUR: MIXED SNACKS	K/W/L	LR
	4:00	BALLOON TAP!	K/W/L	LR
	6:00	SOUNDS OF THE OCEAN	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>3</b>	9:30	SUNDAY SUNRISE STRETCH	RS	LR
	9:30	COMMUNION SERVICE WITH JAMES	VEN	EM
	10:00	CATHOLIC MASS ON TV	RS	LR
	10:30	LIFESTYLE STATIONS	RS	LR
	11:00	MUSIC THERAPY BEFORE LUNCH	C	LR
	1:15	MEN'S CLUB WITH DENZEL	D	LR
	1:15	COFFEE KLATCH WITH CARMELA	C	DR
	2:00	DECK THE HALLS & DECORATE	C/A	LR
	3:00	HAPPY HOUR: SUNDAY SUNDAYS	C/A	LR
	4:00	NOODLE TAP	C/A	LR
	6:00	SOOTHING SOUNDS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>4</b>	<b>NATIONAL COOKIE DAY</b>			
	9:30	MONDAY MORNING MOVE & GROOVE	C/J/D	LR
	10:00	MONDAY MANICURES AND MUSIC	C/J/D	LR
	10:30	COOKING CLUB WITH CARMELA: COOKIE DECORATING	C/J/D	LR
	11:00	PARACHUTE POP UP	G/C/J	LR
	1:15	LETTERS TO SANTA	G/C/J	LR
	1:15	BINGO!	G/C/J	LR
	2:00	MUSIC MAKING WITH JAROLIN	J	LR
	2:00	LIFESTYLE STATIONS	G/C/J	LR
	3:00	HAPPY HOUR: CHEF'S CHOICE	G/C/J	LR
	4:00	TABLETOP GAMES AND SINATRA HOUR!	G/C/J	LR
	6:00	SOUNDS OF OASIS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>5</b>	9:30	TUESDAY TONING CLASS	D/C	LR
	10:00	CHRISTMAS TREE DECORATING!	D/C	P
	10:30	BEAN BAG TOSS	D/C	LR
	11:15	FINISH THE LYRICS	D/C	LR
	1:15	COFFEE KLATCH IN THE BISTRO	D/C/G	B
	1:15	LIFESTYLE STATIONS	D/C/G	LR
	2:00	CHRISTMAS KARAOKE HOUR!	J/D	LR
	2:00	CROCHET/KNITTING CLUB IN BISTRO	D/C/G	B
	3:00	HAPPY HOUR: MIXED APPS	D/C/G	LR
	4:00	JUMBO PONG CHALLENGE & MUSIC HOUR	D/C	LR
	6:00	TRIP: SCENIC DRIVE LIGHT DISPLAYS	S	O
	6:00	THE CRISP SOUNDS OF NATURE	W	LR
	7:00	FILM & REFRESHMENTS	W	LR

<b>6</b>	<b>RESIDENT HOLIDAY PARTY! RESIDENT</b>			
	9:30	WEDNESDAY BALANCE & AGILITY	D/J/W	LR
	10:00	HOLIDAY MANICURES WITH JAROLIN	J	LR
	10:00	TABLETOP GAMES WITH RECREATION	D/W	LR
	11:00	HOLIDAY TREE TRIMMING!	D/J/W	LR
	1:00	PICTURES WITH SANTA	AT	LR
	1:15	BINGO!	J/W/C	LR
	2:00	WALK TO THE BISTRO	J/W/C	B
	2:00	ORNAMENT MAKING	J/W/C	LR
	3:00	HAPPY HOUR: HOLIDAY HORS'D'OEUVRES	J/W/C	LR
	4:00	FINISH THE PHRASE	J/W/C	LR
	6:00	EVENING STROLL WITH RECREATION	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>7</b>	<b>HANUKKAH BEGINS</b>			
	9:30	EASY BREEZY YOGA	S	LR
	10:00	GROUP PUZZLES WITH RECREATION	S	LR
	10:30	SORTING GAME	S	LR
	11:00	TRAVEL TO: ISREAL	S	LR
	1:15	AFTERNOON STROLL	C/K/J/W	B
	2:00	SNOWBALL FIGHT!	C/K/J/W	LR
	2:00	MATCH GAME	C/K/J/W	LR
	3:00	TRIP: SCENIC DRIVE	S	O
	3:00	HAPPY HOUR: PIZZA DIP	C/K/J/W	LR
	4:00	WORDS THAT START WITH 'M'...	C/K/J/W	LR
	4:30	MENORAH LIGHTING	AT	LR
	5:00	HANUKKAH DINNER	RS	PDR
	6:00	RELAXING MUSIC HOUR	W	LR
	7:00	FILM & REFRESHMENTS	W	LR

<b>8</b>	9:30	FRIDAY FULL BODY WORKOUT	S/J	LR
	10:00	MUSIC AND MANICURES	S/J	LR
	10:30	THERAPY DOG VISIT	VEN	LR
	11:00	BALLOON TAP	S/J	LR
	1:15	BINGO!	D/J/W	LR
	1:15	LETTERS TO SANTA	D/J/W	LR
	2:00	DICE ROLL GAME	D/J/W	LR
	2:00	WALKING CLUB TO THE BISTRO	D/J/W	B
	3:00	HAPPY HOUR: CHEF'S CHOICE	D/J/W	LR
	4:00	POOL NOODLE TAP	D/J/W	LR
	4:30	MENORAH LIGHTING	AT	LR
	5:00	HANUKKAH DINNER	RS	PDR
	6:00	EVENING STRETCH BEFORE BED	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>9</b>	<b>ENTERTAINMENT: MARIA MENNITI</b>			
	9:30	SATURDAY SUNSHINE STRETCH	K/W/L	LR
	10:15	THE RAT PACK MUSIC	K/W/L	LR
	10:15	TABLETOP GAMES WITH RECREATION	K/W/L	DR
	11:00	DECK THE HALLS & DECORATE!	K/W/L	LR
	11:00	BEAN BAG TOSS	K/W/L	LR
	1:15	SNOWBALL FIGHT!	K/W/L	LR
	1:15	50'S MUSIC	K/W/L	LR
	2:00	ENTERTAINMENT: MARIA MENNITI	VEN	LR
	3:00	HAPPY HOUR: MIXED SNACKS	K/W/L	LR
	4:00	BALLOON TAP!	K/W/L	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	SOUNDS OF THE OCEAN	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>10</b>	9:30	SUNDAY SUNRISE STRETCH	RS	LR
	9:30	COMMUNION SERVICE WITH JAMES	VEN	EM
	10:00	CATHOLIC MASS ON TV	RS	LR
	10:30	LIFESTYLE STATIONS	RS	LR
	11:00	MUSIC THERAPY BEFORE LUNCH	C	LR
	1:15	MEN'S CLUB WITH DENZEL	D	LR
	1:15	COFFEE KLATCH WITH CARMELA	C	DR
	2:00	MATCHING GAME WITH CARMELA	C/A	LR
	3:00	HAPPY HOUR: SUNDAY SUNDAYS	C/A	LR
	4:00	NOODLE TAP	C/A	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	SOOTHING SOUNDS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>11</b>	9:30	MONDAY MORNING MOVE & GROOVE	C/J/D	LR
	10:00	MONDAY MANICURES AND MUSIC	C/J/D	LR
	10:00	COOKING CLUB: PRETZEL DECORATING	C/J/D	DR
	10:30	BALLOON TAP	C/J/D	P
	11:00	TABLETOP GAMES	C/J/D	LR
	1:15	BINGO!	G/C/J	LR
	2:00	MUSIC MAKING WITH JAROLIN	J	LR
	2:30	NAME 5...	G/C/J	LR
	3:00	HAPPY HOUR: CHEF'S CHOICE	G/C/J	LR
	4:00	TOSS & TALK HOUR WITH GINA!	G	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	SOUNDS OF OASIS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>12</b>	<b>GINGERBREAD HOUSE DAY!</b>			
	9:30	TUESDAY TONING CLASS	D/C	LR
	10:00	FINISH THE LYRICS	D/C	LR
	10:30	BEAN BAG TOSS CHALLENGE	D/C	LR
	11:00	NAME 5...	D/C	LR
	1:15	CHRISTMAS KARAOKE HOUR!	J/D	LR
	1:15	COFFEE KLATCH IN THE BISTRO	D/C/G	B
	2:00	GINGERBREAD HOUSE MAKING	D/C/G	DR
	3:00	HAPPY HOUR: MIXED APPS	D/C/G	LR
	4:00	JUMBO PONG CHALLENGE & MUSIC HOUR	D/C	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	THE CRISP SOUNDS OF NATURE	W	LR
	7:00	FILM & REFRESHMENTS	W	LR

<b>13</b>	<b>UGLY SWEATER DAY!</b>			
	9:30	WEDNESDAY BALANCE & AGILITY	D/J/W	LR
	10:00	PUZZLES AND DEAN MARTIN	D/J/W	LR
	10:00	MOVIE CLUB WITH JAROLIN & DENZEL	D/J	LR
	11:00	MANICURES & MUSIC HOUR	D/J/W	LR
	1:15	LETTERS TO SANTA	D/J/W	LR
	1:15	NOODLE TAP	D/J/W	LR
	2:00	ENTERTAINMENT: TOMMY SAX	VEN	LR
	3:00	HAPPY HOUR: ROOTBEER FLOATS!	J/W/C	LR
	4:00	BALLOON TAP!	J/W/C	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	EVENING STROLL WITH RECREATION	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>14</b>	9:30	EASY BREEZY YOGA	S	LR
	10:00	GROUP PUZZLES WITH RECREATION	S	LR
	10:30	MINI GOLF CHALLENGE	S	LR
	11:00	TRAVEL TO: WALES	S	LR
	1:15	AFTERNOON STROLL WITH RECREATION	C/K/J/W	B
	2:00	STOCKING DECORATING	C/K/J/W	LR
	2:30	TRIP: DUNKIN' DONUTS	S	O
	2:30	LIFESTYLE STATIONS	C/K/J/W	LR
	3:00	HAPPY HOUR: PIGS IN A BLANKET	C/K/J/W	LR
	4:00	WORDS THAT START WITH 'S'...	C/K/J/W	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	RELAXING MUSIC HOUR	W	LR
	7:00	FILM & REFRESHMENTS	W	LR

<b>15</b>	<b>YOGA CLASS WITH RAY!</b>			
	9:30	FRIDAY FULL BODY WORKOUT	S/J	LR
	10:00	MUSIC AND MANICURES	S/J	LR
	10:15	YOGA CLASS WITH RAY!	VEN	LR
	10:30	THERAPY DOG VISIT	VEN	LR
	11:00	BALLOON TAP	S/J	LR
	1:15	BINGO!	D/J/W	LR
	2:00	GROUP GAMES WITH DENZEL	D/J/W	LR
	2:30	WALKING CLUB TO THE BISTRO	D/J/W	B
	3:00	HAPPY HOUR: CHEF'S CHOICE	D/J/W	LR
	4:00	POOL NOODLE TAP	D/J/W	LR
	4:30	MENORAH LIGHTING	AT	LR
	6:00	EVENING STRETCH BEFORE BED	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>16</b>	9:30	SATURDAY SUNSHINE STRETCH	K/W/L	LR
	10:15	DEAN MARTIN MUSIC	K/W/L	LR
	10:15	HOLIDAY TREE DECORATING	K/W/L	LR
	11:00	BEAN BAG TOSS	K/W/L	LR
	1:15	SNOWBALL FIGHT!	K/W/L	LR
	1:15	MOTOWN MUSIC	K/W/L	LR
	2:00	MATCHING GAME WITH RECREATION	K/W/L	LR
	2:00	BINGO HOUR!	K/W/L	LR
	3:00	HAPPY HOUR: MIXED SNACKS	K/W/L	LR
	4:00	BALLOON TAP!	K/W/L	LR
	6:00	SOUNDS OF THE OCEAN	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>17</b>	9:30	SUNDAY SUNRISE STRETCH	RS	LR
	9:30	COMMUNION SERVICE WITH JAMES	VEN	EM
	10:00	CATHOLIC MASS ON TV	RS	LR
	10:30	LIFESTYLE STATIONS	RS	LR
	11:00	MUSIC THERAPY BEFORE LUNCH	C	LR
	1:15	MEN'S CLUB WITH DENZEL	D	LR
	1:15	COFFEE KLATCH WITH CARMELA	C	DR
	2:00	MATCHING GAME WITH CARMELA	C/A	LR
	3:00	HAPPY HOUR: SUNDAY SUNDAYS	C/A	LR
	4:00	NOODLE TAP	C/A	LR
	6:00	SOOTHING SOUNDS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>18</b>	9:30	MONDAY MORNING MOVE & GROOVE	C/J/D	LR
	10:00	MONDAY MANICURES AND MUSIC	C/J/D	LR
	10:00	COOKING CLUB: APPLE PIE BITES	C/J/D	DR
	11:15	DICE ROLL GAME	C/J/D	LR
	1:15	BINGO!	G/C/J	LR
	2:00	MUSIC MAKING WITH JAROLIN	J	LR
	2:30	YOU BE THE JUDGE	G/C/J	LR
	3:00	HAPPY HOUR: CHEF'S CHOICE	G/C/J	LR
	4:00	TOSS & TALK HOUR WITH GINA!	G	LR
	6:00	SOUNDS OF OASIS	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>19</b>	<b>PLAID DAY &amp; ENTERTAINMENT: DEBRA</b>			
	9:30	TUESDAY TONING CLASS	D/C	LR
	10:00	NAME 5...	D/C	P
	10:30	BEAN BAG TOSS	D/C	LR
	11:15	FINISH THE LYRICS	D/C	LR
	1:15	COFFEE KLATCH OUTSIDE	D/C/G	P
	1:15	PLAID CRAFTING	D/C/G	LR
	2:00	ENTERTAINMENT: DEBRA TOSCANO	VEN	LR
	3:00	HAPPY HOUR: MIXED APPS	D/C/G	LR
	4:00	JUMBO PONG CHALLENGE & MUSIC HOUR	D/C	LR
	6:00	TRIP: SCENIC DRIVE LIGHT DISPLAYS	S	O
	6:00	THE CRISP SOUNDS OF NATURE	W	LR
	7:00	FILM & REFRESHMENTS	W	LR

<b>20</b>	9:30	WEDNESDAY BALANCE & AGILITY	D/J/W	LR
	10:00	TABLETOP GAMES	D/J/W	P
	10:00	MOVIE CLUB WITH JAROLIN & DENZEL	D/J	LR
	11:00	MANICURES & MUSIC HOUR	D/J/W	LR
	1:15	BINGO!	D/J/W	LR
	2:00	WALK TO THE BISTRO	J/W/C	B
	2:00	NOODLE TAP	J/W/C	LR
	2:30	SNOWBALL FIGHT!	J/W/C	LR
	3:00	HAPPY HOUR: ROOTBEER FLOATS!	J/W/C	LR
	4:00	FINISH THE PHRASE	J/W/C	LR
	6:00	EVENING STROLL WITH RECREATION	RS	LR
	7:00	FILM & REFRESHMENTS	RS	LR

<b>21</b>	<b>ENTERTAINMENT: ROBERT STACK</b>			
9:30	EASY BREEZY YOGA	S	LR	
10:00	GROUP PUZZLES WITH RECREATION	S	LR	
10:30	DICE ROLL CHALLENGE	S	LR	
11:00	LUNCH TRIP: PIZZA	S	O	
11:00	<b>TRAVEL TO: MOROCCO</b>	S	LR	
1:15	SANTA HAT DECORATING	C/K/J/W	LR	
2:00	LIFESTYLE STATIONS	C/K/J/W	LR	
2:30	ENTERTAINMENT: ROBERT STACK	VEN	LR	
3:00	<b>HAPPY HOUR: HOMEMADE RICE PUDDING</b>	C/K/J/W	LR	
4:00	WORDS THAT START WITH 'P'...	C/K/J/W	LR	
6:00	RELAXING MUSIC HOUR	W	LR	
7:00	FILM & REFRESHMENTS	W	LR	