

ACTIVITY CALENDAR

DECEMBER 2023

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAFF KEY 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. 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 SHARE A SMILE 9:00 LIVELY TUNES CC LV 9:30 DAILY CHRONICLES CC LV 10:00 SIT & BE FIT CC LV 10:30 WALKING CLUB GA CM 11:00 HOLIDAY DECORATING GA AR 11:00 FAMILY FEUD CC LV 1:30 BINGO GA LV 1:30 1 ON 1'S CC RR 3:00 HAPPY HOUR CC/GA LV 4:00 SING A LONGS GA/CC LV 6:00 TGIF MOVIE RS LV 2 ORNAMENT DESIGN 9:00 SATURDAY SONGS CC LV 9:30 WEEKEND NEWS CC LV 10:00 WORK OUT! CC LV 10:30 SATURDAY STROLL MJ CM 11:00 PUZZLES CC AR 11:00 CROSSWORDS MJ LV 1:30 DESIGN AN ORNAMENT MJ AR 1:30 HANGMAN CC LV 3:00 CHEFS TASTING SOCIAL CC/MJLV 4:00 TRIVIA CC LV 6:00 SATURDAY NIGHT SHOWING RS LV	
3 ENTERTAINMENT 9:00 SUNDAY TUNES N LV 9:30 NEWS AND VIEWS N LV 10:00 SENIOR MOVES N LV 10:30 COMMUNION V LV 11:00 SUNDAY STROLL N CM 11:00 NAME 10 CC LV 1:30 FAMILY FEUD CC LV 2:00 MARIA MENNITI-ENTERTAINMENT VEN LV 3:00 HAPPY HOUR DA/CC LV 4:00 BINGO DA LV 6:00 SUNDAY MOVIE RS LV 4 9:00 SINGING IN THE AM N LV 9:30 TODAY'S TOP STORIES N LV 10:00 WAKE UP & WORK OUT N LV 10:30 WALKING CLUB N CM 11:00 WINK MARTINDALE TRIVIA N LV 11:00 CARD GAMES RS AR 1:30 HOLIDAY COLORING RS AR 1:30 FACT OR FICTION DA LV 3:00 HAPPY HOUR DA LV 4:00 NAME THAT TUNE DA LV 6:00 MOVIE AT NIGHT RS LV	5 MANICURES 9:00 SING-A-LONG TO THE CLASSICS DA LV 9:30 TODAY'S HEADLINES DA LV 10:00 TONE IT UP TUESDAY DA LV 10:30 WALKING CLUB DA CM 11:00 FILL IN THE BLANK DA LV 11:00 MANICURES MJ AR 1:30 KEEP UP THE BALLOON MJ LV 1:30 SNOWFLAKES ARTS N CRAFTS DA AR 3:00 HAPPY HOUR DA/MJ LV 4:00 NAME THE FAMOUS FACES MJ LV 6:00 SILVER SCREEN CLASSICS RS LV 6 RESIDENT HOLIDAY DINNER 9:00 MORNING MUSIC DA LV 9:30 WHAT'S IN THE NEWS DA LV 10:00 MOVEMENT TO MUSIC DA LV 10:30 WALKING CLUB DA CM 11:00 1 ON 1 DA RR 11:00 IT HAPPENED IN DECEMBER QUIZ GA LV 1:30 MAGAZINE SCAVENGER HUNT GA AR 1:30 PAINT FOR FUN GA AR 3:00 HAPPY HOUR SOCIAL DA/GA LV 4:00 KRIS KRINGLE TRIVIA GA LV 6:00 HOLIDAY MOVIE RS LV	7 HANUKKAH/PEARL HARBOR REMEMBER- 9:00 HAPPY MUSIC DA LV 9:30 HAPPENINGS AND HOROSCOPES DA LV 10:00 STRETCH AND FLEX DA LV 10:30 WALKING CLUB DA CM 11:00 BINGO GA LV 1:30 REMEMBERING PEARL HARBOR GA LV 1:30 COLORING DA AR 3:00 HAPPY HOUR DA/GA LV 4:00 NAME 10 GA LV 6:00 MOVIE NIGHT RS LV 8 FESTIVAL OF LIGHTS 9:00 MORNING HITS CC LV 9:30 WHAT'S IN THE NEWS? CC LV 10:00 STRENGTH & FLEXIBILITY CC LV 10:30 WALKING CLUB GA CM 11:00 BEAN BAG TOSS GA LV 11:00 1 ON 1'S CC RR 1:30 DECORATE GINGERBREAD MEN GA AR 1:30 MUSICAL HANGMAN CC LV 3:00 HAPPY HOUR CC/GA LV 4:00 RIDDLES & JOKES CC LV 6:00 TGIF MOVIE RS LV	9 NAME THE ELF 9:00 MUSIC IN THE MORNING CC LV 9:30 WEEKEND IN REVIEW CC LV 10:00 EXERCISE & BE WISE CC LV 10:30 SATURDAY STROLL MJ CM 11:00 HOLIDAY TRIVIA CC LV 11:00 MATCH GAME/CONCENTRATION MJ AR 1:30 COLOR & NAME THE ELF MJ AR 1:30 FINISH THE SAYING CC LV 3:00 CHEFS TASTING SOCIAL CC/MJ LV 4:00 SING A LONGS MJ LV 6:00 SATURDAY AT THE MOVIES RS LV 10 CANDY GRAMS 9:00 MORNING SERENADE N LV 9:30 WHAT'S IN THE NEWS N LV 10:00 MORNING WORKOUT N LV 10:30 COMMUNION V LV 11:00 SUNDAY STROLL CC CM 11:00 MAD LIBS CHRISTMAS N LV 1:30 BINGO DA LV 1:30 HOLIDAY CREATIONS CC AR 3:00 HAPPY HOUR CC/DA LV 4:00 A TO Z DA LV 6:00 MOVIE ON SMARTBOARD RS LV	11 ENTERTAINMENT-VIOLIN 9:00 MORNING TUNES N LV 9:30 NEWS & VIEWS N LV 10:00 WAKE UP, WORK OUT! N LV 10:30 WALKING CLUB N CM 11:00 ALBERT MULLAD VIOLIN VEN LV 1:30 FILL IN THE BLANK DA LV 1:30 HOLIDAY CARDS RS AR 3:00 HAPPY HOUR DA LV 4:00 FAMILY FEUD DA LV 6:00 CLASSIC MOVIES RS LV 12 HANUKKAH CELEBRATION WITH RABBI 9:00 CLASSIC HITS DA LV 9:30 TODAYS TOP STORIES DA LV 10:00 WORK OUT DA LV 10:30 WALKING CLUB MJ CM 11:00 PET THERAPY WITH TOM V LV 11:00 MANICURES MJ AR 11:00 NAME 10 DA LV 1:30 HANUKKAH CELEBRATION WITH RABBI V PDR 1:30 HOLIDAY TRIVIA MJ LV 3:00 HAPPY HOUR MJ/DA LV 4:00 JOKES & RIDDLES MJ LV 6:00 NIGHT TIME MOVIES RS LV	13 NATIONAL HOT COCOA DAY 9:00 MORNING TUNES DA LV 9:30 NEWS & VIEWS DA LV 10:00 STRETCH AND FLEX DA LV 10:30 WALKING CLUB GA CM 11:00 WORD IN A WORD DA LV 1:30 KEEP UP THE BALLOON GA LV 1:30 MAKING HOT COCOA'S DA AR 3:00 HAPPY HOUR SOCIAL DA/GA LV 4:00 WORD WATERFALL DA LV 6:00 NIGHTLY MOVIE RS LV 14 9:00 DOO WOP MUSIC DA LV 9:30 NEWS & VIEWS DA LV 10:00 SIT & BE FIT DA LV 10:30 WALKING CLUB DA CM 11:00 DESIGN WITH CLAY GA AR 11:00 TOSS & TALK BALL DA LV 1:30 PUZZLES/BOARD GAMES DA AR 1:30 HANGMAN GA LV 3:00 HAPPY HOUR DA/GA LV 4:00 WHAT'S IN THE BAG? DA LV 6:00 MOVIE TIME RS LV	15 PET THERAPY WITH GEMMA 9:00 SUNRISE SONGS CC LV 9:30 NEW REPORT CC LV 10:00 CHAIR FITNESS CC LV 10:30 WALKING CLUB GA CM 11:00 MAKING MUSIC GA AR 11:00 GONE WITH THE WIND TRIVIA CC LV 1:30 PET THERAPY WITH GEMMA V LV 1:30 FAMILY FEUD GA LV 1:30 COLOR CHRISTMAS TREES CC AR 3:00 HAPPY HOUR CC/GA LV 4:00 SING SONGS GA/CC LV 6:00 TGIF MOVIE RS LV 16 FAMILY BINGO 9:00 SONGS FOR ALL CC LV 9:30 WEEKEND UPDATE CC LV 10:00 MORNING WORKOUT CC LV 10:30 SATURDAY STROLL MJ CM 11:00 CROSSWORDS CC LV 11:00 PUZZLES MJ AR 1:30 CRAFTS MJ AR 1:30 NAME 10 CC LV 2:00 FAMILY BINGO SC B 3:00 CHEFS TASTING SOCIAL CC/MJLV 4:00 SPOT THE DIFFERENCE CC LV 6:00 NIGHTTIME MOVIE RS LV
17 DECORATE STOCKINGS 9:00 SUNDAY SERENADES 9:30 DAILY CHRONICLES 10:00 CHAIR FITNESS 10:30 COMMUNION 11:00 SUNDAY STROLL 11:00 KEEP UP THE BALLOON 1:30 CHRISTMAS TRIVIA 1:30 DECORATE STOCKINGS 3:00 SUNDAY SOCIAL 4:00 A-Z 6:00 SUNDAY SHOWING 18 GINGERBREAD HOUSE CONTEST 9:00 SUNRISE SONGS 9:30 WHAT'S IN THE NEWS 10:00 WORK IT OUT 10:30 WALKING CLUB 11:00 FAMILY FEUD 1:30 GINGERBREAD HOUSE CONTEST 1:30 CROSSWORD 3:00 HAPPY HOUR 4:00 CHARADES 6:00 MOVIES AT NIGHT	19 CAROLING HS BAND 9:00 MORNING TUNES DA LV 9:30 NEWS & VIEWS DA LV 10:00 SIT & BE FIT DA LV 10:30 WALKING CLUB DA CM 11:00 QUIPO QUIZ MJ LV 11:00 CAROLING HS BAND DA LV 1:30 FLOOR DARTS DA LV 1:30 MATCH GAME/CONCENTRATION MJ AR 3:00 HAPPY HOUR DA/MJ LV 4:00 OPEN DISCUSSION DA/MJ LV 6:00 NIGHTLY MOVIES RS LV 20 9:00 HOLIDAY TUNES DA LV 9:30 FRONT PAGE NEWS DA LV 10:00 STRETCH AND FLEX DA LV 10:30 WALKING CLUB DA CM 11:00 BEAN BAG TOSS GA LV 11:00 1 ON 1'S DA RR 1:30 PUZZLES/GAMES GA AR 1:30 MUSICAL HANGMAN DA LV 3:00 HAPPY HOUR SOCIAL DA/GA LV 4:00 JOKES & RIDDLES GA/DA LV 6:00 NIGHTTIME MOVIE RS LV	21 CAROLING 9:00 MUSIC ENJOYMENT DA LV 9:30 TODAY'S TOP STORIES DA LV 10:00 SIT AND BE FIT DA LV 10:30 WALKING CLUB DA CM 10:30 WHAT YEAR WAS IT TRIVIA? GA LV 11:00 HOLIDAY CAROLING DA AR 11:00 PUTT PUTT GOLF GA LV 1:30 BINGO GA LV 1:30 PAINT A PICTURE DA AR 3:00 HAPPY HOUR DA/GA LV 4:00 WORD IN A WORD DA/GA LV 6:00 MOVIES AT NIGHT RS LV 22 UGLY SWEATER DAY 9:00 EASY LISTENING MUSIC 9:30 BREAKING NEWS 10:00 CHAIR ZUMBA 10:30 WALKING CLUB 11:00 UGLY SWEATER HISTORY 11:00 TOSS & TALK BALL 1:30 NAME THAT FAMOUS FACE 1:30 MATCH GAME/CONCENTRATION 3:00 HAPPY HOUR 4:00 NAME THAT SONG 6:00 TGIF MOVIE	23 9:00 POPULAR HITS CC LV 9:30 NEWS DISCUSSION CC LV 10:00 MOVING & GROVING CC LV 10:30 SATURDAY STROLL CC CM 11:00 CROSSWORDS MJ LV 11:00 1 ON 1'S CC RR 1:30 WHAT WOULD YOU DO? MJ LV 1:30 ARTS N CRAFTS CC AR 3:00 CHEFS TASTING SOCIAL CC/MJ LV 4:00 HANGMAN CC LV 6:00 MOVIE TIME RS LV 24/31 ELF SCAVENGER HUNT (24TH) NEW YEAR'S EVE (31ST) 9:00 HOLLY JOLLY MUSIC N LV 9:30 HOLIDAY NEWS N LV 10:00 HOLIDAY EXERCISE N LV 10:30 COMMUNION V LV 11:00 DECK THE HALLS WALKING CLUB N CM 11:00 JOYFUL SING A LONGS CC LV 11:00 RING IN THE NEW YEAR BINGO (31ST) DA LV 1:30 NAME THAT HOLIDAY TUNE (24TH) CC LV 1:30 DESIGN A CANDY CANE (24TH) DA AR 1:30 NEW YEAR'S EVE TRIVIA! (31ST) CC LV 3:00 SUNDAY SOCIAL DA/CC LV 3:00 NEW YEARS EVE SOCIAL (31AT) DA/CC LV 4:00 SANTA BINGO (24TH) DA/CC LV 4:00 BALL DROP & RESOLUTIONS (31ST) CC/DA LV 6:00 MEET ME AT THE CINEMA RS LV	25 MERRY CHRISTMAS 9:00 HOLIDAY MUSIC N LV 9:30 JINGLE BELL NEWS N LV 10:00 REINDEER ROWS AND CANDY CANE CURL EXERCISE N LV 10:30 SEASON GREETING WALKING CLUB N CM 11:00 CHRISTMAS TRIVIA & FACTS N LV 11:30 MEET & GREET SANTA N LV 1:30 CHRISTMAS SING A LONG DA LV 1:30 SANTA CLAUSE 2 MOVIE RS LV 3:00 HO-HO-HO HAPPY HOUR DA LV 4:00 WORD IN A WORD MERRY CHRISTMAS DA LV 6:00 MONDAY MOVIE NIGHT RS LV 26 KWANZAA BEGINS-LUNCH TRIP 9:00 SWEET MELODIES DA LV 9:30 TOP NEWS STORIES DA LV 10:00 WAKE UP WORK-OUT DA LV 10:30 WALKING CLUB MJ CM 11:00 MANICURES MJ AR 11:00 NAME THE FAMOUS FACES DA LV 11:30 LUNCH TRIP-MAMA ANGELINA'S 1:30 TRUE OR FICTION MJ LV 1:30 HOLIDAY COLORING DA AR 3:00 HAPPY HOUR DA/MJ LV 4:00 NAME 10 DA/MJ LV 6:00 EVENING MOVIE RS LV	27 ENTERTAINMENT-GRIGORY MULLAD 9:00 70S SONGS DA LV 9:30 DAILY NEWS DA LV 10:00 CHAIR MOVEMENT DA LV 10:30 WALKING CLUB DA CM 10:30 A-Z GA LV 11:00 ENTERTAINMENT-GRIGORY MULLAD VEN LV 1:30 CROSSWORD DA LV 1:30 PAINTING GA AR 3:00 HAPPY HOUR DA/GA LV 4:00 MARLENE DIETRICH BIO DA/GA LV 6:00 MOVIE NIGHT RS LV 28 NON COOKING CLASS 9:00 MUSIC ENJOYMENT DA LV 9:30 TODAY'S NEWS DA LV 10:00 STRETCHING & FLEXING DA LV 10:30 WALKING CLUB GA CM 11:00 TRIVIA DA LV 11:00 KEEP UP THE BALLOON GA LV 1:30 NON COOKING CLASS DA AR 1:30 NAME 10 GA LV 3:00 HAPPY HOUR DA/GA LV 4:00 BINGO DA/GA LV 6:00 MOVIE CLASSIC RS LV	29 ENTERTAINMENT 9:00 MUSIC MUSIC MUSIC D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 CHAIR ZUMBA D 10:30 WALKING CLUB D LV 10:30 PUTT PUTT GOLF NU CM 11:00 1 ON 1'S JO MR 1:30 CARDS & PUZZLES V BI 1:30 WORD WATERFALL NU LV 2:45 COUNTDOWN TO THE NEW YEAR WITH DEB! NU LV 3:00 HAPPY HOUR NU B 4:00 NAME 10 NU B 4:15 TRUE OR FALSE MJ LV 6:00 SATURDAY SHOWING JO B 30 NOISEMAKERS! 9:00 WEEKEND MUSIC Y LV 9:30 WEEK IN REVIEW Y LV 10:00 EXERCISE & BE WISE Y LV 10:30 SATURDAY STROLL Y LV 10:30 CROSSWORDS JO LV 11:00 1 ON 1'S JO MR 11:00 TRUE OR FALSE G/JO LV 1:30 21 QUESTIONS G/JO B 1:30 CREATE NY EVE NOISEMAKERS JO B 3:00 HAPPY HOUR MJ/CC LV 4:15 TRUE OR FALSE MJ LV 6:00 SATURDAY SHOWING JO B