

DECEMBER 2023

The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY

G=Gina, Director of Recreation
N=NATALIE
Y=YVETTE
D=DIANE
AN=ANDREA
NY=NANCY
SC=STACEY
VR=VALERIE
CC=CATHERINE
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 ROSARY

9:00 LIVELY TUNES D LV
9:30 NEWS & VIEWS D LV
9:45 ROSARY V M
10:00 SIT & BE FIT D LV
10:30 CRAFTY TERRY VENDER VEN LV
10:30 WALKING CLUB D CM
11:00 ACTIVITY COMMITTEE SC BI
11:00 NAME THAT FAMOUS FACE D LV
1:00 SCRABBLE WITH NORA V GR
1:30 FACT OR FICTION V O
3:00 HAPPY HOUR D/MJB
4:15 BAR GAMES D/MJB
6:00 EVENING BINGO MJ B
7:00 TGIF MOVIES RS M

2 HOLIDAY CRAFT

9:00 SATURDAY SONGS Y LV
9:30 WEEKEND UPDATE Y LV
10:00 WALKING CLUB Y CM
10:15 EAST V WEST VOLLEYBALL Y CM
11:00 HANGMAN GA LV
11:00 CROSSWORDS AND COFFEE Y BI
1:30 WORDS STARTING WITH DEC QUIZ Y BI
1:30 HOLIDAY CRAFT GA B
3:00 CHEFS TASTING SOCIAL Y/GAB
4:15 CARDS AT THE BAR Y/GAB
6:00 BINGO GA B
7:00 SATURDAY NIGHT SHOWING RS M

8 CHORUS ENTERTAINMENT

9:00 MUSICAL MUSINGS D LV
9:30 MORNING PAPER D LV
10:00 CHAIR ZUMBA D LV
11:00 CHORUS 6TH GRADE ENTERTAINMENT VEN LV
1:00 SCRABBLE CLUB V GR
1:30 NON COOKING CLASS MJ B
1:30 QUIPO QUIZ D LV
3:00 FESTIVAL OF LIGHTS SOCIAL MJ/DB
4:15 SING A LONGS D/MJB
6:00 BINGO MJ B
7:00 NIGHTLY MOVIE RS M

9 CROSSWORD

9:00 MUSIC IN THE MORNING Y LV
9:30 WEEKEND IN REVIEW Y LV
10:00 WALKING CLUB Y CM
10:15 EAST V. WEST VOLLEYBALL Y CM
10:30 REMINISCING KIDS TOYS Y LV
11:00 COFFEE AND CROSSWORDS Y LV
11:00 BOWLING GA LV
1:30 ARTS & CRAFTS PAINTING GA B
1:30 KEEP UP THE BALLOON Y LV
3:00 CHEFS TASTING SOCIAL Y/GA B
4:15 CONVERSATION STARTERS GR/Y B
6:00 CASH BINGO GA B
7:00 SATURDAY SHOWING RS M

15 ROSARY

9:00 SING YOUR HEART OUT D LV
9:30 HOROSCOPES AND HAPPENINGS D LV
9:45 ROSARY V M
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB D CM
10:30 TOSS & TALK BALL D LV
11:00 TRUE OR FICTION MJ LV
1:00 SCRABBLE CLUB V GR
1:30 MOVIE-WEST SIDE STORY RS M
1:30 PET THERAPY WITH LORETTA V CM
1:30 WORD IN A WORD D LV
3:00 HAPPY HOUR D/MJB
4:15 MATCH GAME D/MJB
6:00 BINGO MJ B
7:00 MOVIES AT NIGHT RS M

16 FAMILY BINGO

9:00 SONGS FOR ALL Y LV
9:30 WEEKEND UPDATE LV
10:00 WALKING CLUB Y CM
10:15 EAST V. WEST VOLLEYBALL Y CM
11:00 COFFEE AND CROSSWORDS Y LV
11:00 BEAN BAG TOSS GA LV
1:30 REINDEER TRIVIA RS M
1:30 FAMILY BINGO GA/YB
3:00 CHEFS TASTING SOCIAL Y/GAB
4:15 CARDS AT THE BAR GA/YB
6:00 SATURDAY SHOWING RS M

22 UGLY SWEATER DAY-BILLY AND HIS BANJO

9:00 MUSIC TO SING ALONG WITH D LV
9:30 BREAKING NEWS D LV
10:00 CHAIR ZUMBA D LV
10:30 WALKING CLUB D CM
11:00 A TO Z WORD GAME D LV
1:00 CROSSWORD PUZZLE V GM
1:30 ARTS AND CRAFTS MJ B
1:30 AFTERNOON MOVIE-HOME ALONE 2 RS M
3:00 HAPPY HOUR D/MJB
4:15 BILLY AND HIS BANJO V B
6:00 BINGO MJ B
7:00 MOVIE NIGHT RS M

23 POINSETTA CRAFT

9:00 MUSIC ENJOYMENT Y LV
9:30 WEEKEND NEWS Y LV
10:00 WALKING CLUB Y CM
10:15 EAST V. WEST VOLLEYBALL Y CM
10:30 TOSS AND TALK BALL Y LV
11:00 CROSSWORD PUZZLE Y LV
1:30 MOVIE-SANTA CLAUSE 2 RS M
1:30 POINSETTA CRAFT GA LV
3:00 CHEFS TASTING SOCIAL GA/YB
4:15 BAR KARAOKE GA/YB
6:00 BINGO AT NIGHT GA B
7:00 MOVIE TIMEWALKING CLUB RS M

29 ENTERTAINMENT DEB TOSCANO

9:00 SWEET MELODIES D LV
9:30 THE NEWS IN REVIEW D LV
10:00 CHAIR ZUMBA D LV
10:30 WALKING CLUB D CM
11:00 WORD SCRAMBLE D LV
11:00 PAINT A COASTER MJ B
1:30 DEB TOSCANO-COUNTDOWN TO NY VEN LV
3:00 HAPPY HOUR NU B
6:00 BINGO AT NIGHT JO B
7:00 MOVIE TIME JO M

30 LOOKING FORWARD TO 2024

9:00 SATURDAY SONGS GA LV
9:30 WEEKEND NEWS UPDATE RS E
10:00 WALKING CLUB GA LV
10:15 EAST V. WEST VOLLEYBALL GA LV
10:30 SIT AND BE FIT Y
11:00 COFFEE AND CROSSWORDS JO LV
1:30 CREATE FESTIVE NOISE MAKERS JO LV
1:30 HOLIDAY CHARADES G/JO B
3:00 CHEFS TASTING SOCIAL G/JO
4:15 BOARD GAMES JO
6:00 BINGO AT NIGHT GA

3 ENTERTAINMENT

9:00 SUNDAY TUNES Y LV
9:30 NEWS AND VIEWS Y LV
10:00 CHAIR EXERCISES Y LV
10:00 COMMUNION V DR
10:30 WALKING CLUB Y CM
11:00 BALLOON VOLLEYBALL DA LV
1:00 MARIA MENNITI ENTERTAINMENT VEN LV
2:00 WHEEL OF FORTUNE Y LV
2:00 BOARD GAMES DA BI
3:00 SUNDAY SOCIAL DA/YB
4:15 FESTIVE MEMORY LANE DA/YB
6:00 BINGO DA B
7:00 CLASSIC MOVIE RS M

10 COMMUNION LUNCH TRIP

9:00 SHOWTUNES Y LV
9:30 WEEK IN REVIEW Y LV
10:00 COMMUNION V DR
10:30 WALKING CLUB Y CM
11:00 FILL IN THE BLANK-MAD LIBS Y LV
11:00 BEAN BAG TOSS DA LV
11:30 LUNCH TRIP-DINER DA BI
1:30 WRITE OUT CANDY GRAMS Y LV
1:30 NAME THAT FAMOUS FACE Y LV
3:00 SUNDAY SOCIAL Y/DA B
4:15 JOKE TIME Y B
6:00 BINGO DA B
7:00 MOVIE ON SMARTBOARD RS M

17 COMMUNION

9:00 SUNDAY SERANDES Y LV
9:30 WEEKEND UPDATE Y LV
10:00 COMMUNION V DR
10:30 WALKING CLUB Y CM
11:00 BEETHOVEN BIO Y LV
11:00 1 ON 1 DA RR
1:30 HOLIDAY CRAFTS DA B
1:30 CROSSWORD Y LV
3:00 SUNDAY SOCIAL Y/DA B
4:15 CARDS AT THE BAR Y/DA B
6:00 EVENING BINGO DA B
7:00 MOVIE SHOWING RS M

24/31 CHRISTMAS EVE/ELF SCAVENGER HUNT NEW YEARS EVE CELEBRATION!

9:00 HOLLY JOLLY MUSIC Y LV
9:30 HOLIDAY NEWS Y LV
10:00 COMMUNION V DR
10:30 DECK THE HALLS WALKING CLUB Y CM
11:00 TIS THE SEASON WORD GAMES Y LV
11:00 SANTA BINGO DA B
1:30 HOLIDAY REMINISCING OF YEARS PAST DA LV
1:30 NAME THAT HOLIDAY TUNE Y LV
3:00 HOLIDAY HAPPY HOUR (24TH) Y/DA B
3:00 NEW YEARS EVE SOCIAL (31ST) Y/DA B
4:15 CHRISTMAS CAROLING (24TH) Y/DA B
4:15 BALL DROP & RESOLUTIONS (31ST) Y/DA B
6:00 ELF SCAVENGER HUNT (24TH) DA B
7:00 SANTA CLAUSE MOVIE (24TH) RS M

4 PIZZA PARTY IN THE BISTRO!

9:00 SINGING IN THE AM DA LV
9:30 TODAY'S TOP STORIES DA LV
10:00 KNITTING & CROCHET CLUB V LV
10:00 WAKE UP AND WORK OUT! DA LV
10:30 WALKING CLUB DA CM
11:00 WINK MARTINDALE TRIVIA DA LV
12:00 PIZZA PARTY IN THE BISTRO! SC BI
1:00 SCRABBLE WITH NORA V GR
1:30 NAME 10 D LV
1:30 HOLIDAY COLORING N B
3:00 HAPPY HOUR N/D B
4:15 SHARE MEMORIES N/D B
6:00 BINGO D B
7:00 MONDAY MOVIE RS M

11 ENTERTAINMENT

9:00 MORNING TUNES DA LV
9:30 TODAY'S NEWS DA LV
10:00 ALBERT MULLAD VEN LV
11:00 WALKING CLUB D CM
11:00 HANGMAN DA LV
1:00 SCRABBLE WITH NORA V GR
1:30 QUIPO QUIZ D LV
2:00 VETS CHAT V BI
3:00 HAPPY HOUR DA/DB
4:15 OPEN DIALOGUE DA/DB
6:00 BINGO D B
7:00 CLASSIC MOVIES RS M

18 GINGER BREAD CONTEST

9:00 MORNING TUNES DA LV
9:30 CURRENT EVENTS DA LV
10:00 KNITTING & CROCHET CLUB V LV
10:00 CHAIR STRETCHING DA LV
10:30 WALKING CLUB DA CM
11:00 FAMILY FEUD DA LV
1:00 SCRABBLE WITH NORA V GR
1:30 GINGER BREAD HOUSE CONTEST D B
1:30 MIRACLE ON 34TH STREET TRIVIA DA LV
3:00 HAPPY HOUR DA/DB
4:15 GAMES AT THE BAR DA/DB
6:00 B I N G O D B
7:00 MOVIES AT NIGHT RS M

25 MERRY CHRISTMAS

9:00 HOLIDAY CLASSICS DA LV
9:30 CHRISTMAS MORNING MASS DA LV
10:00 REINDEER ROWS & CANDY CANE CURLS EXERCISES DA LV
10:30 SEASON GREETINGS WALKING CLUB DA CM
11:00 MEET & GREET WITH SANTA D LV
11:00 HOLIDAY COOKIE DECORATING CONTEST DA M
1:30 MOVIE-ELF RS M
1:30 WHAT'S IN SANTA'S BAG? D LV
3:00 HO-HO-HAPPY HOUR DA/DB
4:15 WORD IN A WORD MERRY CHRISTMAS DA/DB
6:00 THE NUTCRACKER RS M

5 MANICURES

9:00 WINTER MIX D
9:30 NEWS & VIEWS D
10:00 TEAR IT UP TUESDAY D
10:30 WALKING CLUB D
11:00 FILL IN THE BLANK D
11:00 SNOWFLAKE CRAFTS GA
1:30 KEEP UP THE BALLOON D
1:30 MANICURES BY APPT GA
3:00 HAPPY HOUR GA/D
4:15 BAR GAMES GA/D
6:00 EVENING MOVIE RS

12 HANUKKAH CELEBRATION

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
11:00 HANUKKAH CELEBRATION WITH RABBI ROSENTHAL V PDR
11:00 PET THERAPY WITH TOM V CM
11:00 FRANK SINATRA BDAY D LV
1:30 HOLIDAY COLORING GA B
1:30 TRUTH OR FALSE D LV
3:00 HAPPY HOUR GA/DB
4:15 JOKES AND RIDDLES D/GAB
6:00 NIGHT TIME MOVIES RS M

19 ENTERTAINMENT-HS BAND

9:00 SONGS IN THE AM D LV
9:30 FRONT PAGE NEWS D LV
10:00 CIRCLE SOCCER D LV
10:30 WALKING CLUB D CM
11:00 HS CAROLING BAND V LV
1:00 MANICURE BY APPT GA BI
1:30 QUIPO QUIZ D LV
3:00 HAPPY HOUR DA/GA B
4:15 CARDS AT THE BAR GA/D B
6:00 LETS GO TO THE MOVIES RS M

26 KWANZAA BEGINS

9:00 DOO WOP SONGS D LV
9:30 CURRENT EVENTS D LV
10:00 WAKE UP WORK-OUT D LV
10:30 WALKING CLUB D CM
11:00 HOLIDAY FACTS OR FICTION D LV
11:00 1 ON 1'S GA RR
1:30 DECORATE PARTY HATS! GA B
1:30 FAMILY FEUD D LV
3:00 HAPPY HOUR D/GAB
4:15 NAME THAT SONG GA/D B
6:00 TONIGHT AT THE MOVIES RS M

6 ENTERTAINMENT

9:00 MORNING MUSIC D LV
9:30 WHATS IN THE NEWS? D LV
10:00 MOVEMENT TO MUSIC D LV
10:30 WALKING CLUB D CM
11:00 IT HAPPENED IN DECEMBER TRIVIA D LV
11:00 1 ON 1'S MJ RR
1:30 WOULD YOU RATHER? D LV
1:30 WEDNESDAY MOVIE-YOUNG FRANKSTEIN RS M
1:30 PAINT FOR FUN MJ B
3:00 WINE DOWN WEDNESDAY D/MJ B
4:15 NAME THAT TUNE MJ/D B
6:00 ANTHONY TARANTINO ENTERTAINMENT VEN LV

13 ENTERTAINMENT

9:00 CLASSIC HITS D LV
9:30 NEWS AND VIEWS D LV
10:00 STRETCH AND FLEX D LV
10:30 WALKING CLUB D CM
11:00 HOT COCOA BAR D/MJ B
1:00 SCRABBLE CLUB V GR
1:00 JOHN CIOTTA ENTERTAINMENT VEN LV
3:00 WINE DOWN WEDNESDAY D/MJ B
4:15 GAMES AT THE BAR D/MJ B
6:00 SPEED BINGO MJ B
7:00 EVENING SHOWING RS M

20 LECTURE WITH LARRY WOLFF

9:00 COZY TUNES D LV
9:30 TODAY'S TOP STORIES D LV
10:00 GROOVING & MOVING D LV
10:30 WALKING CLUB D CM
11:00 7 WONDERS OF THE WORLD TRIVIA D LV
1:00 SCRABBLE V GR
1:15 LARRY WOLFF LECTURE-CHRISTMAS WITH THE COMEDIANS VEN LV
2:15 NAME THAT TUNE MJ LV
3:00 HAPPY HOUR SOCIAL MJ/D B
4:15 GAMES AT THE BAR MJ/D B
6:00 SPEED BINGO MJ B
7:00 TONIGHT AT THE MOVIES RSRS M

27 ENTERTAINMENT-GRIGORY MULLAD

9:00 MORNING MUSIC D LV
9:30 NEWS DISCUSSION D LV
10:00 GRIGORY MULLAD VEN LV
11:00 MUSICAL HANGMAN D LV
1:00 SCRABBLE CLUB V GR
1:30 COLORING FOR ADULTS MJ B
1:30 QUIPO QUIZ MJ LV
3:00 WINE DOWN WEDNESDAY MJ/D B
4:15 CARDS AT THE BAR MJ/D B
6:00 SPEED BINGO MJ B
7:00 MOVIE NIGHT RS M

7 HANUKKAH BEGINS/BUS TRIP

9:00 HAPPY MUSIC D LV
9:30 HAPPENINGS AND HOROSCOPES D LV
10:00 STRETCH AND FLEX D LV
10:30 WALKING CLUB D CM
11:00 REMEMBERING PEARL HARBOR D LV
11:00 ACTIVITY COMMITTEE SC BI
1:30 BUS TRIP-WALMART RS O
1:30 ARTS & CRAFTS D BI
3:00 HAPPY HOUR D/MJ BI
4:15 RUMMIKUB D/MJ BI
6:00 JACKPOT BINGO MJ BI
7:00 NIGHTLY MOVIE RS M

14 ART THERAPY

9:00 SWEET SONGS D LV
9:30 DAILY NEWS D LV
10:00 EXERCISE & BE WISE D LV
10:30 WALKING CLUB D CM
11:00 NAME 10 D LV
11:00 SENIOR ADVICE MJ LV
1:30 FAMILY FEUD D LV
1:30 ART THERAPY HAPPINESS GROUP VEN BI
3:00 HAPPY HOUR D/MJBI
4:15 REMINISCING D/MJBI
6:00 EVENING SHOWING RS M

21 ENTERTAINMENT-LEN CAMMALLERI

9:00 SING-A-LONG SONGS D LV
9:30 TODAY'S HEADLINERS D LV
10:00 SIT AND BE FIT D LV
10:30 WALKING CLUB D CM
10:30 HOLIDAY TRIVIA D LV
11:00 WHAT YEAR WAS IT? MJ BI
11:00 A TO Z D LV
1:30 MONTHLY BIRTHDAY WITH LEN CAMMALLERI VEN LV
3:00 HAPPY HOUR D/MJBI
4:15 RUMMIKUB D/MJBI
6:00 NIGHTLY MOVIE RS M

28 DINER LUNCH TRIP

9:00 MUSIC IN THE AM D LV
9:30 TODAY'S STORIES D LV
10:00 STRETCHING & FLEXING D LV
10:30 WALKING CLUB D CM
10:30 RESIDENT COUNCIL SC BI
11:00 FOOD COMMITTEE SC BI
11:00 NEW YEARS EVE TRIVIA D LV
11:30 LUNCH BUS TRIP-DINER SC O
1:30 COLOR & NAME THE ELF MJ BI
1:30 STAN LEE BIO D LV
3:00 HAPPY HOUR D/MJBI
4:15 RUMMIKUB D/MJBI
6:00 NIGHTLY MOVIE RS M