The Arbors At ISLANDIA EAST SAFECARE Tel: 631-232-3131 www.thearborsassistedliving.com january 2024 Monday **Tuesday** Wednesday **Thursday Friday** Saturday **LOCATION KEY** NEW YEAR'S DAY **EPIPHANY** 0 - Outing 9:30 SATURDAY SUNSHINE STRETCH 9:30 NEW YEAR NEW YOU WORKOUT 9:30 TUESDAY TONING CLASS 9:30 EASY BREEZY YOGA J/K/W LR B - Bistro l= larolin 10:00 MONDAY MANICURES WITH JAROLIN 10:00 FINISH THE LYRICS J/D J/K/W 10:00 GROUP PU77LES WITH RECREATION J/K CY - Courtyard C= Carmela 10:00 BEAN BAG TOSS WITH DENZEL 10:30 BEAN BAG TOSS J/D 10:00 TARLETOP GAMES WITH RECREATION D/I/K 10:00 SORTING GAME VEN LO - Lobby DA= Danielle 11:00 PARACHUTE POP UP 11:15 LIFESTYLE STATIONS J/D G - Game Room 11:00 TRAVEL TO: FRANCE J/K/W LR W= Wendy D/I/K I R 11:00 FAMILY FFUD CHALLENGE 1:15 NEW YEAR'S RESOLUTION AC - Activity Channel SN= Sarah J/W/K/A I R 1:15 CRAFT: DOT PAINTING WITH JAROLIN J/G/D IR - In Room G= Gina J/D/K/W LR J/W/K/A LR 1:15 50'S MUSIC 1:15 BINGO! 1:15 POOL CHALLENGE WITH DENZEL F1 - First Floor A= Anne 2:00 CRAFT: BIRD SEED ORNAMENTS I/D/K/W I R 2:00 TRIP: GIBBS POND SCENIC DRIVE A 2:00 JOKE TELLING 2:00 MUSIC MAKING WITH JAROLIN F2 - Second Floor GT= Gerry 2:00 WALK TO THE BISTRO J/D/K/W B I/W/K/A B 2:00 LIFESTYLE STATIONS 3:00 HAPPY HOUR: MIXED SNACKS F3 - Third Floor K= Karen 3:00 HAPPY HOUR: ROOTBEER FLOATS! J/W/K/A LR SHORTBREAD COOKIES J/D/K/W LR I/K/S 3:00 HAPPY HOUR: CHEF'S CHOICE J/G 3:00 HAPPY HOUR: MIXED APPS I/G/D 4:00 RALLOON TAP DR - Dining Room VEN-Vender J/K/S J/D/K/W LR 4:00 JUMBO PONG CHALLENGE & MUSIC HOUR J/G M - Media Room 6:00 SOUNDS OF THE OCEAN RS- Recreation Staff 6:00 SOUNDS OF OASIS 6:00 THE CRISP SOUNDS OF NATURE S/SN 6:00 EVENING STROLL WITH RECREATION RS 6:00 RELAXING MUSIC HOUR 6:00 EVENING STRETCH BEFORE BED RS W - West Side RI = Resident Lead 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS RS 7:00 FILM & REFRESHMENTS RS 7:00 FILM & REFRESHMENTS IR - In Room ELVIS PRESLEY'S BIRTHDAY 11 ENTERTAINMENT: MARY SOLLITO 13 ENTERTAINMENT: DAN FOGEL 9:30 SUNDAY SUNRISE STRETCH RS 9-30 MONDAY MORNING MOVE & GROOVE 1/D 9:30 TUESDAY TONING CLASS 9:30 WEDNESDAY BALANCE & AGILITY D/I/K J/K/W LR J/D D/J/K J/K/W 10:00 CATHOLIC MASS ON TV 10:00 MOVIE CLUB WITH JAROLIN & DENZEL D/J VEN 10:00 MINI GOLF CHALLENGE 10:30 LIFESTYLE STATIONS LR 10:30 BALLOON TAP 11:00 NAME 5. J/D 11:00 WHITE BOARD GAMES J/K/W 11:00 MUSIC THERAPY BEFORE LUNCH LR 11:00 TABLETOP GAMES 1:15 LIFESTYLE STATIONS I/G/D 1:15 BINGO! I/W/K/A IR I/D/K/W I 1:15 MEN'S CLUB WITH RECREATION LR 1:15 BINGO J/G/D 1:15 LIFESTYLE STATIONS J/W/K/A LR 2:00 NAMETHAT ELVIS SONG 2:00 WALK TO THE BISTRO J/W/K/A B J/D/K/W B 2:00 MATCH GAME LR 2:30 FLVIS TRIVIA AND FUN FACTS I/W/K/A IR J/D/K/W LF 3.00 HAPPY HOUR: SUNDAY SUNDAFS A LR 3:00 HAPPY HOUR: CHEF'S CHOICE 3:00 HAPPY HOUR: ROOTBEER FLOATS! J/W/K/A LR 4:00 BALLOON TAP J/D/K/W LF LR 4:00 NOODLE TAP 4:00 TOSS & TALK HOUR I/W/K/A IR 6:00 SOUNDS OF THE OCEAN LR RS 6:00 SOOTHING SOUNDS 6:00 SOUNDS OF OASIS S/SN 6:00 EVENING STROLL WITH RECREATION RS 6:00 THE CRISP SOUNDS OF NATURE 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS S/SN 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS 9:30 WEDNESDAY BALANCE & AGILITY 9:30 EASY BREEZY YOGA J/K/W 9:30 TUFSDAY TONING CLASS I/D D/I/K 9:30 COMMUNION SERVICE WITH JAMES VEN FM 10:15 BIG BAND MUSIC 10:00 NAME 5 J/D 10:00 MANICURES & MUSIC HOUR D/J/K 10:00 GROUP PUZZI ES WITH RECREATION J/K/W 10:00 CATHOLIC MASS ON TV 10:15 TARLETOP GAMES WITH RECREATION 10:00 TABLETOP GAMES D/J/K VEN J/D 10:30 LIFESTYLE STATIONS LR 11:00 TRAVEL TO: BAHAMAS D/J/K VEN K/W 11:15 DICE ROLL GAME J/D LR 1:15 BINGO J/W/K/A LF J/K/W 1:15 BINGO! J/G/D 2:00 WALK TO THE BISTRO J/D/K/W J/W/K/A B J/G/D J/K/S 1:15 COFFEE KLATCH WITH RECREATION DR K/W 2:00 NOODLETAP J/K/S I/G/D 2:00 NAME 5 LR 2:00 RINGO HOUR K/W 2:30 SNOWBALL FIGHT! 2:00 WALKING CLUB TO THE BISTRO 3:00 HAPPY HOUR: CHEF'S CHOICE J/G/D J/K/S 3:00 HAPPY HOUR: SUNDAY SUNDAES LR K/W 3:00 HAPPY HOUR: ROOTREER ELOATS! I/W/K/A LE 3:00 HAPPY HOUR: CHEF'S CHOICE I/D/K/W 4:00 YOURF THE HIDGE J/G LR J/K/S J/D/K/W K/W 4:00 FINISH THE PHRASE I/W/K/A IR 4.00 POOL NOODLE TAP 6:00 SOUNDS OF OASIS 6:00 SOOTHING SOUNDS LR 6:00 THE CRISP SOUNDS OF NATURE S/SN 6:00 RELAXING MUSIC HOUR 6:00 SOUNDS OF THE OCEAN RS 6:00 EVENING STROLL WITH RECREATION RS 6:00 EVENING STRETCH BEFORE BED RS 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS RS 7:00 FILM & REFRESHMENTS S/SN LR 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS RS 9:30 SUNDAY SUNRISE STRETCH RS 9:30 MONDAY MORNING MOVE & GROOVE 9:30 WEDNESDAY BALANCE & AGILITY 9:30 EASY BREEZY YOGA J/K 9:30 SATURDAY SUNSHINE STRETCH K/W 9:30 TUESDAY TONING CLASS D/I/K 9:30 CCOMMUNION SERVICE WITH JAMES VEN 10:00 NAME 5... 10:00 MANICURES & MUSIC HOUR D/J/K 10:00 GROUP TABLETOP GAMES 10:15 BIG BAND MUSIC K/W I/D 10:00 MONDAY MANICURES WITH JAROLIN I/K/W 10:30 BEAN BAG TOSS CHALLENGE J/D 10:00 CATHOLIC MASS ON TV 10:00 MOVIE CLUB WITH JAROLIN & DENZEL D/J 10:30 BALLOO TAP J/K 10:15 TABLETOP GAMES WITH RECREATION K/W 10:00 REAN BAG TOSS WITH DENZEL 10:30 THERAPY DOG VISIT VEN J/D 10:30 LIFESTYLE STATIONS I R 10:30 NOODLE TAP 11:00 TRAVEL TO: HUNGARY D/I/K 11:00 WHITE BOARD GAMES 11:00 BEAN BAG TOSS K/W 11:00 BALLOON TAP J/K/W 1:00 TRIP: COFFFF AND DONUT SN 11:00 MUSIC THERAPY BEFORE LUNCH LR 11:00 LIFESTYLE STATIONS 1:15 BINGO I/W/K/A IR 1:15 CASINO GAMES WITH RECREATION 1:15 BINGO J/D/K/W J/D 1:15 MEN'S CLUB WITH RECREATION 1:15 LIFESTYLE STATIONS I/W/K/A IR 1:15 BINGO! 1:15 AFTERNOON STROLL WITH RECREATION J/K/S 2:00 KARAOKE WITH JAROLIN & DENZEL J/D I/G/D 1:15 HOT COCOA AND COOKIES I/W/K/A B J/K/S 2:00 MATCHING GAME WITH RECREATION 1:15 PUZZLES AND DEAN MARTIN 2:00 KARAOKE HOUR WITH DENZEL & JAROLIN J/D 2:00 WALKING CLUB TO THE BISTRO I/D/K/W 2:00 MATCHING GAME 2:00 SNOWFLAKE CRAFT VEN K/W 3:00 HAPPY HOUR: CHEF'S CHOICE I/D/K/W 3:00 HAPPY HOUR: SUNDAY SUNDAES 3:00 HAPPY HOUR: ROOTBEER FLOATS! J/W/K/A LR 3:00 HAPPY HOUR: MIXED SNACKS K/W 3:00 HAPPY HOUR: CHEF'S CHOICE I/K/S 3:00 HAPPY HOUR: MIXED APPS I/G/D 4:00 BEAN BAG TOSS I/D/K/W 4:00 NOODLE TAP LR 4.00 FINISH THE PHRASE I/W/K/A IR J/K/S 4:00 BALLOON TAP! K/W 4:00 TOSS & TALK HOUR J/G 6:00 EVENING STRETCH BEFORE BED RS LR S/SN 6:00 SOUNDS OF THE OCEAN RS 6:00 SOOTHING SOUNDS RS 6:00 THE CRISP SOUNDS OF NATURE 6:00 EVENING STROLL WITH RECREATION RS 6:00 SOUNDS OF OASIS 6:00 RELAXING MUSIC HOUR W LR 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS S/SN 7:00 FILM & REFRESHMENTS RS LR 7:00 FILM & REFRESHMENTS 7:00 FILM & REFRESHMENTS W LR 7:00 FILM & REFRESHMENTS RS 7:00 FILM & REFRESHMENTS FOR YOUR DINING PLEASURI 9:30 WEDNESDAY BALANCE & AGILITY D/J/K LR BREAKFAST 8AM 9-30 STINDAY STINRISE STRETCH 10:00 MANICURES & MUSIC HOUR D/I/K LUNCH 12NOON J/D I R 10:00 TARLETOP GAMES D/I/K I R J/D 10:00 GROUP GAMES WITH DENZEL DINNER 5PM 11:00 TRAVEL TO: JAMAICA D/J/K 10:30 RALLOON TAI J/D LR 11:00 LIFESTYLE STATIONS J/D J/G/D 1:15 BINGO! J/W/K/A LR LR 1:15 LIFESTYLE STATIONS J/W/K/A LR 1:15 MEN'S CLUB WITH RECREATION LR I/G All programs are subject to change. 2:00 BEAN BAG TOSS I/W/K/A I R 1:15 COFFEE KLATCH WITH RECREATION All changes will be reflected on the Daily Board. J/W/K/A B 3:00 HAPPY HOUR: CHEE'S CHOICE Your Director Amanda will be happy to answer any

7:00 FILM & REFRESHMENTS

4:00 BEAN BAG TOSS

6:00 SOUNDS OF OASIS

7:00 FILM & REFRESHMENTS

7:00 FILM & REFRESHMENTS

4:00 NOODLE TAP

6:00 SOOTHING SOUNDS

J/W/K/A LR

RS

questions you may have regarding this calendar.