january 2024 Sunday Monday

11:00 COLOR A PENGUIN

1:30 AFTERNOON MOVIE

4:15 WOULD YOU RATHER?

3:00 HAPPY HOUR

6:00 BING0

1:30 BRAIN TEASERS & RIDDLES

11:00 TRUE OR FALSE

1:30 MAD LIBS

1:00 SCRABBLE CLUB

3:00 HAPPY HOUR

4:15 PUB GAMES

6:00 BINGO TIME

7:00 MOVIE NIGHT

1:30 WHO AM I? JANUARY BIRTHDAYS

DA LV

E SB

DA LV

E B

E/DASB

E/DA LV

The Arbors At ISLANDIA WEST Tel: 631-582-3600 www.thearborsassistedliving.com

Su	ınday		Monday		Tuesday		Wednesday	/	Thursday		Friday		Saturday	
STAFF KEY G=Gina, Director of Recre N=NATALIE	eation LOCATION KEY LV=LIVING ROOM L=LOUNGE AREA BI=BISTRO	9:00	NEW YEAR'S DAY/ENTERTAINMENT MORNING TUNES "NEWS" YEAR DAY	DA LV DA LV	2 DRY SKIN REMEDY 9:00 MUSIC, MUSIC, MUSIC 9:30 TODAY'S NEWS	D LV	9:00 SUNRISE SONGS 9:30 WHAT'S IN THE NEWS?	D LV D LV	9:00 MORNING TUNES 9:30 HAPPENINGS AND HOROSCOPES	D LV	5 AFTERNOON MOVIE 9:00 MUSICAL ENJOYMENT 9:30 TODAY'S TOP STORIES	D LV D LV	6 EPIPHANY 9:00 MORNING TUNES 9:30 FRONT PAGE NEWS	K I
Y=YVETTE D=DIANE AN=ANDREA	M=MEDIA ROOM LI=LIBRARY		"NEW" EXERCISES 2024 STROLL	DA LV DA CM	10:00 EXERCISE FOR SENIORS 10:30 WALKING CLUB	D LV D CM	10:00 MORNING EXERCISE 10:30 WALKING CLUB 11:00 WHAT YEAR WAS IT?	D LV D CM	10:00 TONE IT UP THURSDAY 10:30 WALKING CLUB	D LV D CM	10:00 SIT & BE FIT 10:30 WALKING CLUB	D LV D CM	10:00 WEEKEND WORKOUT 10:30 WALKING CLUB	K K
NY=NANCY SC=STACEY	UP=UPPER PARLOI RR=RESIDENT'S RC		ENTERTAINMENT-JOHNNY WHIMPL SCRABBLE CLUB	E ENT LV	11:00 WORD WATERFALL 11:00 SENIOR ADVICE	D LV G LV	11:00 MAD LIBS 1:00 SCRABBLE CLUB	M B	11:00 ACTIVITY COMMITTEE 11:30 CROSSWORD	S LV M IV	11:00 PUTT-PUTT GOLF 1:00 SCRABBLE CLUB	M LV V GR	11:00 THREE KINGS DAY TRIVIA	K
VR=VALERIE CC=CATHERINE	3F=3RD FLOOR	1:30	MUSICAL HANGMAN	DA LV	1:00 MANICURES BY APPT	G BI	1:30 NAME THAT FAMOUS FACE 1:30 FRUIT CAKE TOSS COMPETETION	M LV D IV	1:30 SPARKLING CIDER TASTING	D B	1:30 MOVIE SHALL WE DANCE?	D M	11:00 BEAN BAG TOSS 1:30 THREE KINGS DAY CRAFT	G G
I= INDEPENDENT	CM=COMMUNITY CY=COURTYARD		24 GOALS FOR 2024 HAPPY HOUR	DA/DB	1:30 DESIGN YOUR OWN HAND CREAM 3:00 HAPPY HOUR	D B D/G B	3:00 WINE DOWN WEDNESDAY	D/M B	1:30 FACT OR FICTION 3:00 HAPPY HOUR	M LV D/M B	1:30 NAME 10 3:00 HAPPY HOUR	M LV D/M B	1:30 FAMILY FEUD 3:00 HAPPY HOUR	K K
RS=Recreation staff V=Volunteer	DR=DINING ROOM ES=EAST SIDE	4:15	PUB GAMES	RS B	4:15 JOKES AND RIDDLES	D/G B	4:00 BOOK CLUB 4:15 BAR GAMES	RS B	4:15 REMINISCE	D/M B	4:15 CHARADES	D/M B	4:15 BAR GAMES	K
AC=Activity Channel ***=Call 381 for Appt.	S=SALON O=OUTING		NEW YEARS BINGO MONDAY NIGHT SHOWING	DA B RS M	6:00 MOVIE TRIVIA 7:00 NIGHTLY MOVIE	G B RS M	6:00 SPEED BINGO 7:00 MOVIE MANIA	M B RS M	6:00 PAINT & CREATE 7:00 MEET ME AT THE CINEMA	M B RS M	6:00 B-I-N-G-O! 7:00 FRIDAY NIGHT MOVIE	M B RS M	6:00 BINGO TIME 7:00 SATURDAY SHOWING	G R
7 сомминіон	U-UUIIIUU	8	VETS CHAT WITH RAY/ELVIS BIRTH	IDAY	9 LIBRARY VISIT		10 ENTERTAINMENT LYZA PARADISE	:	11 BUSTRIP-WALMART		12 ROSARY		13 HAPPY SATURDAY	i.
9:00 SUNDAY SERENAD		LV 9:00	0 MUSIC IN THE MORNING	DA LV	9:00 FAMOUS HITS FROM THE 50'S	D LV	9:00 MUSIC MEMORIES	D LV	9:00 SONGS THRU THE DECADES	D LV	9:00 POPULAR HITS	D SB	9:00 DOO WOP HITS	K
9:30 WEEKEND NEWS 10:00 COMMUNION	E V		O TODAYS TOP STORIES O MORNING WORKOUT	DA LV DA LV	9:30 CURRENT EVENTS 10:00 TONE UP	D LV	9:30 TOP STORIES	D LV	9:30 WHAT'S IN THE NEWS? 10:00 SIT AND GET FIT	D LV	9:30 HOROSCOPES AND HAPPENINGS 9:45 ROSARY	D LV V	9:30 WEEKEND UPDATE	K
10:00 CHAIR EXERCISES	E	LV 10:30	0 WALKING CLUB	DA CM	10:30 WALKING CLUB	D CM	10:00 KEEP IN SHAPE 10:30 WALKING CLUB	D LV	10:30 WALKING CLUB	D CM	10;00 CHAIR EXERCISES	D LV	10:00 SIT AND BE FIT 10:30 WEEKEND STROLL	K
10:30 SUNDAY STROL			O BIO ON ELVIS O TOSS & TALK BALL	D LV DA LV	10:30 LIBRARY VISIT 11:00 CROSSWORD	V BI	11:00 BOWLING	M LV	11:00 FAMILY FEUD	D LV	10:30 WALKING CLUB 11:00 FACT OR FICTION	D CY	11:00 COFFEE AND CROSSWORDS	K
11:00 WORD WATERFAL 11:00 DESIGN A BOOKM			O SCRABBLE CLUB	V GR	11:00 CROSSWORD 11:00 SNOWMAN DOILY CRAFT	G B	11:00 MUSICAL HANGMAN	D LV	11:00 1 ON 1'S	M RR	11:00 PAINTING FOR FUN	M B	11:00 COLORING	G
1:30 MUSICAL HANGM	AN E	LV 1:30	O WORD IN A WORD	D LV	1:00 MANICURES BY APPT	G B	1:30 ENTERTAINMENT LYZA PARADISE 3:00 WINE DOWN WEDNESDAY	VEN LV D/M B	1:30 BUS TRIP-WALMART 1:30 NAME 10	M 0 D LV	1:00 SCRABBLE CLUB 1:30 SENIOR ADVICE	V GR D BI	1:30 MOVIE SECRETARIAT 1:30 FAMILY FEUD	K
1:30 BALLOON VOLLEY 3:00 SUNDAY SOCIAL			0 VETS CHAT 0 HAPPY HOUR	V BI DA/DB	1:30 SNOW TRIVIA 3:00 HAPPY HOUR	D LV D/G B	4:00 BOOK CLUB	S BI	3:00 HAPPY HOUR	D/M B	1:30 TOSS & TALK BALL	M LV	3:00 HAPPY HOUR	G/K
4:15 GUESS WHO?		1, 20	5 CARDS AT THE BAR	DA/DB	4:15 PUB GAMES	D/G B	4:15 SING A LONGS	D/M B	4:15 CARD GAMES	D/M B	3:00 HAPPY HOUR 4:15 JOKES & RIDDLES	D/M B D/M B	4:15 RUMMIKUB	G/K
6:00 BINGO CALLS	DA	, ,	0 NIGHTTIME BINGO 0 MOVIES WE LOVE	D B RS M	6:00 COMEDY HOUR 7:00 MOVIE MANIA	D/G B RS M	6:00 SPEED BINGO 7:00 MOVIES AT DUSK	M B RS M	6:00 EVENING BINGO 7:00 SUNSET MOVIES	M B RS M	6:00 BINGO 7:00 MOVIE NIGHT	M B RS M	6:00 CASH BINGO 7:00 WEEKEND MOVIE	G RS
7:00 LET'S GO TO THE M		, III	MLK DAY	N CN	16 WINTER TEA PARTY		17 BOOKCLUB		18 RUSTIC HOT COCOA BAR		19 SHABBAT DINNER	11.5 111	20 SNOWMEN STIRRERS	СЛ
9:00 SUNDAY SERENAI			O SING ALONG TUNES	DA LV	9:00 MUSIC APPRECIATION	D LV	9:00 MUSIC ENJOYMENT	11:00	9:00 MUSIC IN THE AM	D LV	9:00 LIGHT N LIVELY MUSIC	D LV	9:00 SWEET MELODIES	K
9:30 DAILY NEWS		IV 9:3	O TODAYS NEWS	DA LV	9:30 HAPPENINGS & HOROSCOPES	D LV	9:30 TODAY'S NEWS	D LV	9:30 TODAYS HEADLINES	D LV	9:30 WHATS IN THE NEWS? 10:00 MORNING EXERCISE	D LV D IV	9:30 DAILY CHRONICLES	K
10:00 COMMUNION	V	ו עוו	O WARM UP & WORK OUT O WALKING CLUB	DA LV DA CM	10:00 STRETCH & FLEX	D LV	10:00 KEEP IN SHAPE 10:30 WALKING CLUB	D LV	10:00 KEEP IN SHAPE	D LV	10:30 WALKING CLUB 11:00 EDGAR ALLEN POE BIO	D CM	10:00 CHAIR EXERCISES	K
10:00 KEEP IT UP BALLO			0 BIOGRAPHY ON: MARTIN LUTHER KING.	IR D LV	10:30 WALKING CLUB 11:00 PET THERAPY WITH TOM	D CM V LV	11:00 A-Z WORD GAME	D LV	10:30 WALKING CLUB 11:00 COLOR BY NUMBER	M B	11:00 BOWLING	M LV	10:30 WALKING CLUB 11:00 COFFEE AND CROSSWORDS	K
10:30 SUNDAY STROLL 11:00 WHO AM I? TRIVI		CIVI	O 1 ON 1'S O SCRABBLE CLUB	V GR	11:00 WINTER TEA PARTY	D/G BI	11:00 KEEP UP THE BALLOON 1:00 SCRABBLE CLUB	M LV V GR	11:00 FAMILY FEUD	D LV	1:00 SCRABBLE CLUB 1:30 PET THERAPY WITH LORETTA	V GK V CM	11:00 1 ON 1'S	K
1:30 TOMMY SAX EN		FN 117 1:3	SO SNOWBALL FIGHT-RESIDENTS & ST. O WORD IN A WORD	AFF D LV DA LV	1:30 MANICURES BY APPT	G B	1:30 FINISH THE LYRIC	D LV	1:30 21 QUESTIONS	D LV	1:30 SHARE POEMS BY POE 1:30 GINGERBREAD MAN MOSAIC	D LV M B	1:30 THE PHANTOM OF THE OPERA MOVIE	K
3:00 SUNDAY SOCIA		1.5	O HAPPY HOUR	DA/DB	1:30 FINISH THE PHRASE 3:00 HAPPY HOUR	D LV D/G B	1:30 CREATIVE ART WITH COLORS 3:00 WINE DOWN WEDNESDAY	M B M/D B	1:30 BEAN BAG TOSS 3:00 HAPPY HOUR	D/M B	3:00 HAPPY HOUR 4:15 SING A LONGS	D/M B D/M B	1:30 DESIGN SNOWMEN STIRRERS 3:00 HAPPY HOUR	G G/
4:15 WOULD YOU RAT	HER? DA		5 I HAVE A DREAM SPEECH 5 GAMES AT THE BAR	DA/DLV DA/DB	4:15 PUB GAMES	D/G B	4:15 CONCENTRATION GAME	D/M B	4:15 GUESS WHO?	D/M B	4:30 SHABBAT SERVICE	V DR	4:15 CARDS AT THE BAR	G/
6:00 BINGO TIME		A B 6:0	O BINGO	D B	6:00 CREATIVE PAINTING	G B	6:00 SPEED BINGO	M B RS M	6:00 EVENING BINGO \$\$	M B	4:15 CARD CLUB AT THE BAR 6:00 EVENING BINGO FOR \$	M/D B M B	6:00 \$SATURDAY NIGHT BINGO\$	G
7:00 SUNDAY MOVIE	RS		MONDAY MOVIE MANIA	RS M	7:00 NIGHTLY MOVIE	RS M	7:00 EVENING SHOWING	IN CU	7:00 MEET ME AT THE CINEMA	RS M	7:00 TGIF MOVIES	RS M	7:00 NIGHTLY MOVIE	RS
9:00 SUNDAY SERENAL	NEC E		GUESS THE BABY PHOTO O SWEET SONGS	DA LV	9:00 MUSIC TO LOVE	D LV	9:00 MORNING TUNES	D LV	9:00 MUSIC IN THE MORNING	D LV	9:00 MUSIC MUSIC MUSIC	D LV	9:00 ACOUSTIC SUNRISE	K
9:30 SUNDAY NEWS	E E	LV 9:3	0 WHAT'S IN THE NEWS?	DA LV	9:30 WHAT'S IN THE NEWS	D LV	9:30 DAILY NEWS	D LV	9:30 TODAY'S STORIES AND HOROSCOPES	D LV	9:30 NEWS & VIEWS	D LV	9:30 WEEKEND UPDATE	K
10:00 EXERCISE REGIME	N E	10.3	O SIT AND BE FIT O WALKING CLUB	DA LV DA CM	10:00 WAKE UP WORK-OUT	D LV	10:00 KEEP IN SHAPE 10:30 WALKING CLUB	D LV D CM	10:00 WARM UP	D LV	9:45 ROSARY 10:00 CHAIR EXERCISES	V M	10:00 STRETCH AND FLEX	K
10:00 COMMUNION 10:30 WEEKEND STROLI	V L E	ווע	0 GUESS THE BABY PHOTO-		10:30 WALKING CLUB 11:00 TOSS & TALK BALL	D CM	11:00 WORD SCRAMBLE	D LV	10:30 WALKING CLUB 10:30 RESIDENT COUNCIL	D CM S BI	10:30 WALKING CLUB	DA/DCM	10:30 WALKING CLUB	K
11:00 WORD-IN-A-WOR	RD DA	A LV 11·0	STAFF & RESIDENTS 0 1 ON 1'S	D LV DA RR	11:00 NATIONAL PIE DAY-PIE TRIVIA	D LV	11:30 NAME 10 1:00 SCRABBLE CLUB	M LV V GR	11:00 FOOD COMMITTEE	S BI	11:00 FILL IN THE BLANK 11:00 BOWLING	D LV M LV	11:00 COFFEE AND CROSSWORDS 11:00 GARNET FACTS	K G
11:00 PUTT PUTT GOL 1:30 WHEEL OF FORTU		LV 1:0	O SCRABBLE CLUB	V GR	11:30 BUS TRIP MILLERS ALE HOUSE 1:30 MANICURES BY APPT	G O G B	1:30 QUIPPO QUIZ 1:30 BOARD GAMES	D LV M RR	11:00 FAMILY FEUD 1:30 MONTHLY BIRTHDAY PARTY	D LV	1:00 SCRABBLE CLUB	V GR	1:30 PUZZLES	G
1:30 PAINTING	E	D 1.3	O MUSICAL HANGMAN SO SENIOR ADVICE	D LV DA B	1:30 NAME 10!	D LV	3:00 HAPPY HOUR	D/M BI	WITH KAREN BELLA	VEN LV	1:30 MEDITATIVE COLORING 1:30 MAD LIBS	M B D IV	1:30 MUSICAL HANGMAN	K
3:00 SUNDAY SOCIAL		A/E B 30	0 HAPPY HOUR	DA/DB	3:00 HAPPY HOUR 4:15 WHAT'S YOUR ADVICE	D/G B	4:00 BOOK CLUB 4:15 PAY SOMEONE A COMPLIMENT	S BI D/M B	3:00 HAPPY HOUR	D/M B	3:00 HAPPY HOUR	D/M B	3:00 HAPPY HOUR 4:15 SHARE A MEMORY	K,
4:15 TRENDING TOPICS 6:00 LETS PLAY BINGO			S CARDS AT THE BAR O EVENING BINGO \$	DA/DB D B	6:00 NIGHTTIME \$ BINGO	D/G B G B	6:00 SPEED BINGO	M B RS M	4:15 CARDS AT THE BAR 6:00 CASH BINGO!	D/M B M B	4:15 GAMES AT THE BAR 6:00 EVENING BINGO FOR \$	D/M B M B	6:00 BINGO IN THE EVENING \$	G
7:00 SUNDAY MOVIE	RS		00 MOVIES, MOVIES	RS M	7:00 MOVIE ENJOYMENT	RS M	7:00 MOVIES WE LOVE	INI CU	7:00 CLASSIC CINEMA	RS M	7:00 FRIDAY SHOWING	RS M	7:00 MOVIE WEEKEND	RS
28 COMMUNION		29			30 PET THERAPY WITH TOM	D IV	31 BUSTRIP-DINER					-	FOR YOUR DINING PLEASUR	E
9:00 MUSICAL TUNES			O MUSIC TO ENJOY O NEWS OF THE DAY	DA LV DA LV	9:00 MORNING MUSIC 9:30 WHAT'S HAPPENING?	D LV D LV	9:00 MUSIC MOVEMENT 9:30 TOP STORIES	D LV D LV		37		July .	BREAKFAST 8AM	
9:30 TODAY'S NEWS 10:00 COMMUNION	E V	10.0	O SHAKEIT & WORK IT	DA LV DA LV	10:00 STRETCHING	D LV	10:00 TONE UP	D LV				X. A.A.	LUNCH 12NOON	
10:00 SIT & BE FIT	E	LV 10:30	0 WALKING CLUB	DA CM	10:30 WALKING CLUB	D CM	10:30 WALKING CLUB	D CM		1			DINNER 5PM	
10:30 WEEKEND STROLL	E		0 21 QUESTIONS 0 CHARADES	DA LV D LV	11:00 PET THERAPY WITH TOM	V CM	11:00 WORD WATERFALL 11:30 LUNCH TRIP DINER	D LV M O	AND THE REAL PROPERTY.		77	级人术	*All trins are if weather nermi	+-

D LLV

G B

D/G B

D B

11:00 FACT OR FICTION

3:00 HAPPY HOUR

4:15 BOARD GAMES

6:00 BING0

7:00 MOVIE TIME

DA B

DA/DB

DA/DB

1:30 MANICURES BY APPT

1:30 MUSICAL HANGMAN

1:30 30 MINUTE MYSTERIES

1:00 SCRABBLE CLUB

1:30 NAME THAT TUNE

4:15 CARDS AT THE BAR

3:00 HAPPY HOUR

7:00 MOVIE AT NIGHT

6:00 PLAY BINGO

GR

M B

D LV

D/M B

D/M B

RS M

*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.