

MAY 2024

The Arbors At ISLANDIA WEST

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

ACTIVITY CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STAFF KEY
S=STACEY
D=DIANE
DA=DEANNA
K=KATARINA
C=CATHERINE
G=GRACE
E=ELAINE
SE=SAMANTHA
A=ANGELICA
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

"All that I am or ever hope to be, I owe to my angel mother."

-Abraham Lincoln

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 Stacey Conroy will be happy to answer any questions you may have regarding this calendar.

1 BUS TRIP TO KOHL'S
9:00 CLASSICAL MELODIES D LV
9:30 LOCAL TIDBITS D LV
10:00 KEEP FIT D LV
10:30 WALKING CLUB D CM
11:00 CALAMITY JANE BIO D LV
11:30 FINISH THE PHRASE E LV
1:00 SCRABBLE CLUB V GR
1:30 FRESH AIR CLUB D CY
1:30 NAME 10...20...30 E LV
2:00 QUIPO QUIZ DV/D LV
3:00 HAPPY HOUR ROOTBEER FLOATS D/E B
4:00 SING A LONGS D/E B
4:00 BOOK CLUB S BI
6:00 SPEED BINGO E B
7:00 MIDWEEK MOVIE RS M

2 ACTIVITY COMMITTEE
9:00 ROMANTIC LOVE SONGS D LV
9:30 LATE BREAKING NEWS D LV
10:00 MOTIVATIONAL WORKOUTS D LV
10:30 WALKING CLUB D CY
11:00 ACTIVITY COMMITTEE S BI
11:00 1 ON 1'S D RR
1:30 FAMILY FEUD D LV
1:30 FLOWER ARRANGING E B
2:00 TRUE OR FALSE D LV
3:00 HAPPY HOUR SOFT PRETZELS D/E B
4:00 CARDS AT THE BAR D B
6:00 BINGO FOR MONEY E B
7:00 EVENING FLICK RS M

3
9:00 CLASSIC COUNTRY TUNES D LV
9:30 TODAY'S TOP STORIES D LV
10:00 LETS STAY IN SHAPE D LV
10:30 WALKING CLUB D CY
11:00 CROSSWORD D LV
11:00 COFFEE, TEA & ME A BI
11:30 A TO Z A LV
1:00 SCRABBLE CLUB V GR
1:30 KEEP UP THE BALLOON D LV
1:30 PUZZLES & BOARD GAMES A B
2:00 MIND JOGGERS D LV
3:00 HAPPY HOUR FROZEN YOGURT SQUARES D/A B
4:00 RUMMIKIB D B
6:00 BINGO TIME A B
7:00 FRIDAY FILM RS M

4 KENTUCKY DERBY DAY
9:00 RACETRACK BLUES K LV
9:30 THE WEEKEND REPORT K LV
10:00 SENIOR MOVEMENT K LV
10:30 WEEKEND STROLL K CY
11:00 MUSICAL HANGMAN K LV
11:30 WOULD YOU RATHER? G LV
1:30 MOVIE-SECRETARIAT G M
1:30 DESIGN YOUR HORSE K B
2:00 WORD IN A WORD "KENTUCKY DERBY" G/LV
4:00 HAPPY HOUR FUNIONS G/K B
4:00 JOKES & RIDDLES K B
6:00 BINGO AT NIGHT G B
6:45 ...AND THEY'RE OFF- RACE BEGINS G M
7:00 SATURDAY SHOWING RS M

5 CINCO DE MAYO
9:00 UPBEAT MARIACHI DA LV
9:30 DAILY CHRONICLES DA LV
10:00 COMMUNION WITH JAMES VC DR
10:00 SHAKE YOUR MARACAS DA LV
10:30 CONGA LINE AROUND THE COMMUNITY DA CY
11:00 SPANISH LESSONS DA LV
11:30 HISTORY OF CINCO DE MAYO E LV
1:30 NON COOKING CLASS-GUACAMOLE DIP E B
1:30 YOU BE THE JUDGE DA LV
2:00 TOSS & TALK BALL E LV
3:00 FIESTA SUNDAY SUNDAES DA/EB
4:00 WHO AM I? DA B
6:00 FIESTA BINGO E B
7:00 SUNDAY SHOWING RS M

6 ABRAHAM COMFORT DOG VISIT
9:00 EASY LISTENING DA LV
9:30 DAILY NEWS DA LV
10:00 CHAIR EXERCISES DA B
10:30 WALKING CLUB DA LV
11:00 VISIT FROM ABRAHAM V LV
11:30 MATCH GAME D MR
1:00 SCRABBLE WITH NORA V B
1:30 WILLIE MAYS BIO D LV
2:00 NAME THE FAMOUS FACE D LV
2:30 FINISH THE PHRASE DA LV
3:00 HAPPY HOUR CHIPS & SALSA DA/DB
4:00 SENIOR ADVICE DA B
6:00 JACKPOT BINGO D B
7:00 MONDAY NIGHT MOVIE RS M

7 KNITTING & CROCHET CLUB
9:00 MORNING MUSIC D LV
9:30 WHAT'S IN THE NEWS D LV
10:00 WAKE UP WORK OUT D LV
10:30 WALKING CLUB D LV
10:30 KNITTING & CROCHET CLUB C LV
11:00 CROSSWORD D LV
11:30 WORD IN A WORD G LV
1:30 SHORT STORIES & POEMS D LV
1:30 CRAFTY CREATIONS G B
2:00 WHO SAID THAT? D LV
3:00 HAPPY HOUR BREAD PUDDING D/G B
4:00 WHAT WOULD YOU DO? D B
6:00 SPEED BINGO G B
7:00 MEET ME AT THE MOVIES RS M

8 IRIS DAY
9:00 UPBEAT TEMPO'S D LV
9:30 NEWS AND VIEWS D LV
10:00 CHAIR WARMUPS D LV
10:30 WALKING CLUB D LV
11:00 HISTORY OF IRIS DAY D LV
11:30 NAME THE FLOWER E LV
1:00 SCRABBLE CLUB V GR
1:30 GARDEN CLUB D CY
1:30 FACT OR FICTION E B
3:00 HAPPY HOUR ROOTBEER FLOATS D/E B
4:00 BOOK CLUB S BI
4:00 FINISH THE LYRIC'S D B
6:00 SPEED BINGO E B
7:00 SILVER SCREEN CLASSICS RS M

9 HIGH TEA WITH LYZA PARADISE ENTERTAINMENT
9:00 LADY SINGERS D LV
9:30 TOP NEWS STORIES D LV
10:00 PROMOTE FITNESS D LV
10:30 WALKING CLUB D CM
11:00 WORD JUMBLES D LV
11:30 MAY TRIVIA E LV
1:30 HIGH TEA WITH MOM E/D BI
1:30 ENTERTAINMENT WITH LYZA PARADISE D RR
3:00 HAPPY HOUR MOZZERELLA STICKS D/E B
4:00 TRENDING TOPICS/DEBATES D B
6:00 WANNA PLAY BINGO? E B
7:00 MOVIE MANIA RS M

10 LECTURE ON SEA TURTLES IN NY
9:00 ACAPPELLA D LV
9:30 LOCAL NEWS D LV
9:45 ROSARY V M
10:00 FUNCTIONAL MOVES D LV
10:30 WALKING CLUB D CM
11:00 AMSEAS LECTURE ON SEA TURTLES E LV
11:00 BOARD GAMES & PUZZLES A B
1:00 SCRABBLE CLUB V GR
1:30 CHICKEN SOUP FOR THE SOUL D LV
2:00 FAMILY FEUD A LV
3:00 HAPPY HOUR APPLESAUCE A/D B
4:00 KARAOKE D B
6:00 JACKPOT BINGO A B
7:00 FRIDAY FEATURE RS M

11 WORLD BELLY DANCE DAY
9:00 CROONERS & SWOONERS K LV
9:30 CURRENT EVENTS K LV
10:00 BODY CONDITIONING K LV
10:30 WEEKEND STROLL K LV
11:00 COFFEE AND CROSSWORDS K LV
11:30 KEEP UP THE BALLOON G LV
1:30 REMINISCE K CY
1:30 NAME 10...20...30 G LV
2:00 BELLYDANCING WITH CHANTEL E LV
3:00 HAPPY HOUR CHEEZ IT'S K/G B
4:00 WHO AM I? K B
6:00 WEEKEND BINGO G B
7:00 SATURDAY SHOWING RS MR

12 MOTHERS DAY
9:00 SONGS ABOUT MOMS DA LV
9:30 INSPIRATIONAL STORIES ON MOMS DA LV
10:00 COMMUNION VC DR
10:00 LETS GET FIT TOGETHER! DA LV
10:30 WEEKEND STROLL DA CY
11:00 FLOWERS TO ALL THE LADIES E LV
11:30 SHARING MOM MEMORIES E/DA LV
1:30 MOTHERS DAY BINGO DA/EB
2:30 MOM TRIVIA DA/ELV
3:00 HAPPY HOUR SUNDAY SUNDAES DA/EV
4:15 FAMOUS TV MOMS DA V
6:00 TONIGHT AT THE MOVIES E M

13 VETS CHAT
9:00 BEAUTIFUL MELODIES DA LV
9:30 WHATS IN THE NEWS? DA LV
10:00 STRENGTH TRAINING DA LV
10:30 WALKING CLUB DA LV
11:00 QUIPO QUIZ D LV
11:30 A TO Z DA LV
1:00 SCRABBLE WITH NORA V GR
1:30 TOSS & TALK BALL D MR
1:30 BE CREATIVE WITH PAINTS DA B
2:00 VETS CHAT V BI
3:00 HAPPY HOUR DIP & CHIPS DA/DB
4:00 CARDS AT THE BAR DA B
6:00 BINGO D B
7:00 MOVIES TO ENJOY RS M

14 LIBRARY VISIT
9:00 SHOWTUNES D LV
9:30 NEWS & VIEWS D LV
10:00 STRETCH AND FLEX D LV
10:00 LIBRARY VISIT V LV
10:30 WALKING CLUB D LV
10:30 KNITTING & CROCHET CLUB C MR
11:00 LONG ISLAND FARMS D LV
11:30 FINISH THE PHRASE G LV
1:00 MANICURES BY APPT G B
1:30 WHAT YEAR WAS THAT? D LV
2:00 URBAN MYTHS D LV
3:00 HAPPY HOUR DEVILED EGGS D/G B
4:00 CARDS AT THE BAR D B
6:00 BINGO FOR CASH G B
7:00 NIGHT TIME MOVIES RS M

15 LUNCH TRIP DINER
9:00 AM JAZZ D LV
9:30 HOROSCOPES & HAPPENINGS D LV
10:00 SIT & BE FIT D LV
10:30 WALKING CLUB D LV
11:00 BUS TRIP TO DINER E LV
11:00 MUSICAL HANGMAN D LV
11:30 LIFE STORIES (PAUL NEWMAN BIO) D LV
1:00 SCRABBLE CLUB V GR
1:30 FRESH AIR CLUB D CY
2:00 NAME 10...20...30 E LV
3:00 HAPPY HOUR ROOTBEER FLOATS E/D B
4:00 GAMES AT THE BAR D B
6:00 SPEED BINGO E B
7:00 MOVIE NIGHT RS M

16 SPRING OPEN HOUSE
9:00 MORNING TUNES D LV
9:30 POSITIVE NEWS STORIES D LV
10:00 WAKE UP, WORK OUT D LV
10:30 WALKING CLUB D LV
11:00 CROSSWORD D BI
11:30 FAMILY FEUD E LV
1:30 ENTERTAINMENT E MR
1:30 FLORAL ARRANGING E B
3:00 HAPPY HOUR CINNAMON SQUARES E/D B
4:00 NAME THAT TUNE D B
6:00 BINGO AT NIGHT \$ E B
7:00 SUNSET MOVIE RS M

17 VINTAGE ITEM NOSTALGIA DAY
9:00 SING YOUR HEART OUT D LV
9:30 BREAKING NEWS D LV
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB DD LV
11:00 WORD IN A WORD D SB
11:30 MAUREEN O'SULLIVAN TRIVIA A LV
1:00 SCRABBLE CLUB V GR
1:30 VINTAGE ITEM SHOW & TELL D/A LV
3:00 HAPPY HOUR BANANA BREAD D/A B
4:00 SENIOR ADVICE D B
6:00 ITS BINGO TIME A B
7:00 TGIF MOVIE! RS M

18 INTERNATIONAL MUSEUM DAY
9:00 SATURDAY SONGS K LV
9:30 WEEKEND UPDATE K LV
10:00 LETS EXERCISE K LV
10:30 WALKING CLUB K CM
11:00 COFFEE AND CROSSWORDS K BI
11:00 LETS DISCOVER MUSEUMS G LV
1:30 URBAN MYTHS G LV
1:30 PUZZLES & BOARD GAMES K BI
2:00 WOULD YOU RATHER? G LV
3:00 HAPPY HOUR CHEESE POPCORN G/K B
4:00 ARMCHAIR TRIVIA K B
6:00 BINGO FOR CASH G B
7:00 MOVIE AT NIGHT RS M

19 COMMUNION
9:00 SUNDAY TOP HITS DA LV
9:30 LOCAL NEWS DA LV
10:00 COMMUNION VC DR
10:00 MOVEMENT FOR STABILITY DA
10:30 SUNDAY STROLL DA CY
11:00 REMEMBER WHEN... 1962 JFK BIRTHDAY PARTY IN NYC DA/E LV
11:30 NAME THE US PRESIDENTS E M
1:30 FRESH AIR CLUB DA B
1:30 FAMILY FEUD E
3:00 HAPPY HOUR SUNDAY SUNDAES DA/E B
4:00 JOKES & RIDDLES DA B
6:00 CASH BINGO E B
7:00 NIGHTTIME MOVIE RS M

20 BUS TRIP DOLLAR STORE
9:00 SUNRISE SONGS DA LV
9:30 CURRENT EVENTS DA LV
10:00 LETS EXERCISE DA LV
10:30 WALKING CLUB DA CY
10:30 BUS TRIP DOLLAR STORE DA O
11:00 JIMMY STEWART TRIVIA D LV
11:30 20 QUESTIONS D M
1:00 SCRABBLE WITH NORA V GR
1:30 NON COOKING CLASS-DEVILED STRAWBERRIES DA B
1:30 LONG ISLAND LANDMARKS D LV
2:00 CHICKEN SOUP FOR THE SOUL D LV
3:00 HAPPY HOUR BUFFALO CHICKEN DIP W/TORTILLAS DA/DB
4:00 TELEPHONE GAME DA B
6:00 JACKPOT BINGO D B
7:00 AT THE MOVIES RS M

21 LECTURE WITH IRV
9:00 SOULFUL BLUES D LV
9:30 WHATS IN THE NEWS D LV
10:00 SENIOR FITNESS D LV
10:30 WALKING CLUB D CY
11:00 MATCH GAME D O
11:30 WHO SAID THAT? G LV
1:00 MANICURES BY APPT G LV
1:30 LECTURE WITH IRV-1945 B25 NYC V LV
1:30 1 ON 1'S G RR
3:00 HAPPY HOUR ONION RINGS GA/D B
4:00 KARAOKE D B
6:00 BINGO NIGHT G B
7:00 CLASSIC CINEMA RS M

22 TRIP SUNKEN MEADOW PARK PICNIC
9:00 FOLK SONGS D LV
9:30 DAILY DOSE D LV
10:00 STRETCHING TO THE STARS D LV
10:30 WALKING CLUB DD CM
10:30 BUS TRIP SUNKEN MEADOW PARK PICNIC E O
11:00 UNSCRAMBLE THE LETTERS D LV
11:30 FILL IN THE BLANK D LV
1:00 SCRABBLE CLUB V GR
1:30 GARDEN CLUB D CY
1:30 QUIPO QUIZ D LV
2:00 NAME THE FAMOUS FACE E LV
3:00 HAPPY HOUR ROOTBEER FLOATS D/E B
4:00 GAMES AT THE BAR D B
4:00 BOOK CLUB S BI
6:00 SPEED BINGO E B
7:00 MIDWEEK MOVIE RS M

23 CHEZ ARBORS LUNCH
9:00 DOO WOP HITS D LV
9:30 NEWS & VIEWS D LV
10:00 HUSTLE FOR THE MUSCLE D LV
10:30 WALKING CLUB D LV
11:00 PENNY TRIVIA D LV
11:30 MYSTERIES OF LUCKY CHARMS E LV
1:00 CHEZ ARBORS LUNCH PDR RS
1:30 CIRCLE SOCCER D MR
1:30 LIFE STORIES E LV
3:00 HAPPY HOUR TERIYAKI MEATBALLS E/D B
4:00 REMINISING D B
6:00 LETS PLAY BINGO E B
7:00 THURSDAY SHOWING RS MR

24 ROSARY
9:00 EASY LISTENING D LV
9:30 FRIDAY FACTS D LV
10:00 PHYSICAL FITNESS D LV
10:30 WALKING CLUB DD LV
11:00 YOU BE THE JUDGE D LV
11:30 WHAT YEAR WAS THAT? A LV
1:00 SCRABBLE CLUB V GR
1:30 MUSICAL HANGMAN D LV
2:00 FOLK TRIVIA A LV
3:00 HAPPY HOUR FRUIT SALAD D/A B
4:00 CARDS AT THE BAR D B
6:00 BINGO A B
7:00 FRIDAY FEATURE RS M

25 NATIONAL TAP DANCE DAY
9:00 COUNTRY MUSIC K LV
9:30 WEEKEND UPDATE K LV
10:00 SIT & BE FIT K LV
10:30 SATURDAY STROLL K CM
11:00 COFFEE AND CROSSWORDS K BI
11:00 TAP DANCING TRIVIA G LV
11:30 WORD WATERFALL G LV
1:30 NATURE FACTS G LV
1:30 CREATIVE HOUR K B
3:00 HAPPY HOUR CHEESE DOODLES G/K B
4:00 NAME THAT TUNE K B
6:00 WEEKEND BINGO G B
7:00 SATURDAY SHOWING RS M

26 COMMUNION
9:00 BIG BAND ERA DA LV
9:30 LOCAL NEWS STORIES DA LV
10:00 COMMUNION VC DR
10:00 WORK IT OUT DA LV
10:30 WEEKEND STROLL DA B
11:00 FAMILY FEUD E M
11:30 WOULD YOU RATHER DA B
1:30 BALLOON BOUNCE DA
1:30 PAINTING BY THE BAR E
3:00 HAPPY HOUR SUNDAY SUNDAES DA/EB
4:00 SENIOR ADVICE DA SB
6:00 EVENING BINGO E B
7:00 MOVIES AT NIGHT RS M

27 MEMORIAL DAY
9:00 PATRIOTIC TUNES DA LV
9:30 NEWS & VIEWS DA LV
10:00 WAKE UP WORK OUT DA LV
10:30 WALKING CLUB DA LV
11:00 MEMORIAL DAY FACTS DA LV
11:30 HONORING OUR VETERANS DA LV
1:30 MEMORIAL DAY CRAFT DA B
1:30 MEMORIAL DAY WREATH DEDICATION D CY
2:00 WORD IN A WORD "MEMORIAL DAY" D LV
3:00 HAPPY HOUR CHIPS & CHEESE SAUCE DA/DB
4:00 GAMES AT THE BAR DA B
6:00 EVENING BINGO \$ D B
7:00 MOVIES, MOVIES, MOVIES RS M

28 MEMORIAL DAY BBQ
9:00 MUSIC FROM THE 1940'S D LV
9:30 WHATS IN THE NEWS D LV
10:00 CHAIR EXERCISES D LV
10:30 KNITTING & CROCHET CLUB C LV
10:30 WALKING CLUB D CM
11:00 FINISH THE PHRASE D LC
12:00 MEMORIAL DAY BBQ ALL CY
1:00 MANICURES BY APPT G B
1:30 ENTERTAINMENT-ANDREW COMO E CY
3:00 HAPPY HOUR FRIED CORN NUGGETS D/G B
4:00 WHO AM I? D B
6:00 LETS PLAY BINGO G B
7:00 MOVIES, MOVIES, MOVIES RS M

29 LUNCH TRIP J & R'S
9:00 MORNING MUSIC D LV
9:30 DAILY NEWS D LV
10:00 WEDNESDAY WORKOUT DD LV
10:30 WALKING CLUB D CM
11:00 LUNCH TRIP J & R'S E O
11:00 YOU BE THE JUDGE D LV
11:30 FINISH THE LYRIC'S D BI
1:00 SCRABBLE CLUB V M
1:30 GARDEN CLUB D CY
1:30 POEMS/SHORT STORIES E B
3:00 HAPPY HOUR ROOTBEER FLOATS E/D B
4:00 BOOK CLUB S BI
4:00 CONVERSATION STARTERS D B
6:00 SPEED BINGO E B
7:00 FEATURE FILM RS M

30 RESIDENT COUNCIL/FOOD COMMITTEE
9:00 SING A LONG D LV
9:30 HAPPENINGS & HOROSCOPES D LV
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB D CM
10:30 RESIDENT COUNCIL S BI
11:00 FOOD COMMITTEE M BI
11:00 1 ON 1'S D RR
1:30 SPRING SCAVANGER HUNT D CM
1:30 TOSS & TALK BALL E LV
2:00 MUSICAL HANGMAN D LV
3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES D/E B
4:00 RUMMIKUB D B
6:00 BINGO TIME E B
7:00 MOVIES WE LOVE RS M

31 SHABBAT DINNER/SERVICE
9:00 SONGS FROM THE 60'S D LV
9:30 NEWSDAY D LV
10:00 FRIDAY WORKOUT D LV
10:30 WALKING CLUB D CM
11:00 TRAVEL TO GREECE A LV
11:30 MATCH GAME A LV
1:00 SCRABBLE CLUB V GR
1:30 TRUE OR FALSE D LV
1:30 BOARD GAMES & PUZZLES A BI
2:00 WORD WATERFALL D LV
3:00 HAPPY HOUR VEGGIE WRAPS D/A B
4:00 SENIOR ADVICE D B
4:30 SHABBAT DINNER/SERVICE V PDR
6:00 TGIF BINGO A B
7:00 FRIDAY FEATURE RS M

