

# AUGUST 2024

The Arbors At **ISLANDIA EAST** Tel: 631-232-3131  
www.thearborsassistedliving.com

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ACTIVITY CALENDAR



**STAFF KEY**  
V=Valerie Director  
D=Denzel  
S=Sarah  
G=Gina  
A=Anne  
M=Mary  
MR=Michelle  
VG=Veronica  
DD=Danielle  
K=Keith  
L=Linda  
AT=Alexia  
VEN=Vender  
RS-Recreation Staff  
RL=Resident Lead

**LOCATION KEY**  
O - Outing  
B - Bistro  
CY - Courtyard  
LO - Lobby  
G - Game Room  
AC - Activity Channel  
IR - In Room  
F1 - First Floor  
F2 - Second Floor  
F3 - Third Floor  
DR - Dining Room  
M - Media Room  
W - West Side  
IR - In Room

**FOR YOUR DINING PLEASURE**  
BREAKFAST 7:45am-9:15am  
LUNCH 11:45am-1:15pm  
DINNER 4:45pm-6:15pm

All programs are subject to change.  
All changes will be reflected on the Daily Board.

Your Director Valerie will be happy to answer any questions you may have regarding this calendar.

**WEEKLY TRIPS**  
TO SIGN UP FOR OUR WEEKLY TRIPS  
OR SPECIAL EVENTS PLEASE GO TO  
THE CALENDAR AREA BY THE FRONT  
DESK TO RESERVE YOUR SPOT!

\*All trips are if weather permits.

**1 DOLLAR STORE TRIP**  
9:30 GOOD NEWS TODAY AT LO  
10:00 DOLLAR STORE TRIP S/D O  
10:00 FITNESS FUN AT LO  
10:30 TABLE TOP GAMES AT LO  
11:00 WORD SCRAMBLE AT LO  
1:15 AFTERNOON FLICK L M  
1:15 BINGO! L G  
2:00 POKENO RL G  
2:00 SUMMER BUTTERFLY PAINTING S/AT B  
3:00 HAPPY HOUR CHICKEN NUGGETS S/AT L B  
4:00 FAMOUS FOLKS TRIVIA S/AT LO  
6:00 BINGO CHALLENGE L G  
7:15 MOVIE NIGHT L M

**2 MORNING IN THE COURTYARD/TAKE-IN SUBWAY**  
9:30 HAPPENINGS S/MR CY  
10:00 STRETCHING S/MR CY  
10:30 COURTYARD WALK S/MR CY  
11:00 TRIVIA CHALLENGE MR CY  
12:00 TAKE-IN SUBWAY L B  
1:15 MID DAY MOVIE MR M  
1:15 BINGO! L G  
2:00 POKER CLUB RL G  
2:00 MOSAIC ART WITH COLORED PENCILS S/MR LO  
3:00 HAPPY HOUR FRESH FRUIT S/MR L B  
4:00 FAMILY FEUD S/MR LO  
6:00 BINGO ANYONE? L G  
7:15 MOVIE IN THE ARBORS THEATER L M

**3**  
9:30 NEWS FLASH S/MR LO  
10:00 SATURDAY WARM UP S/MR LO  
10:30 WALKING CLUB S/MR LO  
11:00 FILL IN THE BLANK S/MR LO  
1:15 MOVIE IN THE CINEMA S/MR M  
1:15 BINGO! L G  
2:00 CARD CLUB RL G  
2:00 NOODLE TAP S/MR LO  
3:00 HAPPY HOUR S/MR L B  
4:00 NAME 10 S/MR LO  
6:00 WEEKEND BINGO L G  
7:15 NIGHT AT THE MOVIES L M

**4**  
9:30 R.C. COMMUNION WITH JAMES VEN G  
9:30 TRIP CALVARY LUTHERAN & ST. PATRICKS CHURCH A/M/RSO  
10:15 MORNING WARM UP L LO  
11:00 MULTIPLE CHOICE L LO  
1:15 WEEKEND MATINEE A/M M  
1:15 BINGO! AT G  
2:00 KINGS IN THE CORNER CLUB RL G  
2:00 COURTYARD GAMES A/M CY  
3:00 HAPPY HOUR SUNDAYS A/M/ATCY  
4:00 BOGGLE M LO  
6:00 LATE DAY BINGO AT G  
7:15 EVENING MOVIE IN THE CINEMA AT M

**5 ROSARY PRAYER SERVICE**  
9:30 CURRENT EVENTS G/RS LO  
10:00 EXERCISE G/RS LO  
10:00 ROSARY PRAYER SERVICE RL M  
10:30 WALKING CLUB G/RS LO  
11:00 BOGGLE G/RS LO  
1:15 AFTERNOON MOVIE G/RS M  
1:15 BINGO! AT G  
2:00 PENNY POKER CLUB RL G  
2:00 GARDEN ROCK PAINTING G/RS LO  
3:00 HAPPY HOUR G/RS/AT B  
4:00 WORD GAMES G/RS LO  
6:00 AFTER DINNER BINGO AT G  
7:15 NIGHT FLICK AT M

**6 RESIDENT/FOOD COUNCIL/LUNCH TRIP**  
9:30 NEWS & VIEWS G/AT LO  
10:00 TUESDAY TONING G/AT LO  
10:30 RESIDENT COUNCIL MEETING RL M  
11:00 FOOD COUNCIL MEETING RL M  
11:00 FACT OR FICTION G/AT LO  
11:30 MAMA ANGELINAS LUNCH TRIP S/G O  
1:15 MATINEE AT M  
1:15 BINGO! AT G  
2:00 CARD CLUB RL G  
2:00 JUMBO JENGA AT LO  
3:00 HAPPY HOUR CORN FRITTERS AT/RS B  
4:00 JEOPARDY AT LO  
6:00 BINGO ANYONE? S G  
7:15 FEATURE FILM S M

**7 LUAU BBQ**  
9:30 WORLD NEWS M/AT LO  
10:00 WEDNESDAY WORKOUT M/AT LO  
10:30 LUTHERAN SERVICE WITH PASTOR ZACHARY VEN M  
10:30 WALK TO THE COURTYARD M/AT CY  
11:00 STEEL MARGARITA BAND VEN CY  
12:00 LUAU BBQ A CY  
1:15 MOVIE TIME M M  
1:15 BINGO! A G  
2:00 THREE THIRTEEN CLUB RL G  
2:00 REMINISCING VACATIONS M/AT LO  
3:00 HAPPY HOUR ROOTBEER FLOATS M/AT/B  
4:00 TRIVIA TEASERS M LO  
6:00 ALL ABOUT BINGO A G  
7:15 EVENING MOTION PICTURE A M

**8**  
9:30 TOP STORIES TODAY S/AT LO  
10:00 TOTAL FITNESS S/AT LO  
10:30 WALKING CLUB S/AT LO  
11:00 ARE YOU SMARTER THAN A 5TH GRADER S/AT LO  
1:15 MID DAY SHOW S/AT M  
1:15 BINGO! L G  
2:00 POKENO RL G  
2:00 JUMBO GAMES S/AT LO  
3:00 HAPPY HOUR MOZZARELLA STICKS S/AT/L B  
4:00 GUESSING GAME S/AT LO  
6:00 BINGO! L G  
7:15 TONIGHT'S FEATURE FILM L M

**9 DEBRA TOSCANO ENTERTAINMENT**  
9:30 GOOD NEWS DAY S LO  
10:00 FITNESS FUN S/MR LO  
10:30 DEBRA TOSCANO ENTERTAINMENT VEN LO  
11:30 TID BITS OF TRIVIA S/MR LO  
1:15 FRIDAY AFTERNOON FLICK S/MR M  
1:15 BINGO! L G  
2:00 POKER CLUB RL G  
2:00 BOGGLE S/MR LO  
3:00 HAPPY HOUR FROZEN YOGURT S/MR/L B  
4:00 BRAIN BENDERS S/MR LO  
6:00 BIG BUCKS BINGO L G  
7:15 FRIDAY NIGHT FLICK L M

**10 MORNING IN THE COURTYARD**  
9:30 HAPPENINGS S/MR CY  
10:00 STRETCHING S/MR CY  
10:30 COURTYARD WALK S/MR CY  
11:00 FASCINATING FACTS S/MR CY  
1:15 MID DAY MOVIE S/MR M  
1:15 BINGO! L G  
2:00 CARD CLUB RL G  
2:00 BALLOON VOLLEYBALL S/MR LO  
3:00 HAPPY HOUR S/MR/L B  
4:00 FAMILY FEUD S/MR LO  
6:00 BINGO ANYONE? L G  
7:15 WEEKEND MOVIE L M

**11 RECOVERY PROGRAM MEETING**  
9:30 R.C. COMMUNION WITH JAMES VEN G  
9:30 TRIP CALVARY LUTHERAN & ST. PATRICKS CHURCH A/M/RSO  
10:15 FITNESS FUN L LO  
11:00 GUESSING GAME L LO  
1:00 RECOVERY PROGRAM MEETING RL M  
1:15 BINGO! AT G  
2:00 KINGS IN THE CORNER CLUB RL G  
2:00 TABLE GAMES A/M LO  
3:00 HAPPY HOUR SUNDAYS A/M/AT B  
4:00 CROSSWORD A/M LO  
6:00 EVENING BINGO AT G  
7:15 NIGHT TIME MOVIE AT M

**12 ROSARY PRAYER SERVICE/VETS CHAT ON WEST**  
9:30 GOOD NEWS TODAY G/RS LO  
10:00 MOVEMENT TO MUSIC G/RS LO  
10:00 ROSARY PRAYER SERVICE VEN M  
10:30 COURTYARD WALK G/RS CY  
11:00 MULTIPLE CHOICE G/RS LO  
1:15 MATINEE G/RS M  
1:15 BINGO! AT G  
2:00 VETS CHAT ON WEST VEN W  
2:00 PENNY POKER CLUB RL G  
2:00 TABLE TOP GAMES G/RS LO  
3:00 HAPPY HOUR G/RS/AT B  
4:00 WORD PUZZLES G/RS LO  
6:00 LATE DAY BINGO AT G  
7:15 EVENING MOVIE IN THE CINEMA AT M

**13 KIDS VISIT IN THE COURTYARD W/WEST**  
9:30 CURRENT EVENTS G/AT CY  
10:00 LIBRARY VISIT VEN B  
10:00 OUTDOOR TO ACTIVITIES VEN CY  
11:45 WITH KIDS VEN CY  
1:15 AFTERNOON MOVIE G/AT M  
1:15 BINGO! S G  
2:00 CARD CLUB RL G  
2:00 BOGGLE G/AT LO  
3:00 HAPPY HOUR FRIED ZUCCHINI G/AT/S B  
4:00 NAME THAT CELEBRITY G/AT LO  
6:00 AFTER DINNER BINGO S G  
7:15 NIGHT FLICK S M

**14 LARRY WOLFF LUCILLE BALL LECTURE**  
9:30 NEWS & VIEWS M/AT LO  
10:00 SIT AND BE FIT M/AT LO  
10:30 LARRY WOLFF LUCILLE BALL LECTURE VEN M  
1:15 MATINEE M/AT M  
1:15 BINGO! A G  
2:00 THREE THIRTEEN CLUB RL G  
2:00 20 QUESTIONS M/AT LO  
3:00 HAPPY HOUR ROOTBEER FLOATS M/AT/AB  
4:00 JEOPARDY M/AT LO  
6:00 BINGO ANYONE? A G  
7:15 FEATURE FILM A M

**15 TRIP TO STOP & SHOP PLUS**  
9:30 WORLD NEWS D LO  
10:00 TRIP TO STOP & SHOP PLUS S/AT O  
10:00 EXERCISE AT LO  
10:30 WALKING CLUB D LO  
11:00 WHEEL OF FORTUNE D LO  
1:15 MOVIE TIME S/AT M  
1:15 BINGO! L G  
2:00 POKENO RL G  
2:00 WHO AM I? S/AT LO  
3:00 HAPPY HOUR CINNAMON SQUARES S/AT/L B  
4:00 TRIVIA CHALLENGE S/AT LO  
6:00 BINGO PARTY! L G  
7:15 EVENING MOVIE L M

**16 YOGA WITH RAY/TAKE-IN CHINESE**  
9:30 YOGA WITH RAY VEN LO  
10:15 WALKING CLUB S/MR LO  
11:00 OUTBURST S/MR LO  
12:00 TAKE-IN CHINESE L B  
1:15 MID DAY SHOW S/MR M  
1:15 BINGO! L G  
2:00 POKER CLUB RL G  
2:00 JUMBO GAMES S/MR LO  
3:00 HAPPY HOUR WATERMELON S/MR/L B  
4:00 FUN FACT FRIDAY S/MR LO  
6:00 BIG BUCKS BINGO L G  
7:15 MOVIE NIGHT L M

**17**  
9:30 GOOD NEWS DAY S/MR LO  
10:00 FITNESS FUN S/MR LO  
10:30 TABLE GAMES S/MR LO  
11:00 BOGGLE S/MR LO  
1:15 BINGO! L G  
1:15 AFTERNOON MOVIE S/MR M  
2:00 CARD CLUB RL G  
2:00 TABLE TOP BOWLING S/MR LO  
3:00 HAPPY HOUR S/MR/L B  
4:00 BRAIN BENDERS S/MR LO  
6:00 BINGO TIME L G  
7:15 EVENING FILM L M

**18**  
9:30 R.C. COMMUNION WITH JAMES VEN G  
9:30 TRIP CALVARY LUTHERAN & ST. PATRICKS CHURCH A/M/RSO  
10:15 SWAY TO THE MUSIC L LO  
11:00 JEOPARDY L LO  
1:15 MOVIE IN THE CINEMA M M  
1:15 BINGO! AT G  
2:00 KINGS IN THE CORNER CLUB RL G  
2:00 COURTYARD WALK A/M CY  
3:00 HAPPY HOUR SUNDAYS A/M/AT CY  
4:00 MIND BENDERS M LO  
6:00 WHO'S PLAYING BINGO AT G  
7:15 EVENING MOVIE IN THE CINEMA AT M

**19 ROSARY PRAYER SERVICE**  
9:30 HAPPENINGS G/RS LO  
10:00 FLEX AND STRETCH G/RS LO  
10:00 ROSARY PRAYER SERVICE RL M  
10:30 WALKING CLUB G/RS LO  
11:00 GUESSING GAME G/RS LO  
1:15 MOVIE TIME G/RS M  
1:15 BINGO! AT G  
2:00 PENNY POKER CLUB RL G  
2:00 DIY CRAFT G/RS LO  
3:00 HAPPY HOUR G/RS/AT B  
4:00 CROSSWORD G/RS LO  
6:00 BINGO TIME AT G  
7:15 EVENING MOVIE AT M

**20 WELLNESS DISCUSSION**  
9:30 NEWS AROUND TOWN G/AT LO  
10:00 FITNESS FUN G/AT LO  
10:30 COURTYARD WALK G/AT CY  
11:00 WELLNESS DISCUSSION WD M  
1:15 AFTERNOON MOVIE G/AT M  
1:15 BINGO! S G  
2:00 CARD CLUB RL G  
2:00 CREATE A POEM G/AT LO  
3:00 HAPPY HOUR SOFT PRETZELS G/AT/S B  
4:00 WORD SCRAMBLE G/AT LO  
6:00 BINGO BONANZA S G  
7:15 MOVIE NIGHT S M

**21**  
9:30 WORLD NEWS M/AT LO  
10:00 EXERCISE M/AT LO  
10:30 WALKING CLUB M/AT LO  
11:00 BOGGLE M/AT LO  
1:15 MOVIE TIME M/AT M  
1:15 BINGO! A G  
2:00 THREE THIRTEEN CLUB RL G  
2:00 TABLE TOP BOWLING M/AT LO  
3:00 HAPPY HOUR ROOTBEER FLOATS M/AT/AB  
4:00 FINISH THE LYRICS M/AT LO  
6:00 LATE DAY BINGO A G  
7:15 NIGHT FLICK A M

**22 PICNIC AT THE BEACH TRIP & LIGHTHOUSE DRIVE BY**  
9:30 CURRENT EVENTS S/AT LO  
10:00 SIT AND BE FIT D LO  
10:30 WALKING CLUB D LO  
10:30 PICNIC AT THE BEACH TRIP & LIGHTHOUSE DRIVE BY S/AT O  
11:00 GROUP CROSSWORD D LO  
1:15 MOVIE TIME L M  
1:15 MATINEE L M  
1:15 BINGO! L G  
2:00 POKENO RL G  
2:00 JUMBO PONG L LO  
3:00 HAPPY HOUR FRIED CORN NUGGETS S/AT/L B  
4:00 JEOPARDY S/AT LO  
6:00 BINGO! L G  
7:15 THURSDAY SHOWING L M

**23 PAINTING LIGHTHOUSES**  
9:30 NEWS & VIEWS S/MR LO  
10:00 EXERCISE S/MR LO  
10:30 MEDITATION W/SOUNDS OF THE BEACH S/MR LO  
11:00 LONG ISLAND LIGHTHOUSES S/MR LO  
1:15 AFTERNOON MOVIE S/MR M  
1:15 BINGO! L G  
2:00 POKER CLUB RL G  
2:00 PAINTING LIGHTHOUSES S/MR LO  
3:00 HAPPY HOUR APPLES & CARAMEL S/MR/L B  
4:00 TRIVIA TIME S/MR LO  
6:00 BIG BUCKS BINGO L G  
7:15 FRIDAY FILM L M

**24**  
9:30 HAPPENINGS S/MR LO  
10:00 SIT AND BE FIT S/MR LO  
10:30 WALKING CLUB S/MR LO  
11:00 ARE YOU SMARTER THAN A 5TH GRADER S/MR LO  
1:15 MOVIE TIME S/MR M  
1:15 BINGO! L G  
2:00 CARD CLUB RL G  
2:00 JUMBO GAMES S/MR LO  
3:00 HAPPY HOUR S/MR/L B  
4:00 WHAT MORE DO YOU KNOW? S/MR LO  
6:00 EVENING BINGO L G  
7:15 NIGHT MOVIE AT THE CINEMA L M

**25**  
9:30 R.C. COMMUNION WITH JAMES VEN G  
9:30 TRIP CALVARY LUTHERAN & ST. PATRICKS CHURCH A/M/RSO  
10:00 TOP STORIES TODAY L LO  
10:30 SUNDAY WORKOUT L LO  
11:00 MULTIPLE CHOICE L LO  
1:15 AFTERNOON MOVIE M M  
1:15 BINGO! AT G  
2:00 KINGS IN THE CORNER CLUB RL G  
2:00 COURTYARD GAMES A/M CY  
3:00 HAPPY HOUR SUNDAYS A/M/AT CY  
4:00 TRAVEL TRIVIA M LO  
6:00 AFTER DINNER BINGO AT G  
7:15 MOVIE NIGHT AT M

**26 ROSARY PRAYER SERVICE**  
9:30 WHAT'S UP G/RS LO  
10:00 TOTAL FITNESS G/RS LO  
10:00 ROSARY PRAYER SERVICE VEN M  
10:30 COURTYARD WALK G/RS CY  
11:00 WORD CHALLENGE G/RS CY  
1:15 MATINEE G/RS M  
1:15 BINGO! AT G  
2:00 PENNY POKER CLUB RL G  
2:00 FREESTYLE PAINTING G/RS LO  
3:00 HAPPY HOUR G/RS/AT B  
4:00 BOGGLE G/RS LO  
6:00 LATE DAY BINGO AT G  
7:15 MOVIE TIME AT M

**27 TRIP TO STARBUCKS**  
9:30 HAPPENINGS G/AT LO  
10:00 FITNESS FUN G/AT LO  
10:30 BOARD GAMES G/AT LO  
11:00 GUESSING GAME G/AT LO  
1:15 MOVIE IN THE CINEMA G/AT M  
1:15 BINGO! S G  
2:00 CARD CLUB RL G  
2:00 GIANT DOMINOS G/AT LO  
3:00 HAPPY HOUR DEVILED EGGS G/AT/S B  
4:00 CROSSWORD G/AT LO  
6:00 WILD FOR BINGO S G  
7:15 EVENING SHOW S M

**28 BBQ IN THE COURTYARD**  
9:30 LOCAL NEWS M/AT LO  
10:00 STRETCHING M/AT LO  
10:30 COURTYARD WALK M/AT CY  
10:30 COURTYARD GAMES M/AT CY  
12:00 BBQ IN THE COURTYARD M CY  
1:15 MID DAY MOVIE M/AT M  
1:15 BINGO! A G  
2:00 THREE THIRTEEN CLUB VEN G  
2:00 JUMBO JENGA M/AT LO  
3:00 HAPPY HOUR ROOTBEER FLOATS M/AT/AB  
4:00 TRIVIA TEASERS M/AT LO  
6:00 BINGO TIME A G  
7:15 FEATURE FILM A M

**29**  
9:30 WORLD NEWS S/AT LO  
10:00 EXERCISE S/AT LO  
10:30 WALKING CLUB S/AT LO  
11:00 WORD CHALLENGE S/AT LO  
1:00 CHEZ ARBORS LUNCH RS PDR  
1:15 MOVIE TIME S/AT M  
1:15 BINGO! L G  
2:00 POKENO RL G  
2:00 TABLE TOP BOWLING S/AT LO  
3:00 HAPPY HOUR STRING CHEESE S/AT/LB  
4:00 MULTIPLE CHOICE S/AT LO  
6:00 LATE DAY BINGO L G  
7:15 NIGHT FLICK L M

**30 TAKE IN PIZZA**  
9:30 CURRENT EVENTS S/MR LO  
10:00 SIT AND BE FIT S/MR LO  
10:30 WALKING CLUB S/MR LO  
11:00 GROUP CROSSWORD S/MR LO  
12:00 TAKE IN PIZZA L B  
1:15 MATINEE S/MR M  
1:15 BINGO! L G  
2:00 POKER CLUB RL G  
2:00 WORD SEARCH S/MR LO  
3:00 HAPPY HOUR PEANUT BUTTER BANANA ROLLUP S/MR/L B  
4:00 JEOPARDY S/MR LO  
4:30 SHABBAT DINNER ON WEST VEN WPDR  
6:00 BINGO! L G  
7:15 MOVIE IN THE ARBORS THEATER L M

**31 TABLE TOP GAMES**  
9:30 NEWS & VIEWS S/MR LO  
10:00 EXERCISE S/MR LO  
10:30 WALKING CLUB S/MR LO  
11:00 WHEEL OF FORTUNE S/MR LO  
1:15 AFTERNOON MOVIE S/MR M  
1:15 BINGO! L G  
2:00 CARD CLUB RL G  
2:00 TABLE TOP GAMES S/MR LO  
3:00 HAPPY HOUR S/MR/L B  
4:00 TRIVIA TEASERS S/MR LO  
6:00 BINGO BONANZA L G  
7:15 EVENING MOVIE L M