

AUGUST 2024

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY
S=STACEY
A=ANGELICA
D=DIANE
DA=DEANNA
G=GRACE
E=ELAINE
SE=SAMANTHA
SS=SABRINA
I=INDEPENDENT
RS=Recreation staff
V=Volunteer
AC=Activity Channel
***=Call 381 for Appt.

LOCATION KEY
AR=ACTIVITY ROOM
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 Stacey Conroy will be happy to answer any questions you may have regarding this calendar.

DAILY PROGRAMS
9:30 CURRENT EVENTS
10:30 WALKING CLUB
1:15 MOVIE MATINEE
1:30 FRESH AIR CLUB
3:00 HAPPY HOUR
6:00 NIGHTLY BINGO
7:00 NIGHTLY MOVIE

1
9:00 CAPTIVATING TUNES DA LV
9:30 ALL THE NEWS YOU WANTED & MORE DA LV
10:00 BE PHYSICALLY FIT DA LV
10:30 WALKING CLUB DA CM
11:00 BINGO G LV
11:30 1 ON 1'S DA RR
1:30 TRIVIA IN THE COURTYARD DA/G CY
2:00 URBAN MYTHS DA CY
3:00 HAPPY HOUR CHICKEN NUGGETS DA/G LV
4:00 REMINISCENCE SUMMER MEMORIES DA/G LV
6:00 MOTION PICTURE RS LV

2 ROSARY
9:00 ULTIMATE MUSIC MARATHON G LV
9:30 DAILY NEWS G LV
9:45 ROSARY V M
10:00 LIVE LIFE LOVE FITNESS G LV
10:30 WALKING CLUB G CM
11:00 AUGUST FACTS G LV
11:30 MUSICAL HANGMAN G LV
1:30 CRAFTY FRIDAY RS M
1:30 MATCH GAME G LV
2:00 WORD JUMBLES G LV
3:00 HAPPY HOUR FRESH FRUIT G/RS LV
4:00 WORD IN A WORD G LV
6:00 FRIDAY FILM RS LV

3 NATIONAL WATERMELON DAY
9:00 MAGICAL MELODIES ALL LV
9:30 TODAY'S TOP STORIES ALL LV
10:00 HUSTLE TO GAIN MUSCLE ALL LV
10:30 SATURDAY STROLL ALL CM
11:00 DAILY CROSSWORD ALL LV
11:30 NAME 10...15...20 ALL LV
1:30 NON COOKING CLASS-FRUIT KABOBS RS M
1:30 WORD WATERFALL ALL LV
2:00 TOSS & TALK BALL ALL LV
3:00 HAPPY HOUR A/RS LV
4:00 FINISH THE LYRICS A LV
6:00 SATURDAY NIGHT SHOWING RS LV

4 COMMUNION
9:00 GREASE SOUNDTRACK A LV
9:30 NEWSDAY A LV
10:00 SHAPE IT UP! A LV
10:30 COMMUNION WITH JAMES V LV
11:00 WALKING CLUB A CM
11:30 A TO Z WORD GAME A LV
1:30 BOWLING RS LV
1:30 SCRAP PAPER ART A M
2:00 FINISH THE PHRASE RS LV
3:00 HAPPY HOUR SUNDAY SUNDAYS RS/ALV
4:00 MUSICAL HANGMAN DA LV
6:00 TONIGHT AT THE MOVIES E LV

5 ABRAHAM PET VISIT
9:00 MORNING TUNES E LV
9:30 WHAT'S IN THE NEWS? E LV
10:00 WAKE UP, WORK OUT! E LV
10:30 WALKING CLUB SE/E CM
11:00 NAME THAT TUNE SE/E LV
11:30 1 ON 1'S E RR
11:30 ABRAHAM PET VISIT V LV
1:30 FRESH AIR CLUB SE/E CY
1:30 TRIVIA CHALLENGE SE/E CY
3:00 HAPPY HOUR SE/E LV
4:00 NAME 10...15...20 SE/E LV
6:00 MOVIES, MOVIES, MOVIES RS LV

6
9:00 MUSICAL MUSINGS DA LV
9:30 NEWS & VIEWS DA LV
10:00 STRETCH & FLEX DA LV
10:30 WALKING CLUB DA CM
11:00 MATCH GAME E LV
11:30 WORD IN A WORD E LV
1:00 MANICURES BY APPT E M
1:30 CIRCLE SOCCER DA LV
2:00 WHEEL OF FORTUNE E LV
3:00 HAPPY HOUR ONION RINGS DA/E LV
4:00 WHO AM I? DA/E LV
6:00 SILVER SCREEN CLASSICS RS LV

7 STEEL MARGARITA BAND/BBQ
9:00 COUNTRY MUSIC E LV
9:30 TODAY'S HEADLINERS E LV
10:00 MORNING EXERCISE E LV
10:30 WALKING CLUB G CM
11:00 STEEL MARGARITA BAND E/G CY
12:00 LUAU BBQ E/G CY
1:30 NAME THAT FAMOUS FACE E/G LV
1:30 MAGAZINE SCAVENGER HUNT G M
3:00 HAPPY HOUR ICE CREAM E/G LV
4:00 JOKES & RIDDLES D LV
6:00 TONIGHT AT THE MOVIES DA LV

8
9:00 TUNES IN THE AM DA LV
9:30 TODAY'S TOP STORIES DA LV
10:00 STRENGTH TRAINING DA LV
10:30 WALKING CLUB DA/G CM
11:00 FILL IN THE BLANK G LV
11:30 WOULD YOU RATHER? G LV
1:30 CHICKEN SOUP FOR THE SOUL DA LV
2:00 DAILY CROSSWORD G LV
3:00 HAPPY HOUR MOZZARELLA STICKS DA/G LV
4:00 KARAOKE DA/G LV
6:00 MOVIE MANIA RS LV

9 NATIONAL RICE PUDDING DAY
9:00 SWEET SONGS G LV
9:30 HAPPENINGS & HOROSCOPES G LV
10:00 CHAIR EXERCISES G LV
10:30 WALKING CLUB G CM
11:00 TRUE OR FALSE G LV
11:30 MUSICAL HANGMAN G LV
1:30 TRIVIA SHOWDOWN RS LV
1:30 SCRABBLE CLUB RS M
2:00 NAME 10...15...20 G LV
3:00 HAPPY HOUR FROZEN YOGURT RS/G LV
4:00 BINGO G/RS LV
6:00 FRIDAY FILM RS LV

10 JACK HALEY BIO
9:00 EASY LISTENING A LV
9:30 CURRENT EVENTS A LV
10:00 WEEKEND WORKOUT A LV
10:30 SATURDAY STROLL A CM
11:00 JACK HALEY BIO RS LV
11:30 ODD WORD OUT A LV
1:30 DAILY CROSSWORD A LV
2:00 QUIPO QUIZ RS LV
3:00 HAPPY HOUR RS/A LV
4:00 CONVERSATION STARTERS A/RS LV
6:00 MOVIE TIME RS LV

11 DESIGN DOOR HANGERS
9:00 BIG BAND ERA RS LV
9:30 WEEK IN REVIEW RS LV
10:00 LETS EXERCISE A DR
10:30 COMMUNION WITH JAMES V LV
11:00 WALKING CLUB RS/ACM
11:30 UNSCRAMBLE THE LETTERS A/RS LV
1:30 FAMILY FEUD RS LV
1:30 DESIGN DOOR HANGERS A B
2:00 CHICKEN SOUP FOR THE SOUL RS LV
3:00 HAPPY HOUR SUNDAY SUNDAYS A/RSB
4:00 ARMCHAIR TRIVIA RS/AB
6:00 SUNDAY MOVIE RS B

12
9:00 MUSIC TO ENJOY E LV
9:30 NEWS OF THE DAY E LV
10:00 SHAKE IT & WORK IT E LV
10:30 WALKING CLUB SE/E CM
11:00 URBAN MYTHS SE/E LV
11:30 A TO Z E LV
1:30 SCRABBLE CLUB SE/E M
1:30 QUIPO QUIZ E LV
2:00 BINGO FUN E LV
3:00 HAPPY HOUR SE/E LV
4:00 STORY TELLING SE/E LV
6:00 NIGHTLY MOVIE RS LV

13 KIDS VISIT COURTYARD GAMES
9:00 SHOW TUNES DA LV
9:30 NEWSDAY DA LV
10:00 KIDS VISIT COURTYARD GAMES VS CY
10:30 LIBRARY VISIT VS BI
11:00 1 ON 1'S E RR
1:00 MANICURES BY APPT E M
1:30 DAILY CROSSWORD DA LV
2:00 SHOUT OUT TRIVIA DA LV
3:00 HAPPY HOUR TERIYAKI MEATBALLS DA/E LV
4:00 WHO AM I? DA/E LV
6:00 EVENING MOVIE RS LV

14
9:00 LYRICAL NUMBERS E LV
9:30 LATE BREAKING NEWS E LV
10:00 TONE IT UP E LV
10:30 WALKING CLUB G CM
11:00 WORD WATERFALL E LV
11:30 WHEEL OF FORTUNE G LV
1:30 BEAN BAG TOSS E LV
1:30 EXPRESSIONS WITH COLORING G M
2:00 FACT OR FICTION E LV
3:00 HAPPY HOUR ICE CREAM E/G LV
4:00 WORD IN A WORD E/G LV
6:00 MOVIES WE LOVE RS LV

15 WORLD GREATNESS DAY
9:00 FEMALE VOCALS DA LV
9:30 DAILY NEWS DA LV
10:00 WORKOUT REGIMEN DA LV
10:30 WALKING CLUB G CM
11:00 FAMILY FEUD DA LV
11:30 MATCH GAME G LV
1:30 CREATIVE COLORING G M
1:30 FRESH AIR CLUB DA CY
3:00 HAPPY HOUR CINNAMON SQUARES DA/G LV
4:00 REMINISCING DA/G LV
6:00 MOVIE TIME RS LV

16 ROSARY
9:00 INSTRUMENTAL ARRANGEMENT G LV
9:30 NATIONAL & LOCAL NEWS G LV
9:45 ROSARY V M
10:00 STRETCHING IN THE AM G LV
10:30 WALKING CLUB G CM
11:00 NAME THE FAMOUS FACE G LV
11:30 NAME 10...15...20 RS LV
1:30 SCRABBLE CLUB RS M
1:30 ALFRED HITCHCOCK BIO G LV
2:00 FAMILY FEUD G LV
3:00 HAPPY HOUR WATERMELON G/RS LV
4:00 WORDS THAT START WITH "G" G LV
6:00 TGIF MOVIE RS LV

17 ENTERTAINMENT KAREN BELLA
9:00 SONGS FOR ALL A LV
9:30 WEEKEND UPDATE A LV
10:00 SIT & BE FIT A LV
10:30 WALKING CLUB A CM
11:00 FACT OR FICTION A LV
11:30 DAILY CROSSWORD RS LV
1:30 A TO Z A LV
3:00 KAREN BELLA SINGER E LV
3:00 HAPPY HOUR A/RS LV
4:00 TRENDING TOPICS A/RS LV
6:00 WEEKEND FLICK RS LV

18 COMMUNION
9:00 SUNDAY SERENADES A LV
9:30 WEEKEND UPDATE A LV
10:00 SUNDAY STRETCHES A LV
10:30 COMMUNION WITH JAMES V LV
11:00 WEEKEND STROLL A/RS CM
11:30 UNSCRAMBLE THE LETTERS A LV
1:30 TOSS & TALK BALL A LV
2:00 FINISH THE PHRASE A LV
3:00 HAPPY HOUR SUNDAY SUNDAYS A/RS LV
4:00 30 MINUTE MYSTERY RS/A LV
6:00 TONIGHT AT THE MOVIES RS LV

19
9:00 CROONERS & SWOONERS E LV
9:30 NEWS & VIEWS E LV
10:00 SENIOR FITNESS E LV
10:30 WALKING CLUB E/SE CM
11:00 WORD WATERFALL E LV
11:30 POEMS & SHORT STORIES SE/E LV
1:30 SCRABBLE CLUB SE/E M
1:30 WOULD YOU RATHER? E LV
2:00 HANGMAN E LV
3:00 HAPPY HOUR SE/E LV
4:00 KARAOKE SE/E LV
6:00 MOVIES WE LOVE RS LV

20 ITALIAN ICE SOCIAL
9:00 SWAY TO THE MUSIC DA LV
9:30 NEWSDAY DA LV
10:00 WORK UP A SWEAT DA LV
10:30 WALKING CLUB DA/E CM
11:00 DAILY CROSSWORD DA LV
11:30 NAME THAT FAMOUS FACE E LV
1:00 MANICURES BY APPT E M
1:30 ITALIAN ICE SOCIAL COURTYARD DA/E CY
1:30 SING A LONGS DA/E CY
3:00 HAPPY HOUR SOFT PRETZELS DA/E LV
4:00 ARMCHAIR TRIVIA DA/E LV
6:00 NIGHTLY MOVIE RS LV

21
9:00 SUMMER SONGS E LV
9:30 NEWS OF THE DAY E LV
10:00 KEEP IN SHAPE E LV
10:30 WALKING CLUB E/G CM
11:00 YOU BE THE JUDGE E LV
11:30 URBAN MYTHS G LV
1:30 BINGO E LV
1:30 1 ON 1'S G RR
3:00 HAPPY HOUR ICE CREAM G/E LV
4:00 FINISH THE LYRICS E/G LV
6:00 FEATURE FILM RS LV

22
9:00 BEATLES SINGLES DA LV
9:30 LOCAL NEWS STORIES DA LV
10:00 EVERY WORKOUT COUNTS DA LV
10:30 WALKING CLUB DA CM
11:00 WHAT YEAR WAS THAT? DA/G LV
11:30 ODD WORD OUT G LV
1:30 MOVIE TRIVIA G LV
1:30 SCRABBLE CLUB DA M
2:00 NAME 10...15...20 DA LV
3:00 HAPPY HOUR CORN NUGGETS DA/G LV
4:00 SENIOR ADVICE DA/G LV
6:00 WHAT'S PLAYING IN THE MOVIES? RS LV

23 NATIONAL SPONGE CAKE DAY
9:00 SONGS FOR ALL G LV
9:30 HOROSCOPES & HAPPENINGS G LV
10:00 FLEX & STRETCH G LV
10:30 WALKING CLUB G CM
11:00 WORD JUMBLES G LV
11:30 PERSONALITY TRIVIA G LV
1:30 KEEP UP THE BALLOON G LV
2:00 COFFEE & CROSSWORDS G LV
3:00 HAPPY HOUR APPLES & CARAMEL G/RS LV
4:00 MUSICAL HANGMAN RS LV
6:00 FRIDAY FILM RS LV

24
9:00 MUSIC APPRECIATION RS LV
9:30 WHAT'S IN THE NEWS RS LV
10:00 KEEP YOUR BODY HEALTHY RS LV
10:30 WALKING CLUB RS CM
11:00 FINISH THE LYRICS RS LV
11:30 WORDS THAT START WITH "T" RS LV
1:30 BEAN BAG TOSS RS LV
2:00 BINGO TIME RS LV
3:00 HAPPY HOUR RS LV
4:00 LAUGHTER IS THE BEST MEDICINE RS LV
6:00 MOVIE CLUB RS LV

25 COMMUNION
9:00 MUSIC IN THE MORNING A LV
9:30 TODAY'S HEADLINES A LV
10:00 FITNESS BENEFITS A LV
10:30 COMMUNION WITH JAMES V LV
11:00 SUNDAY STROLL A/RS CM
11:30 FAMILY FEUD RS LV
1:30 MIND JOGGERS RS LV
2:00 A TO Z WORD GAME A LV
3:00 HAPPY HOUR ICE CREAM RS/ALV
4:00 KARAOKE RS/ALV
6:00 SUNSET MOVIE RS LV

26 LUNCH TRIP PIZZA
9:00 ROCK & ROLL E LV
9:30 BREAKING NEWS E LV
10:00 MORNING MOVEMENTS E LV
10:30 WALKING CLUB SE/E CM
11:00 LUNCH TRIP PIZZA SE O
11:30 WHO SAID THAT? E LV
1:30 SCRABBLE CLUB SE M
1:30 NAME THAT TUNE E LV
2:00 CIRCLE SOCCER E LV
3:00 HAPPY HOUR SE/E LV
4:00 JOKES & RIDDLES SE/E LV
6:00 MOVIES, MOVIES, MOVIES RS LV

27
9:00 ACOUSTIC SUNRISE DA LV
9:30 LOCAL NEWS DA LV
10:00 TONE UP TUESDAY DA LV
10:30 WALKING CLUB DA/E CM
11:00 WORD WATERFALL E LV
11:30 ANAGRAMS DA LV
1:00 MANICURES BY APPT E M
1:30 MAGAZINE SCAVENGER HUNT DA M
1:30 CHICKEN SOUP FOR THE SOUL E LV
3:00 HAPPY HOUR DEVILED EGGS DA/E LV
4:00 WHO AM I? E/DA LV
6:00 MOVIES WE LOVE RS LV

28 BBQ
9:00 MUSIC, MUSIC, MUSIC E LV
9:30 NEWS & VIEWS E LV
10:00 STRENGTH TRAINING E LV
10:30 WALKING CLUB G CM
11:00 WHAT'S YOUR ADVICE? E LV
11:30 BBQ E/G CY
1:30 WORD IN A WORD E LV
1:30 COLORING G M
2:00 FAMILY FEUD E LV
3:00 HAPPY HOUR ICE CREAM E/G LV
4:00 BINGO E/G LV
6:00 MOVIE NIGHT RS LV

29 CHEZ ARBORS
9:00 MUSIC IN THE AM DA LV
9:30 NEWS DISCUSSION DA LV
10:00 FITNESS EXPRESSIONS G LV
10:30 WALKING CLUB DA CM
11:00 WHEEL OF FORTUNE DA BI
11:30 LONG ISLAND TRIVIA G BI
1:00 CHEZ ARBORS RS PDR
1:30 1 ON 1'S DA RR
1:30 FACT OR FICTION DA BI
2:00 WORD IN A WORD G M
3:00 HAPPY HOUR STRING CHEESE DA/G B
4:00 SING A LONGS DA/G B
6:00 FEATURE FILM RS B

30 ROSARY/SHABBAT
9:00 FRIDAY BALLADS G LV
9:30 TODAY'S HAPPENINGS G LV
9:45 ROSARY V M
10:00 SHAPE IT UP G LV
10:30 WALKING CLUB G CM
11:00 ODD WORD OUT G LV
11:30 TOSS & TALK BALL RA LV
1:30 WHO AM I TRIVIA RA/G LV
2:00 ANAGRAMS G LV
3:00 HAPPY HOUR PEANUT BUTTER BANANA ROLL UP G/RS LV
4:00 JOKES & RIDDLES RS LV
4:30 SHABBAT DINNER/SERVICE V M
6:00 MOVIE TIME RS LV

31 DESIGN TIE DYE SHIRT
9:00 TOP HITS OF THE 60'S A LV
9:30 NEWS OF THE DAY A LV
10:00 FITTER, HEALTHIER, HAPPIER A LV
10:30 WALKING CLUB A/RS CM
11:00 DAILY CROSSWORD A/RS LV
1:30 DESIGN TIE DYE SHIRT A/RS B
1:30 ARTHUR GODFREY BIO A/RS LV
2:00 FAMILY FEUD A/RS LV
3:00 HAPPY HOUR A/RS B
4:00 STORYTELLING A/RS B
6:00 LETS GO TO THE MOVIES RS B

ACTIVITY CALENDAR