

# AUGUST 2024

# The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ACTIVITY CALENDAR



**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**  
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.

**4 COMMUNION**  
9:00 GREASE SOUNDTRACK DA LV  
9:30 NEWSDAY DA LV  
10:00 COMMUNION WITH JAMES V DR  
10:00 SHAPE IT UP! DA LV  
10:30 SUNDAY STROLL DA CM  
11:00 LOUIS ARMSTRONG BIO DA LV  
11:30 A TO Z WORD GAME E LV  
1:30 BOWLING E LV  
1:30 1 ON 1'S DA RR  
2:00 FINISH THE PHRASE E LV  
3:00 HAPPY HOUR SUNDAE SUNDAYS DA/EB  
4:00 CARDS AT THE BAR DA B  
6:00 BINGO AT NIGHT E B  
7:00 TONIGHT AT THE MOVIES RS M

**5 ABRAHAM PET VISIT**  
9:00 MORNING TUNES DA LV  
9:30 WHAT'S IN THE NEWS? DA LV  
10:00 WAKE UP, WORK OUT! DA LV  
10:30 WALKING CLUB DA CM  
11:00 ABRAHAM PET VISIT V LV  
11:00 1 ON 1'S DA RR  
1:00 SCRABBLE CLUB V GR  
1:30 FRESH AIR CLUB D/DACY  
1:30 TRIVIA CHALLENGE D CY  
3:00 HAPPY HOUR DA/DB  
4:00 RUMMIKUB DA B  
6:00 BINGO D B  
7:00 MOVIES, MOVIES, MOVIES RS M

**6 LUNCH TRIP DINER**  
9:00 MUSICAL MUSINGS D LV  
9:30 NEWS & VIEWS D LV  
10:00 STRETCH & FLEX D LV  
10:30 WALKING CLUB D CM  
11:00 MATCH GAME D LV  
11:30 WORD IN A WORD G LV  
1:00 MANICURES BY APPT G B  
1:30 CIRCLE SOCCER D LV  
2:00 WHEEL OF FORTUNE D LV  
3:00 HAPPY HOUR ONION RINGS D/G B  
4:00 WHO AM I? D B  
6:00 BINGO AT NIGHT G B  
7:00 SILVER SCREEN CLASSICS RS M

**7 STEEL MARGARITA BAND/BBQ**  
9:00 COUNTRY MUSIC D LV  
9:30 TODAY'S HEADLINERS D LV  
10:00 MORNING EXERCISE D LV  
10:30 WALKING CLUB D CM  
11:00 STEEL MARGARITA BAND E CY  
12:00 LUAU BBQ RS CY  
1:00 SCRABBLE CLUB V GR  
1:30 NAME THAT FAMOUS FACE DA LV  
2:00 KEEP UP THE BALLOON D LV  
3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B  
4:00 BOOK CLUB S BI  
4:00 JOKES & RIDDLES D B  
6:00 SPEED BINGO DA B  
7:00 TONIGHT AT THE MOVIES RS M

**1 ACTIVITY COMMITTEE**  
9:00 CAPTIVATING TUNES D LV  
9:30 ALL THE NEWS YOU WANTED & MORE D LV  
10:00 BE PHYSICALLY FIT D LV  
10:30 WALKING CLUB D CM  
11:00 ACTIVITY COMMITTEE S BI  
11:30 1 ON 1'S E RR  
1:30 TRIVIA IN THE COURTYARD D CY  
2:00 URBAN MYTHS D CY  
3:00 HAPPY HOUR CHICKEN NUGGETS D/E B  
4:00 REMINISCE SUMMER MEMORIES D B  
6:00 NIGHTTIME BINGO E B  
7:00 MOTION PICTURE RS M

**2 ROSARY**  
9:00 ULTIMATE MUSIC MARATHON D LV  
9:30 DAILY NEWS D LV  
9:45 ROSARY V M  
10:00 LIVE LIFE LOVE FITNESS D LV  
10:30 WALKING CLUB D CM  
11:00 AUGUST FACTS D LV  
11:30 MUSICAL HANGMAN A LV  
1:00 SCRABBLE CLUB V GR  
1:30 CRAFTY FRIDAY A B  
1:30 MATCH GAME D LV  
2:00 WORD JUMBLES D LV  
3:00 HAPPY HOUR FRESH FRUIT A/D B  
4:00 CARDS AT THE BAR D B  
6:00 BINGO WAS HIS NAME O A B  
7:00 FRIDAY FILM RS M

**3 NATIONAL WATERMELON DAY**  
9:00 MAGICAL MELODIES G LV  
9:30 TODAY'S TOP STORIES G LV  
10:00 HUSTLE TO GAIN MUSCLE G LV  
10:30 SATURDAY STROLL G CM  
11:00 DAILY CROSSWORD G LV  
11:30 NAME 10...15...20 G LV  
1:30 NON COOKING CLASS-FRUIT KABOBS RS B  
1:30 WORD WATERFALL G LV  
2:00 TOSS & TALK BALL G LV  
3:00 HAPPY HOUR RS/GB  
4:00 FINISH THE LYRICS G B  
6:00 JACKPOT BINGO RS B  
7:00 SATURDAY NIGHT SHOWING RS M

**11 DESIGN DOOR HANGERS**  
9:00 BIG BAND ERA DA LV  
9:30 WEEK IN REVIEW DA LV  
10:00 COMMUNION V DR  
10:00 LET'S EXERCISE DA LV  
10:30 WALKING CLUB DA CM  
11:00 FAMILY FEUD DA LV  
11:30 UNSCRAMBLE THE LETTERS E LV  
1:30 WHEEL OF FORTUNE E LV  
1:30 DESIGN DOOR HANGERS DA B  
2:00 CHICKEN SOUP FOR THE SOUL E LV  
3:00 HAPPY HOUR SUNDAE SUNDAYS DA/EB  
4:00 ARMCHAIR TRIVIA DA B  
6:00 BINGO IS CALLING E B  
7:00 SUNDAY MOVIE RS M

**12 VETS CHAT**  
9:00 MUSIC TO ENJOY DA LV  
9:30 NEWS OF THE DAY DA LV  
10:00 SHAKE IT & WORK IT DA LV  
10:30 WALKING CLUB DA CM  
11:00 URBAN MYTHS D LV  
11:30 A TO Z DA LV  
1:00 SCRABBLE CLUB V GR  
1:30 GRIEF GROUP SUPPORT S M  
1:30 QUIPO QUIZ D LV  
2:00 VETS CHAT V BI  
3:00 HAPPY HOUR DA/DB  
4:00 STORY TELLING DA B  
6:00 BINGO BLITZ D B  
7:00 NIGHTLY MOVIE RS M

**13 KIDS VISIT COURTYARD GAMES**  
9:00 SHOW TUNES D LV  
9:30 NEWSDAY D LV  
10:00 KIDS VISIT COURTYARD GAMES D LV  
10:30 LIBRARY VISIT VS BI  
11:00 1 ON 1'S G RR  
1:00 MANICURES BY APPT G B  
1:30 DAILY CROSSWORD D LV  
2:00 SHOUT OUT TRIVIA D LV  
3:00 HAPPY HOUR TERIYAKI MEATBALLS D/G B  
4:00 WHO AM I? D B  
6:00 BINGO FOR CASH G B  
7:00 NIGHT TIME MOVIE RS M

**14 BUS TRIP DOLLAR TREE**  
9:00 LYRICAL NUMBERS D LV  
9:30 LATE BREAKING NEWS D LV  
10:00 TONE IT UP D LV  
10:30 WALKING CLUB D CM  
10:30 BUS TRIP TO DOLLAR TREE RS O  
11:00 WORD WATERFALL D LV  
11:30 WHEEL OF FORTUNE DA LV  
1:00 SCRABBLE CLUB V GR  
1:30 BEAN BAG TOSS D LV  
1:30 EXPRESSIONS WITH COLORING DA B  
2:00 FACT OR FICTION D LV  
3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B  
4:00 BOOK CLUB S B  
4:00 CARDS AT THE BAR D B  
6:00 SPEED BINGO DA B  
7:00 NIGHTLY MOVIE RS M

**15 HAPPINESS GROUP**  
9:00 FEMALE VOCALS D LV  
9:30 DAILY NEWS D LV  
10:00 WORKOUT REGIMEN D LV  
10:30 WALKING CLUB D CM  
11:00 FAMILY FEUD D LV  
11:30 MATCH GAME E LV  
1:30 HAPPINESS GROUP WITH CAT E B  
1:30 FRESH AIR CLUB D/E CY  
3:00 HAPPY HOUR CINNAMON SQUARES D/E B  
4:00 REMINISCING D B  
6:00 BINGO AT NIGHT \$ E B  
7:00 MOVIE TIME RS M

**16 ROSARY**  
9:00 INSTRUMENTAL ARRANGEMENT D LV  
9:30 NATIONAL & LOCAL NEWS D LV  
9:45 ROSARY V M  
10:00 STRETCHING IN THE AM D LV  
10:30 WALKING CLUB D CM  
11:00 NAME THE FAMOUS FACE D B  
11:30 NAME 10...15...20 A LV  
1:00 SCRABBLE CLUB V BI  
1:30 ALFRED HITCHCOCK BIO D CY  
2:00 BOARD GAMES & PUZZLES A B  
3:00 HAPPY HOUR WATERMELON A/D B  
4:00 WORDS THAT START WITH "G" D B  
6:00 BINGO A B  
7:00 TGIF MOVIE RS M

**17 ENTERTAINMENT KAREN BELLA**  
9:00 SONGS FOR ALL G LV  
9:30 WEEKEND UPDATE G LV  
10:00 SIT & BE FIT G LV  
10:30 WALKING CLUB GG CM  
11:00 FACT OR FICTION G LV  
11:30 DAILY CROSSWORD G LV  
1:15 KAREN BELLA SINGER E LV  
2:30 A TO Z G LV  
3:00 HAPPY HOUR G B  
4:00 TRENDING TOPICS G B  
6:00 NIGHTTIME BINGO RS B  
7:00 WEEKEND FLICK RS M

**18 COMMUNION**  
9:00 SUNDAY SERENADES DA LV  
9:30 WEEKEND UPDATE DA LV  
10:00 COMMUNION WITH JAMES V DR  
10:00 SUNDAY STRETCHES DA LV  
10:30 WEEKEND STROLL DA CM  
11:00 UNSCRAMBLE THE LETTERS DA LV  
11:30 30 MINUTE MYSTERY E LV  
1:30 TOSS & TALK BALL E LV  
2:00 FINISH THE PHRASE DA LV  
3:00 HAPPY HOUR SUNDAE SUNDAYS DA/EB  
4:00 SENIOR ADVICE DA B  
6:00 BINGO FOR \$ E B  
7:00 TONIGHT AT THE MOVIES RS M

**19 CROONERS & SWOONERS**  
9:00 CROONERS & SWOONERS DA LV  
9:30 NEWS & VIEWS DA LV  
10:00 SENIOR FITNESS DA LV  
10:30 WALKING CLUB DA CM  
11:00 WORD WATERFALL D LV  
11:00 POEMS & SHORT STORIES DA LV  
1:00 SCRABBLE CLUB V GR  
1:30 WOULD YOU RATHER? DA LV  
1:30 1 ON 1'S D RR  
2:00 HANGMAN DA LV  
3:00 HAPPY HOUR DA/DB  
4:00 KARAOKE DA B  
6:00 SOMEONE SAY BINGO? D B  
7:00 MOVIES WE LOVE RS M

**20 LUNCH TRIP MAMA ANGELINA'S/ITALIAN ICE SOCIAL**  
9:00 SWAY TO THE MUSIC D LV  
9:30 NEWSDAY D LV  
10:00 WORK UP A SWEAT D LV  
10:30 WALKING CLUB D CM  
11:00 DAILY CROSSWORD D LV  
11:00 LUNCH TRIP MAMA ANGELINA'S RS O  
11:30 NAME THAT FAMOUS FACE D LV  
1:00 MANICURES BY APPT G B  
1:30 ITALIAN ICE SOCIAL COURTYARD D/G CY  
1:30 SING A LONGS D/G CY  
3:00 HAPPY HOUR SOFT PRETZELS D/G B  
4:00 ARMCHAIR TRIVIA D B  
6:00 BINGO TIME G B  
7:00 NIGHTLY MOVIE RS M

**21 SUMMER SONGS**  
9:00 SUMMER SONGS D LV  
9:30 NEWS OF THE DAY D LV  
10:00 KEEP IN SHAPE D LV  
10:30 WALKING CLUB D CM  
11:00 YOU BE THE JUDGE D LV  
1:00 SCRABBLE CLUB V GR  
1:30 URBAN MYTHS DA LV  
1:30 FRESH AIR CLUB D CY  
3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B  
4:00 RUMMIKUB D B  
6:00 SPEED BINGO DA B  
7:00 FEATURE FILM RS M

**22 LECTURE LINDBERGH**  
9:00 BEATLES SINGLES D LV  
9:30 LOCAL NEWS STORIES D LV  
10:00 EVERY WORKOUT COUNTS D LV  
10:30 WALKING CLUB D CM  
11:00 WHAT YEAR WAS THAT? D LV  
11:30 ODD WORD OUT E LV  
1:30 LECTURE LINDBERGH E LV  
3:00 HAPPY HOUR CORN NUGGETS D/E B  
4:00 SENIOR ADVICE D B  
6:00 JACKPOT BINGO E B  
7:00 WHAT'S PLAYING IN THE MOVIES? RS M

**23 NATIONAL SPONGE CAKE DAY**  
9:00 SONGS FOR ALL D LV  
9:30 HOROSCOPES & HAPPENINGS D LV  
10:00 FLEX & STRETCH D LV  
10:30 WALKING CLUB D CM  
11:00 WORD JUMBLES D LV  
11:30 PERSONALITY TRIVIA A LV  
1:00 SCRABBLE CLUB V GR  
1:30 KEEP UP THE BALLOON D LV  
2:00 COFFEE & CROSSWORDS A LV  
3:00 HAPPY HOUR APPLES & CARAMEL D/A B  
4:00 CARDS AT THE BAR D B  
6:00 BINGO A B  
7:00 FRIDAY FILM RS M

**24 MUSIC APPRECIATION**  
9:00 MUSIC APPRECIATION G LV  
9:30 WHATS IN THE NEWS G LV  
10:00 KEEP YOUR BODY HEALTHY G LV  
10:30 WALKING CLUB G CM  
11:00 FINISH THE LYRICS G LV  
11:30 WORDS THAT START WITH "T" G LV  
1:30 BEAN BAG TOSS RS LV  
1:30 FRESH AIR CLUB G CY  
3:00 HAPPY HOUR G/RS B  
4:00 LAUGHTER IS THE BEST MEDICINE G B  
6:00 WEEKEND BINGO RS B  
7:00 MOVIE CLUB RS M

**25 JOINT HAPPY HOUR WITH EAST COURTYARD**  
9:00 MUSIC IN THE MORNING DA LV  
9:30 TODAY'S HEADLINES DA LV  
10:00 COMMUNION WITH JAMES V DR  
10:00 FITNESS BENEFITS DA LV  
10:30 SUNDAY STROLL DA CM  
11:00 DAILY CROSSWORD DA LV  
11:30 FAMILY FEUD E LV  
1:30 MIND JOGGERS DA LV  
2:00 GAMES IN COURTYARD E/DACY  
3:00 HAPPY HOUR ICE CREAM DA/EB  
4:00 KARAOKE DA B  
6:00 BINGO FOR CASH E B  
7:00 SUNSET MOVIE RS M

**26 NATIONAL DOG DAY**  
9:00 ROCK & ROLL DA LV  
9:30 BREAKING NEWS DA LV  
10:00 MORNING MOVEMENTS DA LV  
10:30 WALKING CLUB DA CM  
11:00 DOG TRIVIA DA LV  
11:30 SHARE PET MEMORIES DA LV  
1:00 SCRABBLE CLUB V GR  
1:30 NAME THAT TUNE D LV  
2:00 CIRCLE SOCCER D LV  
3:00 HAPPY HOUR DA/DB  
4:00 JOKES & RIDDLES DA B  
6:00 B.I.N.G.O. D B  
7:00 MOVIES, MOVIES, MOVIES RS M

**27 MONTHLY BDAY PARTY WITH JOHN CIOTTA**  
9:00 ACOUSTIC SUNRISE D LV  
9:30 LOCAL NEWS D LV  
10:00 TONE UP TUESDAY D LV  
10:30 WALKING CLUB D CM  
11:00 WORD WATERFALL D LV  
11:30 ANAGRAMS G LV  
1:00 MANICURES BY APPT G B  
1:30 JOHN CIOTTA SINGER E LV  
3:00 HAPPY HOUR DEVILED EGGS D/G B  
4:00 WHO AM I? D B  
6:00 JACKPOT BINGO G B  
7:00 MOVIES WE LOVE RS M

**28 BBQ**  
9:00 MUSIC, MUSIC, MUSIC D LV  
9:30 NEWS & VIEWS D LV  
10:00 STRENGTH TRAINING D LV  
10:30 WALKING CLUB D CM  
11:00 WHATS YOUR ADVICE? D LV  
11:30 BBQ DA/D CY  
1:00 SCRABBLE CLUB V GR  
1:30 WORD IN A WORD D LV  
1:30 COLORING DA B  
2:00 FAMILY FEUD D LV  
3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B  
4:00 BOOK CLUB S B  
4:00 BOARD GAMES D B  
6:00 SPEED BINGO DA B  
7:00 MOVIE NIGHT RS M

**29 RESIDENT COUNCIL/FOOD COMMITTEE**  
9:00 MUSIC IN THE AM D LV  
9:30 NEWS DISCUSSION D LV  
10:00 FITNESS EXPRESSIONS D LV  
10:30 WALKING CLUB D CM  
10:30 RESIDENT COUNCIL S BI  
11:00 FOOD COMMITTEE RS BI  
1:30 FACT OR FICTION E BI  
2:00 WORD IN A WORD D M  
3:00 HAPPY HOUR STRING CHEESE D/E B  
4:00 SING A LONGS D B  
6:00 BINGO RULES E B  
7:00 FEATURE FILM RS LV

**30 ROSARY/SHABBAT**  
9:00 FRIDAY BALLADS D LV  
9:30 TODAY'S HAPPENINGS D LV  
9:45 ROSARY V DR  
10:00 SHAPE IT UP D LV  
10:30 WALKING CLUB D CM  
11:00 ODD WORD OUT D LV  
11:30 TOSS & TALK BALL A LV  
1:30 WHO AM I TRIVIA D LV  
2:00 ANAGRAMS A LV  
3:00 HAPPY HOUR PEANUT BUTTER BANANA ROLL UP D/A B  
4:00 JOKES & RIDDLES D B  
4:30 SHABBAT DINNER/SERVICE V PDR  
6:00 NIGHTLY BINGO A B  
7:00 MOVIE TIME RS M

**31 DESIGN TIE DYE SHIRT**  
9:00 TOP HITS OF THE 60'S G LV  
9:30 NEWS OF THE DAY G LV  
10:00 FITTER, HEALTHIER, HAPPIER G LV  
10:30 WALKING CLUB G CM  
11:00 DAILY CROSSWORD G LV  
1:30 DESIGN TIE DYE SHIRT RS B  
1:30 ARTHUR GODFREY BIO RS LV  
2:00 FAMILY FEUD RS LV  
3:00 HAPPY HOUR G/RS B  
4:00 STORY TELLING G B  
6:00 BINGO TIME RS B  
7:00 LETS GO TO THE MOVIES RS M