


SEPTEMBER 2024

The Arbors At ISLANDIA EAST

Tel: 631-232-3131
www.thearborsassistedliving.com

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 R.C. COMMUNION W/JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST. PATRICK'S A/L O 10:15 EXERCISE D LO 11:00 BOGGLE L LO 1:15 AFTERNOON MOVIE D M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 WHEEL OF FORTUNE A LO 3:00 HAPPY HOUR SUNDAES A/L B 4:00 WORD GAMES L LO 6:15 AFTER DINNER BINGO A G 7:15 NIGHT FLICK A M	2 LABOR DAY 9:30 NEWS & VIEWS G LO 10:00 SIT & BE FIT G LO 10:00 ROSARY PRAYER SERVICE RL M 10:30 OLYMPICS LADDER BALL PRACTICE G LO 11:00 BELIEVE IT OR NOT G LO 1:15 MATINEE G M 1:15 BINGO! RS G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR G B 4:00 JEOPARDY G LO 6:15 BINGO ANYONE? RS G 7:15 FEATURE FILM RS M	3 RESIDENT COUNCIL/FOOD COUNCIL/BBQ 9:30 WORLD NEWS G LO 10:00 WEEKDAY WORKOUT G LO 10:30 RESIDENT COUNCIL MEETING RL M 11:00 FOOD COUNCIL MEETING RL M 12:00 BBQ LUNCH RS CY 1:15 MOVIE TIME G M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 OLYMPICS AXE THROWING PRACTICE G LO 3:00 HAPPY HOUR PIGS IN A BLANKET G/S B 4:00 TRIVIA CHALLENGE G LO 6:15 ALL ABOUT BINGO S G 7:15 EVENING MOTION PICTURE S M	4 NIGHT MOVIE "LA LA LAND" IN THE 9:30 NEWS FLASH RS LO 10:00 CHAIR YOGA RS LO 10:30 LUTHERAN SERVICE W/ PASTOR ZACHARY VEN G 10:30 OLYMPICS CORNHOLE PRACTICE RS LO 11:00 SCATERGORIES RS LO 1:15 MID DAY SHOW A M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL G 2:00 OLYMPICS BASKETBALL PRACTICE RS LO 3:00 HAPPY HOUR ROOTBEER FLOATS RS B 4:00 MULTIPLE CHOICE RS LO 6:15 6 GAME BINGO RS G 7:30 NIGHT MOVIE "LA LA LAND" IN THE COURTYARD RS CY	5 DEBRA TOSCANO ENTERTAINMENT 9:30 GOOD NEWS TODAY S LO 10:00 FITNESS FUN S LO 10:30 TABLE TOP GAMES S LO 11:00 WORD SCRAMBLE S LO 1:15 AFTERNOON FLICK S M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 DEBRA TOSCANO ENTERTAINMENT VEN LO 3:00 HAPPY HOUR LOADED POTATO SKINS S/L B 4:00 FAMOUS FOLKS TRIVIA S LO 6:15 BINGO CHALLENGE L G 7:15 MOVIE NIGHT L M	6 TRIP TO WALMART 9:30 HAPPENINGS S/MR LO 10:00 TRIP TO WALMART S/MR CY 10:00 STRETCHING S/MR LO 10:30 COURTYARD WALK MR CY 11:00 TRIVIA CHALLENGE S/MR LO 1:15 MID DAY MOVIE MR M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 OLYMPICS AXE THROWING PRACTICE S/MR LO 3:00 HAPPY HOUR FRUIT COCKTAIL S/MR/L B 4:00 FAMILY FEUD S/MR LO 6:15 BINGO ANYONE? L G 7:15 MOVIE IN THE ARBORS THEATER L M	7 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 OLYMPICS LADDER BALL PRACTICE S/MR LO 3:00 HAPPY HOUR S/MR/L B 4:00 NAME 10 S/MR LO 6:15 WEEKEND BINGO L G 7:15 NIGHT AT THE MOVIES L M	
8 GRANDPARENTS DAY EVENTS 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST. PATRICK'S A/L O 10:15 OLYMPICS CORNHOLE PRACTICE D LO 11:00 MULTIPLE CHOICE D LO 1:15 WEEKEND MATINEE L M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 ANDREW ENTERTAINMENT VEN CY 3:00 HAPPY HOUR SUNDAES/GRANDPARENTS PHOTO BOOTH A/L CY 4:00 TRIVIA CHALLENGE L LO 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	9 WEAR YOUR FAVORITE SPORT 9:30 CURRENT EVENTS G LO 10:00 EXERCISE G LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 OLYMPICS BASKETBALL PRACTICE G LO 11:00 BOGGLE G LO 1:15 AFTERNOON MOVIE G M 1:15 BINGO! RS G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR G B 4:00 WORD GAMES G LO 6:15 AFTER DINNER BINGO RS G 7:15 NIGHT FLICK RS M	10 LIBRARY VISIT/CRAZY SOCKS DAY 9:30 NEWS & VIEWS G LO 10:00 TUESDAY TONING G LO 10:00 LIBRARY VISIT VEN B 10:30 OLYMPICS LADDER BALL PRACTICE G LO 11:00 FACT OR FICTION G LO 1:15 MATINEE G M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 OLYMPICS CORN HOLE PRACTICE G LO 3:00 HAPPY HOUR DONUT HOLES G/S B 4:00 JEOPARDY G LO 6:15 BINGO ANYONE? S G 7:15 FEATURE FILM S M	11 PATRIOT DAY (RED WHITE & BLUE) 9:30 WORLD NEWS RS LO 10:00 WEDNESDAY WORKOUT RS LO 10:30 WALK TO THE COURTYARD RS CY 11:00 WHEEL OF FORTUNE RS LO 1:15 MOVIE TIME RS M 1:15 BINGO! RS G 1:30 TRIP TO THE BEACH A O 2:00 THREE THIRTEEN CLUB RL G 2:00 WHAT WOULD YOU DO? RS LO 3:00 HAPPY HOUR ROOTBEER FLOATS RS B 4:00 TRIVIA TEASERS RS LO 6:15 ALL ABOUT BINGO A G 7:15 EVENING MOTION PICTURE A M	12 THE 5 ARBORS OLYMPICS/WEAR RED 9:30 DAILY NEWS S LO 10:00 THE 5 ARBORS OLYMPICS 10AM-3PM RS CY 10:00 OLYMPICS WARM UP S LO 10:30 WALKING CLUB S LO 11:00 SCATERGORIES S LO 1:15 MID DAY SHOW L M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 JUMBO GAMES L LO 3:00 HAPPY HOUR TOASTED RAVIOLI S/L B 4:00 GUESSING GAME S LO 6:15 BINGO! L G 7:15 TONIGHT'S FEATURE FILM L M	13 CRAZY HAT DAY 9:30 GOOD NEWS DAY S/MR LO 10:00 FITNESS FUN S/MR LO 10:30 WALKING CLUB S/MR LO 11:30 TID BITS OF TRIVIA S/MR LO 12:00 TAKE-IN SUBWAY L B 1:15 FRIDAY AFTERNOON FLICK L M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 CRAFTING WITH SARAH S LO 3:00 HAPPY HOUR VEGGIES & RANCH DIP S/MR/L B 4:00 BRAIN BENDERS S/MR LO 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY NIGHT FLICK L M	14 BANDANA DAY 9:30 HAPPENINGS S/MR LO 10:00 STRETCHING S/MR LO 10:30 COURTYARD WALK S/MR LO 11:00 FASCINATING FACTS S/MR LO 1:15 MID DAY MOVIE S/MR LO 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 6:15 BINGO ANYONE? L G 7:15 WEEKEND MOVIE L M	
15 R.C. COMMUNION W/JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST. PATRICK'S A/L O 10:15 FITNESS FUN D LO 11:00 GUESSING GAME D LO 1:15 MOVIE TIME L M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 TABLE GAMES A LO 3:00 HAPPY HOUR SUNDAES A/L B 4:00 CROSSWORD L LO 6:15 EVENING BINGO A G 7:15 NIGHT TIME MOVIE A M	16 VENDOR 3 SISTERS GLASS 9:30 VENDOR 3 SISTERS GLASS 9:30AM-4PM VEN LO 9:30 GOOD NEWS TODAY G LO 10:00 ROSARY PRAYER SERVICE RL M 10:00 MORNING WARM UP G CY 10:30 WALKING CLUB G LO 11:00 MULTIPLE CHOICE G M 1:15 MATINEE G G 1:15 BINGO! RS W 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR G B 4:00 WORD PUZZLES G LO 6:15 LATE DAY BINGO RS G 7:15 EVENING MOVIE IN THE CINEMA RS M	17 HIBACCHI LUNCH TRIP 9:30 CURRENT EVENTS G LO 10:00 EXERCISE G LO 10:30 WALKING CLUB G LO 11:00 BOGGLE G LO 11:30 HIBACCHI LUNCH TRIP S/RS O 1:15 AFTERNOON MOVIE RS M 1:15 BINGO! RS G 2:00 MAH JONG CLUB RL G 2:00 JUMBO PONG RS LO 3:00 HAPPY HOUR CHEESE FRIES RS B 4:00 NAME THAT CELEBRITY G LO 6:15 AFTER DINNER BINGO S G 7:15 NIGHT FLICK S M	18 NEHA DANCE PERFORMANCE 9:30 NEWS & VIEWS RS LO 10:00 SIT AND BE FIT RS LO 10:30 WALKING CLUB RS LO 1:15 MATINEE A M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL G 2:00 NEHA DANCE PERFORMANCE VEN LO 3:00 HAPPY HOUR ROOTBEER FLOATS RS B 4:00 JEOPARDY RS LO 6:15 BINGO ANYONE? A G 7:15 FEATURE FILM A M	19 JIM PAPA ENTERTAINMENT/CHEZ ARBORS LUNCH 9:30 WORLD NEWS S LO 10:00 EXERCISE S LO 10:30 WALKING CLUB S LO 11:00 WHEEL OF FORTUNE S LO 1:00 CHEZ ARBORS LUNCH RS PDR 1:15 MOVIE TIME S M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 JIM PAPA ENTERTAINMENT VEN LO 3:00 HAPPY HOUR SWEET TATOR TOTS S/L B 4:00 TRIVIA CHALLENGE S LO 6:15 BINGO PARTY! L G 7:15 EVENING MOVIE L M	20 YOGA WITH RAY 9:30 YOGA WITH RAY VEN LO 10:15 WALKING CLUB S/MR LO 11:00 OUTBURST S/MR LO 1:15 MID DAY SHOW L B 1:15 BINGO! S/MR M 2:00 THREE THIRTEEN CLUB L G 2:00 PAINTING WITH SARAH RL G 3:00 HAPPY HOUR APPLES & PEANUT BUTTER S/MR LO 4:00 FUN FACT FRIDAY S/MR/L B 6:15 BIG BUCKS BINGO S/MR LO 7:15 MOVIE NIGHT L G	21 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 AFTERNOON MOVIE L G 1:15 BINGO! L 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 6:15 BINGO TIME L G 7:15 EVENING FILM L M	
22 AUTUMN OPEN HOUSE/BANJO RASCALS 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST. PATRICK'S A/L O 10:15 SWAY TO THE MUSIC D LO 11:00 JEOPARDY D LO 1:15 MOVIE IN THE CINEMA L M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 AUTUMN OPEN HOUSE/BANJO RASCALS RS LO 3:00 HAPPY HOUR SUNDAES A/L B 4:00 MIND BENDERS L LO 6:15 WHO'S PLAYING BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	23 ROSARY PRAYER SERVICE 9:30 HAPPENINGS G LO 10:00 FLEX AND STRETCH G LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB G LO 11:00 GUESSING GAME G LO 1:15 MOVIE TIME G M 1:15 BINGO! G G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR G/RS B 4:00 CROSSWORD G LO 6:15 BINGO TIME RS G 7:15 EVENING MOVIE RS M	24 MARGUERITA ROSE ENTERTAINMENT 9:30 NEWS AROUND TOWN G LO 10:00 FITNESS FUN G LO 10:30 COURTYARD WALK G CY 11:00 MULTIPLE CHOICE G LO 1:15 AFTERNOON MOVIE G M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 MARGUERITA ROSE ENTERTAINMENT VEN LO 3:00 HAPPY HOUR SOFT PRETZELS G/S B 4:00 WORD SCRAMBLE G LO 6:15 BINGO BONANZA S G 7:15 MOVIE NIGHT S M	25 ACTIVITY PLANNING MEETING 9:30 WORLD NEWS RS LO 10:00 EXERCISE RS LO 10:30 ACTIVITY PLANNING MEETING V M 11:00 WORD CHALLENGE RS LO 1:15 MOVIE TIME RS M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL G 2:00 TABLE TOP BOWLING A LO 3:00 HAPPY HOUR ROOTBEER FLOATS A/RS B 4:00 FINISH THE LYRICS RS LO 6:15 LATE DAY BINGO A G 7:15 NIGHT FLICK A M	26 KOHLS SHOPPING TRIP 9:30 CURRENT EVENTS S LO 10:00 KOHLS SHOPPING TRIP S/RS O 10:00 SIT AND BE FIT RS LO 10:30 WALKING CLUB RS LO 11:00 GROUP CROSSWORD RS LO 1:15 MATINEE RS M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 JUMBO PONG S LO 3:00 HAPPY HOUR FRIED CHICKEN NUGGETS S/L B 4:00 JEOPARDY S LO 6:15 BINGO! L G 7:15 THURSDAY SHOWING L M	27 TAKE-IN PIZZA/SHABBAT DINNER ON WEST 9:30 NEWS & VIEWS S/MR LO 10:00 EXERCISE S/MR LO 10:30 AUTUMN MEDITATION S/MR LO 11:00 WHEEL OF FORTUNE S/MR LO 12:00 TAKE IN PIZZA L B 1:15 AFTERNOON MOVIE L M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 YOU BE THE JUDGE S/MR/LLO 3:00 HAPPY HOUR CHEESE & CRACKERS S/MR/L B 4:00 TRIVIA TIME S/MR LO 4:30 SHABBAT DINNER ON WEST RS WPDR 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY FILM L M	28 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 6:15 EVENING BINGO L G 7:15 NIGHT MOVIE AT THE CINEMA L M	
29 R.C. COMMUNION W/JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST. PATRICK'S A/L O 10:00 TOP STORIES TODAY D LO 10:30 SUNDAY WORKOUT D LO 11:00 MULTIPLE CHOICE D LO 1:15 AFTERNOON MOVIE L M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 COURTYARD GAMES A CY 3:00 HAPPY HOUR SUNDAES A/L B 4:00 TRAVEL TRIVIA L LO 6:15 AFTER DINNER BINGO A G 7:15 MOVIE NIGHT A M	30 ROSARY PRAYER SERVICE 9:30 WHAT'S UP G LO 10:00 TOTAL FITNESS G LO 10:00 ROSARY PRAYER SERVICE RL M 10:30 COURTYARD WALK G CY 11:00 WORD CHALLENGE G LO 1:15 MATINEE G M 1:15 BINGO! G G 2:00 PENNY POKER CLUB RL G 2:00 POOL CLUB G LO 3:00 HAPPY HOUR G/RS B 4:00 BOGGLE G LO 6:15 LATE DAY BINGO RS G 7:15 MOVIE TIME RS M			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.