


SEPTEMBER 2024

The Arbors At ISLANDIA WEST TRANSITIONS

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 COMMUNION 9:00 MUSICAL NOTES SS LV 9:30 HOT TOPICS SS LV 10:00 STRONG MIND, STRONG BODY SS LV 10:30 COMMUNION WITH JAMES V LV 11:00 WALKING CLUB A CM 11:30 A TO Z A LV 1:30 OLYMPIC TRAINING LADDERBALL A LV 1:30 NON COOKING PUDDING CUPS SS M 2:00 MICHAEL DOUGLAS BIO A LV 3:00 HAPPY HOUR ICE CREAM A/SS LV 4:00 WHO AM I? SS LV 6:00 NIGHTLY MOVIE RS LV	2 LABOR DAY 9:00 WAKE UP TO THE SOUND OF MUSIC E LV 9:30 ALL THE NEWS THAT FIT TO PRINT E LV 10:00 ONE WORKOUT AT A TIME E/SE LV 10:30 WALKING CLUB SE CM 11:00 HOT POTATO SE/E LV 11:30 ABRAHAM COMFORT DOG VISIT V LV 1:30 LABOR DAY FACTS E LV 1:30 COLOR YOUR CARES AWAY SE AR 2:00 WORD IN A WORD E LV 3:00 HAPPY HOUR RED BEAN DIP SE/E LV 4:00 SING A LONGS SE LV 6:00 MOVIES AT NIGHT RS LV	3 LABOR DAY BBQ 9:00 COUNTRY TUNES DA LV 9:30 TODAY'S TOP STORIES DA LV 10:00 REFRESH YOUR FITNESS DA LV 10:30 WALKING CLUB E/DA CM 11:00 LABOR DAY BBQ DA/E CY 1:30 MANICURES BY APPT E/DA AR 1:30 DAILY CROSSWORD DA LV 2:00 WORDS THAT START WITH "S" DA LV 3:00 HAPPY HOUR PIGS IN A BLANKET DA/E LV 4:00 JOKES & RIDDLES DA/E LV 6:00 SILVER SCREEN CLASSICS RS M	4 9:00 CROONERS AND SWOONERS E LV 9:30 NEWS DISCUSSION E LV 10:00 SWEAT NOW SHINE LATER E LV 10:30 WALKING CLUB G CM 11:00 NAME 10..15..20 E LV 11:30 MATCH GAME G LV 1:30 SCRABBLE CLUB G AR 1:30 FAMILY FEUD E LV 2:00 FACT OR FICTION E LV 3:00 HAPPY HOUR ICE CREAM E/G LV 4:00 YOU BE THE JUDGE G LV 6:00 MID WEEK MOVIE RS LV	5 9:00 THE MAGIC OF MUSIC DA LV 9:30 TODAY'S HAPPENINGS DA LV 10:00 WHERE FITNESS MEETS FUN DA LV 10:30 WALKING CLUB G CM 11:00 BINGO G LV 11:30 ONE ON ONE'S DA RR 1:30 FRESH AIR CLUB DA/G CY 1:30 FINISH THE PHRASE DA/G CY 2:00 OLYMPIC TRAINING BEAN BAG TOSS DA/G CY 3:00 HAPPY HOUR LOADED POTATO SKINS DA/G LV 4:00 NAME THAT TUNE DA/G LV 6:00 MOVIES WE LOVE RS LV	6 NATIONAL READ A BOOK DAY 9:00 MUSIC SOOTHES THE SOUL G LV 9:30 CURRENT EVENTS G LV 10:00 COMMIT TO BE FIT G LV 10:30 WALKING CLUB G/SS CM 11:00 ODD WORD OUT G/ZZ LV 11:30 A TO Z SS LV 1:30 SCRABBLE CLUB SS AR 1:30 URBAN MYTHS G LV 2:00 NAME THE FAMOUS FACE G LV 3:00 HAPPY HOUR FRUIT COCKTAIL SS/G LV 4:00 ARMCHAIR TRIVIA SS/G LV 6:00 TGIF MOVIES RS LV	7 9:00 WE PLAY THE HITS A LV 9:30 WEEKEND UPDATE A LV 10:00 GET IN SHAPE, FEEL GREAT! A/SS LV 10:30 SATURDAY STROLL A/SS CM 11:00 DAILY CROSSWORD SS LV 11:30 ONE ON ONE'S A RR 1:30 MAGAZINE SCAVENGER HUNT SS AR 1:30 30 MINUTE MYSTERIES A LV 2:00 NAME 10..15..20 A LV 3:00 HAPPY HOUR ASSORTED CHIPS A/SS LV 4:00 FINISH THE PHRASE A/SS LV 6:00 SATURDAY EVENING SHOWING RS LV	
8 GRANDPARENTS DAY 9:00 TIME TO ROCK N ROLL SS LV 9:30 HEADLINERS SS LV 10:00 TOO FIT TOO QUIT SS LV 10:30 COMMUNION WITH JAMES V LV 11:00 GRANDPARENTS TRIBUTE SS/A LV 11:30 WALKING CLUB SS/A CM 1:30 BINGO A LV 1:30 SCRAP PAPER ART SS AR 2:00 BOARD GAMES & PUZZLES SS AR 3:00 HAPPY HOUR ICE CREAM SS/A LV 4:00 ARMCHAIR TRIVIA SS/A LV 6:00 MOVIE TIME RS LV	9 SPORT THEME DAY 9:00 BEATLES SINGLES E LV 9:30 NEWSDAY E LV 10:00 ENERGIZE YOUR LIFE E LV 10:30 WALKING CLUB SE CM 11:00 FAMILY FEUD SE LV 11:30 TRUE OR FALSE SE LV 1:30 SCRABBLE CLUB SE AR 1:30 CHICKEN SOUP FOR THE SOUL E LV 2:00 MATCH GAME E LV 3:00 HAPPY HOUR CRAB DIP SE/E LV 4:00 FILL IN THE BLANK E/SE LV 6:00 MOTION PICTURE MONDAY RS LV	10 LUNCH TRIP TO IHOP 9:00 SMOOTH JAZZ DA LV 9:30 CURRENT EVENTS DA LV 10:00 FEEL GREAT INSIDE & OUT E/DA LV 10:30 WALKING CLUB E/DA CM 10:30 LUNCH TRIP TO IHOP DA O 11:00 WORD IN A WORD E/DA LV 1:30 MANICURES BY APPT DA AR 1:30 OLYMPIC TRAINING LADDERBALL E/DA LV 3:00 HAPPY HOUR DONUT HOLES E/DA LV 4:15 HIDDEN MYSTERIES DA LV 6:00 MOVIES MOVIES MOVIES RS LV	11 PATRIOT DAY 9:00 DOO WOP HITS E LV 9:30 DAILY CHRONICLES E LV 10:00 SHAPE IT UP E LV 10:30 WALKING CLUB E/G CM 11:00 WORDS THAT START WITH "E" E LV 11:30 FILL IN THE BLANK G LV 1:30 NAME 10..15..20 E LV 1:30 CREATE A FALL WREATH G AR 2:00 MUSICAL HANGMAN E LV 3:00 HAPPY HOUR ICE CREAM E/G LV 4:00 FAMILY FEUD G LV 6:00 MOVIE TO ENJOY RS LV	12 ARBORS OLYMPICS 9:00 MOTOWN CLASSICS DA LV 9:30 HAPPENINGS AND HOROSCOPES DA LV 10:00 OLYMPICS 10AM-3PM DA E 10:00 STRETCH AND FLEX G LV 10:30 WALKING CLUB G CM 11:00 ODD WORD OUT G LV 11:30 A TO Z G LV 1:30 SHOUT OUT TRIVIA G LV 2:00 CHICKEN SOUP FOR THE SOUL G LV 3:00 HAPPY HOUR TOASTED RAVIOLI G/DA LV 4:00 BINGO WAS HIS NAME-O G LV 6:00 WHAT'S PLAYING AT THE MOVIES? RS LV	13 CRAZY HAT DAY 9:00 MORNING MUSIC G LV 9:30 BREAKING NEWS G LV 9:45 ROSARY V M 10:00 FITTER, HEALTHIER, HAPPIER G LV 10:30 WALKING CLUB SS CM 11:00 NAME 10..15..20 SS LV 11:30 WORD IN A WORD OO LV 1:30 SCRABBLE CLUB SS AR 1:30 FACT OR FICTION G LV 2:00 URBAN MYTHS G LV 3:00 HAPPY HOUR CARROTS/CELERY SS/G LV 4:00 NAME THAT TUNE G LV 6:00 FRIDAY FLICK RS LV	14 NATIONAL COLORING DAY 9:00 SONGS FOR ALL A LV 9:30 WEEKEND IN REVIEW A LV 10:00 HUSTLE TO ACQUIRE MUSCLE A LV 10:30 WALKING CLUB SS/A CM 11:00 21 QUESTIONS SS LV 11:30 COFFEE AND CROSSWORDS SS LV 1:30 UNSCRAMBLE THE LETTERS A LV 1:30 CREATIVE COLORING SS AR 2:00 WHAT YEAR WAS THAT? A LV 3:00 HAPPY HOUR CHEEZ IT'S A/SS LV 4:00 CONVERSATION STARTERS SS/A LV 6:00 LETS GO TO THE MOVIES RS LV	
15 COMMUNION 9:00 SUNDAY SERENADES SS LV 9:30 TODAY'S NEWS SS LV 10:00 SPRING INTO FITNESS SS LV 10:30 COMMUNION WITH JAMES V LV 11:00 WALKING CLUB SS/A CM 11:30 DAILY CROSSWORD A LV 1:30 NON COOKING GARLIC TOAST PIZZA SS AR 1:30 FACT OR FICTION A LV 2:00 YOU BE THE JUDGE A LV 3:00 HAPPY HOUR ICE CREAM A/SS LV 4:00 WOULD YOU RATHER? A/SS LV 6:00 MOVIES TO ENJOY RS LV	16 9:00 MUSICAL TUNES E LV 9:30 TODAY'S TOP STORIES E LV 10:00 STRETCH & FLEX E LV 10:30 WALKING CLUB E/SE CM 11:00 WHO AM I? SEPTEMBER BIRTHDAYS E LV 11:30 WHEEL OF FORTUNE SE LV 1:30 ONE ON ONE'S SE RR 1:30 COURTYARD CHAT SE/E CY 2:00 MOVIE STAR TRIVIA SE/E CY 3:00 HAPPY HOUR CHEESE DIP SE/E LV 4:00 KARAOKE SE LV 6:00 MOTION PICTURE MONDAY RS LV	17 CONSTITUTION DAY 9:00 1960'S CLASSICS DA LV 9:30 WHAT'S IN THE NEWS? DA LV 10:00 FITNESS RULES! DA LV 10:30 WALKING CLUB DA/E CM 11:00 BRAIN TEASERS DA LV 11:30 WORD WATERFALL E/DA LV 1:30 CONSTITUTION DAY FACTS DA LV 1:30 MANICURES BY APPT E AR 2:00 TOSS & TALK BALL DA LV 3:00 HAPPY HOUR CHEESE FRIES DA/E LV 4:00 JOKES & RIDDLES DA/E LV 6:00 FEATURE FILM RS LV	18 BUS TRIP HOLTSVILLE ECOLOGY CENTER 9:00 CROONERS AND SWOONERS E LV 9:30 NEWS AND VIEWS E LV 10:00 TOO FIT TO QUIT E LV 10:30 WALKING CLUB E/G CM 11:00 MATCH GAME E LV 11:30 NAME 10..15..20 E LV 1:00 HOLTSVILLE ECOLOGY CENTER G O 1:30 KEEP UP THE BALLOON E LV 2:00 BOWLING E LV 3:00 HAPPY HOUR ICE CREAM E/G LV 4:00 WHO SAID THAT? E/G LV 6:00 MEET ME AT THE CINEMA RS LV	19 HAPPINESS GROUP WITH CAT 9:00 CLASSICAL MUSIC DA LV 9:30 NEWS FLASH DA LV 10:00 LETS GO EXERCISE DA LV 10:30 WALKING CLUB DA/G CM 11:00 BIO ON FRANCES FARMER DA LV 11:30 WORDS THAT START WITH "M" G LV 1:30 FILL IN THE BLANK G LV 1:30 HAPPINESS GROUP WITH CAT DA AR 2:00 DAILY CROSSWORD G LV 3:00 HAPPY HOUR SWEET TATOR TOTS G/DA LV 4:00 CHICKEN SOUP FOR THE SOUL DA LV	20 9:00 MOTOWN HITS G LV 9:30 NEWS DISCUSSION G LV 10:00 SENIOR FITNESS G LV 10:30 WALKING CLUB G/SS CM 11:00 WORD IN A WORD SS LV 11:30 A TO Z SS LV 12:00 VETS BBQ SS AR 1:30 SCRABBLE CLUB SS AR 1:30 POEMS & SHORT STORIES G LV 2:00 FINISH THE PHRASE G LV 3:00 HAPPY HOUR APPLES & PEANUT BUTTER G/SS LV 4:00 SHARING EXPERIENCES SS/G LV 6:00 FILM FRIDAY RS LV	21 BIRTHDAY PARTY TOM ADAMO 9:00 LOVELY TUNES A LV 9:30 WEEKEND UPDATE A LV 10:00 SHAKE IT WORK IT A/SS LV 10:30 WEEKEND STROLL A/SS CM 11:00 FUN TIDBITS ABOUT SEPTEMBER A LV 11:30 MUSICAL HANGMAN SS LV 1:30 MONTHLY BIRTHDAY PARTY E LV 2:30 FINISH THE LYRICS A/SS LV 3:00 HAPPY HOUR BBQ CHIPS A/SS LV 4:00 SHOUT OUT TRIVIA A/SS LV 6:00 SATURDAY SHOWING RS LV	
22 FALL FAMILY BINGO 9:00 AUTUMN PLAYLIST SS LV 9:30 NEWS FLASH SS LV 10:00 THE CALL TO FALL INTO FITNESS SS LV 10:30 COMMUNION WITH JAMES V LV 11:00 AUTUMN STROLL SS/A CM 11:30 A TO Z A LV 1:30 BINGO SS LV 1:30 ONE ON ONE'S A RR 3:00 HAPPY HOUR ICE CREAM SS/A LV 4:00 JOKES & RIDDLES SS/A LV 6:00 MOVIE SHOWING RS LV	23 PET THERAPY WITH LUKE 9:00 MONDAY MELODIES E LV 9:30 TODAY'S HEADLINERS E LV 10:00 WAKE UP WORK OUT E LV 10:30 WALKING CLUB SE CM 11:00 FAMILY FEUD E LV 11:30 PET THERAPY WITH LUKE V LV 1:30 SCRABBLE CLUB SE AR 1:30 BIO ON RAY CHARLES E LV 2:00 RAY CHARLES SONGS E LV 3:00 HAPPY HOUR ONION DIP E/SE LV 4:00 NAME 10..15..20 SE LV 6:00 MOVIE MANIA RS LV	24 9:00 MUSIC APPRECIATION DA LV 9:30 NEWSDAY DA LV 10:00 SENIOR WORKOUT DA/E LV 10:30 WALKING CLUB DA/E CM 11:00 UNSCRAMBLE THE LETTERS DA LV 11:30 WORD IN A WORD DA LV 1:30 MANICURES BY APPT E AR 1:30 BEAN BAG TOSS DA LV 2:00 WHEEL OF FORTUNE DA LV 3:00 HAPPY HOUR SOFT PRETZEL BITES DA/E LV 4:00 A TO Z DA/E LV 6:00 SUNSET MOVIE RS LV	25 9:00 ELVIS CLASSICS E LV 9:30 TODAY'S NEWS E LV 10:00 CHAIR EXERCISES E LV 10:30 WALKING CLUB E/G CM 11:00 YOU BE THE JUDGE E LV 11:30 WORD WATERFALL G LV 1:30 QUIPO QUIZ G LV 1:30 ONE ON ONE'S E RR 2:00 NAME THE FAMOUS FACE G LV 3:00 HAPPY HOUR ICE CREAM E/G LV 4:00 KARAOKE E/G LV 6:00 MOVIES MOVIES MOVIES RS LV	26 9:00 BIG BAND ERA DA LV 9:30 NATIONAL & LOCAL NEWS DA LV 10:00 MORNING WARMUPS DA LV 10:30 WALKING CLUB DA/G CM 11:00 WOULD YOU RATHER? DA LV 11:30 ARMCHAIR TRIVIA G LV 1:30 SHORT STORIES G LV 1:30 CLAY FOR DEXTERITY DA AR 2:00 LADDER BALL G LV 3:00 HAPPY HOUR CHICKEN NUGGETS DA/G LV 4:00 QUIPO QUIZ DA/G LV 6:00 MOTION PICTURE RS LV	27 ROSARY/HABBAT 9:00 SHOW TUNES G LV 9:30 CURRENT EVENTS G LV 9:45 ROSARY V M 10:00 LETS EXERCISE SS LV 10:30 WALKING CLUB SS/G CM 11:00 MUSICAL HANGMAN SS LV 11:30 NAME 10..15..20 G LV 1:30 GET CREATIVE WITH PAINT SS AR 1:30 TRUE OR FALSE G LV 2:00 30 MINUTE MYSTERIES G LV 3:00 HAPPY HOUR CHEESE & CRACKERS G/SS LV 4:00 ARMCHAIR TRIVIA G/SS LV 6:00 FRIDAY FILM RS LV	28 9:00 SONGS FOR ALL A LV 9:30 SATURDAY POST A LV 10:00 WEEKEND IN REVIEW A LV 10:30 SATURDAY STROLL A/SS CM 11:00 DAILY CROSSWORD A LV 11:00 ONE ON ONE'S SS RR 1:30 URBAN MYTHS SS LV 2:00 FILL IN THE BLANK A LV 2:30 A TO Z A LV 3:00 HAPPY HOUR CHEESE PUFFS SS/A LV 4:00 WHO AM I? SS/A LV 6:00 BIG SCREEN CLASSIC RS LV	
29 PAINT IT FORWARD WORKSHOP 9:00 SWEET LYRICS SS LV 9:30 POSITIVE NEWS STORIES SS LV 10:00 COMMUNION V DR 10:00 GET ACTIVE SS/A 10:30 WEEKEND STROLL SS/A LV 11:00 PAINT IT FORWARD WORKSHOP V 11:00 UNSCRAMBLE THE LETTERS A B 11:30 ODD WORD OUT A LV 1:30 COURTYARD CHAT A/SE 1:30 CRAFTY CREATIONS SE 2:00 CONVERSATION STARTERS A 3:00 HAPPY HOUR ICE CREAM A/SEB 4:00 SHOUT OUT TRIVIA SE/A SB 6:00 MEET ME AT THE CINEMA RS B	30 BUS TRIP DUCK DONUTS 9:00 COUNTRY MUSIC E LV 9:30 HAPPENINGS & HOROSCOPES E LV 10:00 SIT & BE FIT E LV 10:30 WALKING CLUB SE CM 11:00 WORD IN A WORD E LV 11:30 ANAGRAM SE LV 1:15 BUS TRIP DUCK DONUTS SE O 1:30 CIRCLE SOCCER E LV 2:00 YOU BE THE JUDGE E LV 3:00 HAPPY HOUR PUMPKIN PIE DIP SE/E LV 4:00 WHAT YEAR WAS THAT? SE LV 6:00 MOVIE TIME RS LV			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