


SEPTEMBER 2024

The Arbors At ISLANDIA WEST

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www.thearborsassistedliving.com

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 COMMUNION 9:00 MUSICAL NOTES DA LV 9:30 HOT TOPICS DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 STRONG MIND, STRONG BODY DA LV 10:30 WEEKEND STROLL DA CM 11:00 A TO Z E LV 11:30 SPELL TOWER WORD GAME E LV 1:30 OLYMPIC TRAINING LADDERBALL DA LV 1:30 NON COOKING PUDDING CUPS E B 2:00 MICHAEL DOUGLAS BIO DA LV 3:00 HAPPY HOUR SUNDAES DA/EB 4:00 WHO AM I? DA B 6:00 EVENING BINGO E B 7:00 NIGHTLY MOVIE RS M	2 LABOR DAY-TRIP TO SHOPRITE 9:00 WAKE UP TO THE SOUND OF MUSIC DA LV 9:30 ALL THE NEWS THAT FIT TO PRINT DA LV 10:00 ONE WORKOUT AT A TIME DA LV 10:30 WALKING CLUB DA CM 10:30 BUS TRIP SHOPRITE SE O 11:00 ABRAHAM COMFORT DOG VISIT V LV 1:00 SCRABBLE CLUB V B 1:30 LABOR DAY FACTS D LV 1:30 COLOR YOUR CARES AWAY DA B 2:00 WORD IN A WORD D LV 3:00 HAPPY HOUR RED BEAN DIP D/DA B 4:00 SING A LONGS DA B 6:00 BINGO FOR CASH D B 7:00 MOVIES AT NIGHT RS M	3 LABOR DAY BBQ 9:00 COUNTRY TUNES D LV 9:30 TODAY'S TOP STORIES D LV 10:00 REFRESH YOUR FITNESS D LV 10:30 WALKING CLUB D LV 11:00 LABOR DAY BBQ D/G CY 1:00 MANICURES BY APPT G B 1:30 DAILY CROSSWORD D LV 2:00 WORDS THAT START WITH "S" D LV 3:00 HAPPY HOUR PIGS IN A BLANKET D/G B 4:00 JOKES & RIDDLES D B 6:00 BINGO TIME G B 7:00 SILVER SCREEN CLASSICS RS M	4 OUTDOOR EVENING MOVIE 9:00 CROONERS AND SWOONERS D LV 9:30 NEWS DISCUSSION D LV 10:00 SWEAT NOW SHINE LATER D LV 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 DA LV 11:30 MATCH GAME DA LV 1:00 SCRABBLE CLUB V B 1:30 FAMILY FEUD D LV 2:00 FACT OR FICTION D LV 3:00 HAPPY HOUR ROOTBEER FLOATS DA/DB 4:00 BOOK CLUB S BI 4:00 CARDS AT THE BAR D B 6:00 SPEED BINGO DA B 7:00 EVENING MOVIE LALA LAND RS CY	5 ACTIVITY COMMITTEE 9:00 THE MAGIC OF MUSIC D LV 9:30 TODAY'S HAPPENINGS D LV 10:00 WHERE FITNESS MEETS FUN D LV 10:30 WALKING CLUB D CM 11:00 ACTIVITY MEETING S BI 1:00 FRESH AIR CLUB D/E CY 1:30 FINISH THE PHRASE E LV 2:00 OLYMPIC TRAINING AXE THROWING D CY 3:00 HAPPY HOUR LOADED POTATO SKINS D/E B 4:00 NAME THAT TUNE D B 6:00 JACKPOT BINGO E B 7:00 MOVIES WE LOVE RS M	6 BUS TRIP COYLES ICE CREAM PARLOR 9:00 MUSIC SOOTHES THE SOUL D LV 9:30 CURRENT EVENTS D LV 10:00 COMMIT TO BE FIT D LV 10:30 WALKING CLUB D CM 11:00 KNITTING & CROCHET CLUB A BI 11:00 ODD WORD OUT D LV 11:30 A TO Z A LV 1:00 SCRABBLE CLUB V B 1:15 BUS TRIP COYLE'S ICE CREAM PARLOR A O 1:30 URBAN MYTHS D LV 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR FRUIT COCKTAIL D/A B 4:00 ARMCHAIR TRIVIA D B 6:00 FRIDAY NIGHT BINGO A B 7:00 TGIF MOVIES RS M	7 9:00 WE PLAY THE HITS G LV 9:30 WEEKEND UPDATE G LV 10:00 GET IN SHAPE, FEEL GREAT! G LV 10:30 SATURDAY STROLL G CM 11:00 DAILY CROSSWORD AM LV 11:00 ONE ON ONE'S G RR 1:30 COURTYARD CHAT G/AMCY 1:30 30 MINUTE MYSTERIES G LV 3:00 HAPPY HOUR ASSORTED CHIPS G/AMB 4:00 FINISH THE PHRASE G B 6:00 WEEKEND BINGO AM B 7:00 SATURDAY NIGHT SHOWING RS M
8 GRANDPARENTS DAY 9:00 TIME TO ROCK N ROLL DA LV 9:30 HEADLINERS DA LV 10:00 COMMUNION V DR 10:00 TOO FIT TOO QUIT DA LV 10:30 WEEKEND STROLL DA CM 11:00 GRANDPARENTS TRIBUTE E/DA LV 1:00 BALLOON ARTIST BRANDON E LV 3:00 HAPPY HOUR SUNDAES DA/EB 4:00 SHARE MEMORIES DA B 6:00 BINGO FUN E B 7:00 SILVER SCREEN CLASSICS RS M	9 TRADITIONAL INDIAN DANCE/SPORT THEMED DAY 9:00 DANCING TO MUSIC DA LV 9:30 NEWSDAY DA LV 10:00 ENERGIZE YOUR LIFE DA LV 10:30 WALKING CLUB DA CM 11:00 FAMILY FEUD D LV 11:30 TRUE OR FALSE DA LV 1:00 SCRABBLE CLUB V B 1:30 INDIAN DANCE V LV 1:30 ONE ON ONE'S DA RR 2:00 VETS CHAT WITH RAY V BI 3:00 HAPPY HOUR CRAB DIP DA/DB 4:00 GAMES AT THE BAR DA B 6:00 JACKPOT BINGO D B 7:00 MOVIES AT NIGHT RS M	10 FUNNY SOCK DAY 9:00 SMOOTH JAZZ D LV 9:30 CURRENT EVENTS D LV 10:00 FEEL GREAT INSIDE & OUT D LV 10:30 WALKING CLUB D CM 10:30 LIBRARY VISIT V BI 11:00 WORD IN A WORD D LV 11:30 FAMILY FEUD G LV 1:00 MANICURES BY APPT G B 1:30 OLYMPIC TRAINING CORN HOLE D LV 3:00 HAPPY HOUR G/D B 4:00 WHO AM I? D B 6:00 CASH BINGO G B 7:00 MOVIE TIME RS M	11 PATRIOT DAY 9:00 DOO WOP HITS D LV 9:30 DAILY CHRONICLES D LV 10:00 SHAPE IT UP D LV 10:30 WALKING CLUB D CM 11:00 WORDS THAT START WITH "E" DA LV 11:30 FILL IN THE BLANK DA LV 1:00 SCRABBLE CLUB V B 1:30 CREATE A FALL WREATH DA B 1:30 MUSICAL HANGMAN D LV 2:00 FACT OR FICTION D LV 3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B 4:00 CONVERSATION STARTERS D B 4:00 BOOK CLUB S BI 6:00 SPEED BINGO DA B 7:00 MOVIE TIME RS M	12 ARBORS OLYMPICS 9:00 MOTOWN CLASSICS D LV 9:30 HAPPENINGS AND HOROSCOPES D LV 10:00 OLYMPICS 10AM-3PM D E 10:00 STRETCH AND FLEX RS LV 10:30 WALKING CLUB RS CM 11:00 ODD WORD OUT RS LV 11:30 A TO Z RS LV 1:30 SHOUT OUT TRIVIA RS LV 2:00 CHICKEN SOUP FOR THE SOUL RS LV 3:00 HAPPY HOUR TOASTED RAVIOLI RS B 4:00 RUMMIKUB RS B 6:00 BINGO WAS HIS NAME-O E B 7:00 WHAT'S PLAYING AT THE MOVIES? RS M	13 CRAZY HAT DAY 9:00 MORNING MUSIC D LV 9:30 BREAKING NEWS D LV 9:45 ROSARY V M 10:00 FITTER, HEALTHIER, HAPPIER D LV 10:30 WALKING CLUB D CM 11:00 KNITTING & CROCHET CLUB A BI 11:30 TRIVIA SHOWDOWN D LV 1:00 SCRABBLE CLUB V B 1:30 BALLOON VOLLEYBALL D LV 2:00 URBAN MYTHS A LV 3:00 HAPPY HOUR CARROTS/CELERY A/D LV 4:00 NAME THAT TUNE D BI 6:00 DELIGHTFUL BINGO A BI 7:00 FRIDAY FLICK RS M	14 BANDANNA DAY 9:00 SONGS FOR ALL G LV 9:30 WEEKEND IN REVIEW G LV 10:00 HUSTLE TO ACQUIRE MUSCLE G LV 10:30 WALKING CLUB G CM 11:00 21 QUESTIONS G LV 11:30 COFFEE AND CROSSWORDS AM LV 1:30 UNSCRAMBLE THE LETTERS AM LV 1:30 COURTYARD CHAT G/AM CY 2:00 WHO AM I? G LV 3:00 HAPPY HOUR CHEEZIT'S G/AM B 4:00 CONVERSATION STARTERS G B 6:00 WEEKEND BINGO AM B 7:00 LETS GO TO THE MOVIES RS M
15 GLAMOUR GAL VISIT 9:00 SUNDAY SERENADES DA LV 9:30 TODAY'S NEWS DA LV 10:00 COMMUNION V DR 10:00 SPRING INTO FITNESS DA LV 10:30 WALKING CLUB DA CM 11:00 DAILY CROSSWORD DA LV 1:30 NON COOKING GARLIC TOAST PIZZA DA B 1:30 FACT OR FICTION E LV 2:00 YOU BE THE JUDGE E LV 3:00 HAPPY HOUR SUNDAES DA/EB 3:15 GLAMOUR GAL VISIT V B 4:00 WOULD YOU RATHER? DA B 6:00 WEEKEND BINGO E B 7:00 MOVIES TO ENJOY RS M	16 BUS TRIP WALGREENS 9:00 MUSICAL TUNES DA LV 9:30 TODAY'S TOP STORIES DA LV 10:00 STRETCH & FLEX DA LV 10:30 WALKING CLUB DA CM 10:30 TRIP TO WALGREENS SE O 11:00 WHO AM I? SEPTEMBER BIRTHDAYS DA LV 1:00 SCRABBLE CLUB V B 1:30 ONE ON ONE'S DA RR 1:30 COURTYARD CHAT D CY 3:00 HAPPY HOUR CHEESE DIP D/DAB 4:00 KARAOKE DA B 6:00 WIN LIKE NEVER B 4 DA B 7:00 MOTION PICTURE MONDAY RS M	17 LUCILLE BALL LECTURE 9:00 MUSICAL ENJOYMENT D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 FITNESS RULES! D LV 10:30 WALKING CLUB D CM 11:00 BRAIN TEASERS D LV 11:30 WORD WATERFALL G LV 1:15 LUCILLE BALL LECTURE E LV 1:30 ONE ON ONE'S G RR 3:00 HAPPY HOUR CHEESE FRIES G/D B 4:00 JOKES & RIDDLES D B 6:00 KEEP CALM & PLAY BINGO G B 7:00 FEATURE FILM RS M	18 BUS TRIP HOLTSVILLE ECOLOGY CENTER 9:00 CROONERS AND SWOONERS D LV 9:30 NEWS AND VIEWS D LV 10:00 TOO FIT TO QUIT D LV 10:30 WALKING CLUB D CM 11:00 MATCH GAME D CY 11:30 NAME 10..15..20 DA LV 1:00 HOLTSVILLE ECOLOGY CENTER DA O 1:00 SCRABBLE CLUB V B 1:30 KEEP UP THE BALLOON D LV 2:00 BOWLING D LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/DA B 4:00 BOOK CLUB S B 4:00 WHO SAID THAT? D B 6:00 HAPPINESS IS YELLING BINGO DA B 7:00 MEET ME AT THE CINEMA RS M	19 LECTURE ON BALANCE 9:00 CLASSICAL MUSIC D LV 9:30 NEWS FLASH D LV 10:00 LETS GO EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 BIO ON FRANCES FARMER D LV 11:30 CHICKEN SOUP FOR THE SOUL E LV 1:30 FILL IN THE BLANK D LV 2:00 LECTURE ON BALANCE WITH ROSHON V LV 2:00 DE-STRESS WITH COLORING E B 3:00 HAPPY HOUR SWEET TATOR TOTS E/D B 4:00 GAMES AT THE BAR D B 6:00 BINGO FOR \$ E B 7:00 MOVING PICTURE RS M	20 9:00 MOTOWN HITS D LV 9:30 NEWS DISCUSSION D LV 10:00 SENIOR FITNESS D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:00 KNITTING & CROCHET CLUB A BI 11:30 A TO Z D LV 12:00 VETS BBQ V B 1:00 SCRABBLE CLUB V B 1:30 POEMS & SHORT STORIES A LV 1:30 ONE ON ONE'S D RR 2:00 FINISH THE PHRASE A LV 3:00 HAPPY HOUR APPLES & PEANUT BUTTER A/D B 4:00 SHARING EXPERIENCES D B 6:00 WANNA PLAY BINGO? A B 7:00 FILM FRIDAY RS M	21 OWLS MYTHS & LEGENDS 9:00 LOVELY TUNES G LV 9:30 WEEKEND UPDATE G LV 10:00 SHAKE IT WORK IT G LV 10:30 WEEKEND STROLL G CM 11:00 FUN TIDBITS ABOUT SEPTEMBER AM LV 11:30 MUSICAL HANGMAN AM LV 1:30 OWLS MYTHS & LEGENDS G LV 1:30 OWL ART AM B 2:00 TOSS & TALK BALL G LV 3:00 HAPPY HOUR BBQ CHIPS G/AMB 4:00 SHOUT OUT TRIVIA G B 6:00 BINGO HOUR AM B 7:00 SATURDAY SHOWING RS M
22 FALL FAMILY BINGO 9:00 AUTUMN PLAYLIST DA LV 9:30 NEWS FLASH DA LV 10:00 COMMUNION V DR 10:00 THE CALL TO FALL INTO FITNESS DA LV 10:30 AUTUMN STROLL DA LV 11:00 DAILY CROSSWORD E LV 11:30 A TO Z E LV 1:30 FAMILY FALL BINGO DA/E B 3:00 FAMILY SOCIAL DA/E B 4:00 JOKES & RIDDLES DA B 6:00 MOVIE SHOWING RS M	23 PET THERAPY WITH LUKE 9:00 MONDAY MELODIES DA LV 9:30 TODAY'S HEADLINERS DA LV 10:00 WAKE UP WORK OUT DA LV 10:30 WALKING CLUB DA CM 11:00 FAMILY FEUD D LV 11:30 PET THERAPY WITH LUKE V LV 1:00 SCRABBLE CLUB V B 1:30 BIO ON RAY CHARLES DA LV 1:30 COURTYARD CHAT DA/DCY 2:00 RAY CHARLES SONGS DA LV 3:00 HAPPY HOUR ONION DIP DA/DB 4:00 CARDS AT THE BAR DA B 6:00 EVENING BINGO D B 7:00 MOVIE MANIA RS M	24 LUNCH TRIP TO WENDYS 9:00 MUSIC APPRECIATION D LV 9:30 NEWSDAY D LV 10:00 SENIOR WORKOUT D LV 10:30 WALKING CLUB D CM 11:00 BUS TRIP TO WENDY'S RS O 11:00 UNSCRAMBLE THE LETTERS D LV 11:30 WORD IN A WORD G CY 1:00 MANICURES BY APPT G B 1:30 BEAN BAG TOSS D LV 2:00 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR SOFT PRETZEL BITES D/G B 4:00 BILLIARDS D GR 6:00 \$ BINGO \$ G B 7:00 SUNSET MOVIE RS M	25 PIZZA PARTY 9:00 ELVIS CLASSICS D LV 9:30 TODAY'S NEWS D LV 10:00 CHAIR EXERCISES D LV 10:30 WALKING CLUB D CM 11:00 YOU BE THE JUDGE D LVV 11:30 PIZZA PARTY IN BISTRO DA BI 1:00 SCRABBLE V B 1:30 QUIPO QUIZ D LV 1:30 ONE ON ONE'S DA RR 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR ROOTBEER FLOATS DA/D B 4:00 BOOK CLUB S BI 4:00 KARAOKE D B 6:00 SPEED BINGO DA B 7:00 MOVIES, MOVIES, MOVIES RS M	26 ENTERTAINMENT/RESIDENT COUNCIL 9:00 BIG BAND ERA D LV 9:30 NATIONAL & LOCAL NEWS D LV 10:00 MORNING WARMUPS D LV 10:30 RESIDENT COUNCIL S BI 11:00 FINISH THE PHRASE E LV 11:00 FOOD COMMITTEE RS BI 1:00 ENTERTAINMENT JOE PIANO'S E LV 3:00 HAPPY HOUR CHICKEN NUGGETS D/E B 4:00 GAMES AT THE BAR D B 6:00 WHOSE PLAYING BINGO? E B 7:00 MOTION PICTURE RS M	27 ROSARY/SHABBAT 9:00 SHOW TUNES D LV 9:30 CURRENT EVENTS D LV 9:45 ROSARY V M 10:00 LETS EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 MUSICAL HANGMAN A LV 11:30 NAME 10..15..20 A LV 1:00 SCRABBLE CLUB V B 1:30 GET CREATIVE WITH PAINT A B 1:30 TRUE OR FALSE D LV 2:00 30 MINUTE MYSTERIES D LV 3:00 HAPPY HOUR CHEESE & CRACKERS D/A B 4:00 ARMCHAIR TRIVIA D B 6:00 FUN AT BINGO A B 7:00 FRIDAY FILM RS M	28 9:00 SONGS FOR ALL G LV 9:30 SATURDAY POST G LV 10:00 WEEKEND IN REVIEW G LV 10:30 SATURDAY STROLL G E 11:00 DAILY CROSSWORD AM LV 11:30 MUSICAL HANGMAN G LV 1:30 URBAN MYTHS G LV 2:00 FILL IN THE BLANK AM CY 2:30 A TO Z G LV 3:00 HAPPY HOUR CHEESE PUFFS AM/G B 4:00 WHO AM I? G SB 6:00 EVENING BINGO AM B 7:00 BIG SCREEN CLASSIC RS M
29 COMMUNION 9:00 SWEET LYRICS DA LV 9:30 POSITIVE NEWS STORIES DA LV 10:00 COMMUNION V DR 10:00 GET ACTIVE DA LV 10:30 WEEKEND STROLL DA LV 11:00 QUIPO QUIZ E B 11:30 ODD WORD OUT E LV 1:30 COURTYARD CHAT E/DA CY 1:30 CRAFTY CREATIONS DA B 2:00 CONVERSATION STARTERS E CY 3:00 HAPPY HOUR SUNDAES DA/EB 4:00 SHOUT OUT TRIVIA DA SB 6:00 SUNDAY BINGO E B 7:00 MEET ME AT THE CINEMA RS M	30 9:00 COUNTRY MUSIC DA LV 9:30 HAPPENINGS & HOROSCOPES DA LV 10:00 SIT & BE FIT DA LV 10:30 WALKING CLUB DA LV 11:00 WORD IN A WORD D LV 11:30 ANAGRAM DA LV 1:00 SCRABBLE CLUB V B 1:30 CIRCLE SOCCER DA LV 2:00 YOU BE THE JUDGE D B 3:00 HAPPY HOUR PUMPKIN PIE DIP D/DASB 4:00 WHAT YEAR WAS THAT? DA B 6:00 BINGO FOR CASH D B 7:00 MOVIE MANIA RS M			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.