

# OCTOBER 2024

# The Arbors At ISLANDIA EAST

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

# ACTIVITY CALENDAR

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>STAFF KEY</b> V=Valerie Director D=Denzel S=Sarah G=Gina A=Anne M=Mary MR=Michelle DD=Danielle K=Keith L=Linda AT=Alexia VEN=Vender RS-Recreation Staff RL=Resident Lead	<b>LOCATION KEY</b> 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	<b>1 RESIDENT COUNCIL/FOOD COUNCIL/ALEX ENTERTAINMENT</b> 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 1:15 MOVIE TIME S M 1:15 BINGO! G G 2:00 MAH JONG CLUB RL G 2:00 ALEX ALEXANDER ENTERTAINMENT VEN LO 3:00 HAPPY HOUR DONUT HOLES G/S B 4:00 TRIVIA CHALLENGE S LO 6:15 ALL ABOUT BINGO S G 7:15 EVENING MOTION PICTURE S M	<b>2 LUTHERAN SERVICE W/PASTOR ZACHARY</b> 9:30 NEWS FLASH E LO 10:00 CHAIR YOGA E LO 10:30 LUTHERAN SERVICE W/PASTOR ZACHARY VEN G 10:30 WALKING CLUB E LO 11:00 SCATERGORIES E LO 1:15 MID DAY SHOW E M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL G 2:00 JUMBO GAMES E LO 3:00 HAPPY HOUR ROOTBEER FLOATS E B 4:00 MULTIPLE CHOICE E LO 6:15 BINGO! A G 7:15 TONIGHT'S FEATURE FILM A M	<b>3 TRIP TO THE PUMPKIN PATCH</b> 9:30 GOOD NEWS TODAY S LO 10:00 FITNESS FUN S LO 10:30 WALKING CLUB S LO 11:00 WORD SCRAMBLE S LO 1:15 TRIP TO THE PUMPKIN PATCH S/RS O 1:15 AFTERNOON FLICK L M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 TABLE TOP GAMES L LO 3:00 HAPPY HOUR ONION RINGS L B 4:00 FAMOUS FOLKS TRIVIA L LO 6:15 BINGO CHALLENGE L G 7:15 MOVIE NIGHT L M	<b>4 ROSH HASHANA SERVICE</b> 9:30 HAPPENINGS S/M LO 10:00 STRETCHING S/M LO 10:30 WALKING CLUB S/M LO 11:00 TRIVIA CHALLENGE S/M LO 11:15 ROSH HASHANA SERVICE VEN WB 1:15 MID DAY MOVIE S/M M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 BALLOON VOLLEYBALL S/M LO 3:00 HAPPY HOUR RICE PUDDING S/M/L B 4:00 FAMILY FEUD S/M LO 6:15 BINGO ANYONE? L G 7:15 MOVIE IN THE ARBORS THEATER L M	<b>5</b> 9:30 NEWS FLASH S/M LO 10:00 SATURDAY WARM UP S/M LO 10:30 WALKING CLUB S/M LO 11:00 FILL IN THE BLANK S/M LO 1:15 MOVIE IN THE CINEMA S/M M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 DICE GAMES S/M LO 3:00 HAPPY HOUR CHEEZ-ITS S/M/L B 4:00 NAME 10 S/M LO 6:15 WEEKEND BINGO L G 7:15 NIGHT AT THE MOVIES L M
<b>6 R.C. COMMUNION W/JAMES/RECOVERY MEETING</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O 10:15 MORNING WARM UP K LO 11:00 MULTIPLE CHOICE K LO 1:00 RECOVERY MEETING K M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 WORD SEARCH K LO 3:00 HAPPY HOUR SUNDAES A/L/K B 4:00 TRIVIA CHALLENGE L/K LO 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	<b>7 ANDREW ENTERTAINMENT</b> 9:30 CURRENT EVENTS G/E LO 10:00 EXERCISE G/E LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB G/E LO 11:00 AUTUMN BOGGLE G/E LO 1:15 AFTERNOON MOVIE G/E M 1:15 BINGO! G/E G 2:00 PENNY POKER CLUB RL G 2:00 ANDREW ENTERTAINMENT VEN LO 3:00 HAPPY HOUR APPLES & PUMPKIN PIE DIP G/E B 4:00 WORD GAMES G/E LO 6:15 AFTER DINNER BINGO RS G 7:15 NIGHT FLICK RS M	<b>8 LIBRARY VISIT</b> 9:30 NEWS & VIEWS G LO 10:00 TUESDAY TONING G LO 10:00 LIBRARY VISIT VEN B 10:30 WALKING CLUB G LO 11:00 FACT OR FICTION G LO 1:15 MATINEE G M 1:15 BINGO! S G 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR FRIED ZUCCHINI G/S B 4:00 JEOPARDY G LO 6:15 BINGO ANYONE? S G 7:15 FEATURE FILM S M	<b>9 DOLLAR TREE TRIP</b> 9:30 WORLD NEWS E LO 10:00 WEDNESDAY WORKOUT E LO 10:30 WALKING CLUB E LO 11:00 WHEEL OF FORTUNE E LO 1:15 MOVIE TIME E M 1:15 BINGO! E G 1:15 DOLLAR TREE TRIP A/RS O 2:00 THREE THIRTEEN CLUB RL G 2:00 WHAT WOULD YOU DO? E LO 3:00 HAPPY HOUR ROOTBEER FLOATS E B 4:00 TRIVIA TEASERS E LO 6:15 ALL ABOUT BINGO A G 7:15 EVENING MOTION PICTURE A M	<b>10</b> 9:30 DAILY NEWS S LO 10:00 CHAIR YOGA S LO 10:30 WALKING CLUB S LO 11:00 SCATERGORIES S LO 1:15 BINGO! S G 2:00 POKENO RL G 2:00 JUMBO GAMES L LO 3:00 HAPPY HOUR TERIYAKI MEATBALLS S/L B 4:00 GUESSING GAME L LO 6:15 BINGO! L G 7:15 TONIGHT'S FEATURE FILM L M	<b>11 TAKE-IN NEW YORK BAGEL COMPANY</b> 9:30 GOOD NEWS DAY S/M LO 10:00 FITNESS FUN S/M LO 10:30 WALKING CLUB S/M LO 11:00 TRIVIA TID BITS S/M LO 12:00 TAKE-IN NEW YORK BAGEL COMPANY L B 1:15 FRIDAY AFTERNOON FLICK L M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 TABLE TOP GAMES M/L LO 3:00 HAPPY HOUR APPLES & CARAMEL M/L B 4:00 BRAIN BENDERS S/M LO 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY NIGHT FLICK L M	<b>12 FALL FAMILY BINGO</b> 9:30 HAPPENINGS S/M LO 10:00 STRETCHING S/M LO 10:30 WALKING CLUB S/M LO 11:00 FASCINATING FACTS S/M LO 1:15 MID DAY MOVIE S/M LO 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 BALLOON VOLLEYBALL S/M LO 3:00 HAPPY HOUR PRETZELS S/M/L B 4:00 FAMILY FEUD S/M LO 6:15 FALL FAMILY BINGO L LO 7:15 WEEKEND MOVIE L M
<b>13 R.C. COMMUNION WITH JAMES</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O 10:15 FITNESS FUN K LO 11:00 GUESSING GAME K LO 1:15 MOVIE TIME K M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 TABLE GAMES K LO 3:00 HAPPY HOUR SUNDAES A/L/K B 4:00 CROSSWORD L/K LO 6:15 EVENING BINGO A G 7:15 NIGHT TIME MOVIE A M	<b>14 COLUMBUS DAY/VENDOR PIZZAZZ JEWELRY</b> 9:30 VENDOR PIZZAZZ JEWELRY VEN LO 9:30 GOOD NEWS TODAY G/E LO 10:00 ROSARY PRAYER SERVICE RL M 10:00 MORNING WARM UP G/E LO 10:30 WALKING CLUB G/E LO 11:00 MULTIPLE CHOICE G/E LO 1:15 MATINEE G/E M 1:15 BINGO! E G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR CHIPS & FRENCH ONION DIP G/E B 4:00 COLUMBUS DAY WORD PUZZLES G/E LO 6:15 LATE DAY BINGO RS G 7:15 EVENING MOVIE IN THE CINEMA RS M	<b>15</b> 9:30 CURRENT EVENTS G LO 10:00 EXERCISE G LO 10:30 WALKING CLUB G LO 11:00 BOGGLE G LO 1:15 AFTERNOON MOVIE G M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 DICE GAMES G LO 3:00 HAPPY HOUR BRUSCHETTA G/S B 4:00 NAME THAT CELEBRITY G LO 6:15 AFTER DINNER BINGO S G 7:15 NIGHT FLICK S M	<b>16 HALLOWEEN PENCIL COLORING</b> 9:30 NEWS & VIEWS E LO 10:00 SIT AND BE FIT E LO 10:30 WALKING CLUB E LO 1:15 MATINEE E M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL G 2:00 HALLOWEEN PENCIL COLORING E LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/A B 4:00 JEOPARDY E LO 6:15 BINGO ANYONE? A G 7:15 FEATURE FILM A M	<b>17 TRIP TO RED LOBSTER</b> 9:30 WORLD NEWS S LO 10:00 EXERCISE S LO 10:30 WALKING CLUB S LO 11:00 WHEEL OF FORTUNE RS LO 11:00 TRIP TO RED LOBSTER S/RS O 1:15 MOVIE TIME L M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 YOU BE THE JUDGE L LO 3:00 HAPPY HOUR FRIED CORN NUGGETS L/RS B 4:00 TRIVIA CHALLENGE S LO 6:15 BINGO PARTY! L G 7:15 EVENING MOVIE L M	<b>18 YOGA WITH RAY</b> 9:30 YOGA WITH RAY VEN LO 10:15 WALKING CLUB S/M LO 11:00 OUTBURST S/M LO 1:15 MID DAY SHOW S/M M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 PAINTING WITH SARAH S/M LO 3:00 HAPPY HOUR FRESH FRUIT S/M/L B 4:00 FUN FACT FRIDAY S/M LO 6:15 BIG BUCKS BINGO L G 7:15 MOVIE NIGHT L M	<b>19</b> 9:30 GOOD NEWS DAY S/M LO 10:00 FITNESS FUN S/M LO 10:30 TABLE GAMES S/M LO 11:00 BOGGLE S/M LO 1:15 AFTERNOON MOVIE S/M G 1:15 BINGO! L M 2:00 CANASTA CLUB RL G 2:00 TABLE TOP BOWLING S/M LO 3:00 HAPPY HOUR BAR MIX S/M/L B 4:00 BRAIN BENDERS S/M LO 6:15 BINGO TIME L G 7:15 EVENING FILM L M
<b>20 R.C. COMMUNION WITH JAMES</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O 10:15 SWAY TO THE MUSIC K LO 11:00 JEOPARDY K LO 1:15 MOVIE IN THE CINEMA K M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 WORD CHALLENGE K LO 3:00 HAPPY HOUR SUNDAES A/L/K B 4:00 MIND BENDERS L/K LO 6:15 WHO'S PLAYING BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	<b>21 ROSARY PRAYER SERVICE</b> 9:30 HAPPENINGS G/E LO 10:00 FLEX AND STRETCH G/E LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB G/E LO 11:00 GUESSING GAME G/E LO 1:15 MOVIE TIME G/E M 1:15 BINGO! E G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G LO 3:00 HAPPY HOUR TORTILLA CHIP & CHILI CHEESE DIP G/E B 4:00 CROSSWORD G/E LO 6:15 BINGO TIME RS G 7:15 EVENING MOVIE RS M	<b>22 MARGUERITA ROSE ENTERTAINMENT</b> 9:30 NEWS AROUND TOWN G LO 10:00 FITNESS FUN G LO 10:30 WALKING CLUB G LO 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 CHOCOLATE CHIP COOKIES G/S B 4:00 WORD SCRAMBLE S LO 6:15 BINGO BONANZA S G 7:15 MOVIE NIGHT S M	<b>23 ACTIVITY PLANNING/STOP &amp; SHOP PLUS TRIP</b> 9:30 WORLD NEWS E LO 10:00 EXERCISE E LO 10:30 ACTIVITY PLANNING MEETING V M 11:00 WORD CHALLENGE E LO 1:15 STOP & SHOP PLUS TRIP A/RS O 1:15 MOVIE TIME E M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL G 2:00 TABLE TOP BOWLING E LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/RS B 4:00 FINISH THE LYRICS E LO 6:15 LATE DAY BINGO A G 7:15 NIGHT FLICK A M	<b>24 CHEZ ARBORS LUNCH</b> 9:30 CURRENT EVENTS S LO 10:00 SIT AND BE FIT S LO 10:30 WALKING CLUB S LO 11:00 GROUP CROSSWORD S LO 1:00 CHEZ ARBORS LUNCH RS PDR 1:15 MATINEE S M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 PENCIL COLORING WITH MUSIC S LO 3:00 HAPPY HOUR SOFT PRETZELS S/L B 4:00 JEOPARDY S LO 6:15 BINGO! L G 7:15 THURSDAY SHOWING L M	<b>25 TAKE-IN PIZZA/SHABBAT DINNER ON WEST</b> 9:30 NEWS & VIEWS S/M LO 10:00 EXERCISE S/M LO 10:30 AUTUMN MEDITATION S/M LO 11:00 WHEEL OF FORTUNE S/M LO 12:00 TAKE IN PIZZA L B 1:15 AFTERNOON MOVIE S/M M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 YOU BE THE JUDGE S/M LO 3:00 HAPPY HOUR CINNAMON SQUARES S/M/L B 4:00 TRIVIA TIME S/M LO 4:30 SHABBAT DINNER ON WEST RS WB 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY FILM L M	<b>26</b> 9:30 HAPPENINGS S/M LO 10:00 SIT AND BE FIT S/M LO 10:30 WALKING CLUB S/M LO 11:00 ARE YOU SMARTER THAN A 5TH GRADER S/M LO 1:15 MOVIE TIME S/M M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 JUMBO GAMES S/M LO 3:00 HAPPY HOUR COOL RANCH DORITOS S/M/L B 4:00 WHAT MORE DO YOU KNOW? S/M LO 6:15 EVENING BINGO L G 7:15 NIGHT MOVIE AT THE CINEMA L M
<b>27 R.C. COMMUNION WITH JAMES</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O 10:15 SUNDAY WORKOUT K LO 11:00 MULTIPLE CHOICE K LO 1:15 AFTERNOON MOVIE K M 1:15 BINGO! L G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 DICE GAMES K LO 3:00 HAPPY HOUR SUNDAES A/L/K B 4:00 TRAVEL TRIVIA L/K LO 6:15 AFTER DINNER BINGO A G 7:15 MOVIE NIGHT A M	<b>28 ROSARY PRAYER SERVICE</b> 9:30 WHAT'S UP G/E LO 10:00 TOTAL FITNESS G/E LO 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB G/E CY 11:00 WORD CHALLENGE G/E LO 1:15 MATINEE G M 1:15 BINGO! E G 2:00 PENNY POKER CLUB RL G 2:00 POOL CLUB G LO 3:00 HAPPY HOUR PRETZELS & QUESO CHEESE DIP G/E B 4:00 BOGGLE G/E LO 6:15 LATE DAY BINGO RS G 7:15 MOVIE TIME RS M	<b>29 DUNKIN DONUTS TRIP</b> 9:30 HAPPENINGS G LO 10:00 FLEX AND STRETCH G LO 10:30 WALKING CLUB G LO 11:00 GUESSING GAME G LO 1:15 DUNKIN DONUTS TRIP S/G O 1:15 MOVIE TIME RS M 1:15 BINGO! RS G 2:00 MAH JONG CLUB RL G 2:00 BILLIARD CLUB RS LO 3:00 HAPPY HOUR CHEESE & CRACKERS RS B 4:00 CROSSWORD G LO 6:15 BINGO TIME S G 7:15 EVENING MOVIE S M	<b>30 HAPPY HOUR WITH WEST</b> 9:30 NEWS AROUND TOWN E LO 10:00 FITNESS FUN E LO 10:30 WALKING CLUB E LO 11:00 MULTIPLE CHOICE E LO 1:15 AFTERNOON MOVIE E M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL G 2:00 WORD SEARCH E LO 3:00 HAPPY HOUR WITH WEST PUMPKIN BREAD & PUMPKIN SPICED COFFEE E/A B 4:00 WORD SCRAMBLE E LO 6:15 BINGO BONANZA A G 7:15 MOVIE NIGHT A M	<b>31 HALLOWEEN CELEBRATION WITH BOB STACK</b> 9:30 WORLD NEWS & HALLOWEEN TRADITIONS S 10:00 FREAKY FITNESS S 10:30 SPOOKY WALK S 11:00 HALLOWEEN BOGGLE S 1:15 HALLOWEEN MOVIE S 1:15 BINGO! L 2:00 HALLOWEEN CELEBRATION W/BOB STACK S/L 2:00 POKENO RL 3:00 HAPPY HOUR PIGS IN A BLANKET S/L 4:00 HALLOWEEN TRIVIA S 6:15 LATE DAY BINGO L 7:15 HALLOWEEN MOVIE L	<b>WEEKLY TRIPS</b> 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.	