

# OCTOBER 2024 The Arbors At ISLANDIA EAST SAFECARE

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

# ACTIVITY CALENDAR

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 VG=Veronica 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>FOR YOUR DINING PLEASURE</b> BREAKFAST 8AM LUNCH 12NOON DINNER 5PM  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.	<b>1 ALEX ALEXANDER ENTERTAINMENT AL</b> 9:30 FAVORITE FRUITS VG/D/R LR 10:00 EXERCISE & REFRESH VG/D/R LR 10:30 SHORT STORIES VG/D/R LR 11:00 BOWLING VG/D/R LR 1:15 WORD CHALLENGE VG/D/R LR 2:00 BALL TOSS VG/D/R LR 2:00 ALEX ALEXANDER ENTERTAINMENT AL VEN ELO 2:30 FLOWER ARRANGING VG/D/R DR 3:00 HAPPY HOUR DONUT HOLES VG/D/R LR 4:00 BINGO RS LR 6:00 BROADWAY TUNES	<b>2 PUMPKIN PATCH TRIP</b> 9:30 TRIVIA TEASERS VG/D LR 10:00 MOVE TO THE BEAT & HYDRATION STATION VG/D LR 10:30 BALLOON TAP VG/D LR 11:00 GUESSING GAME VG/D LR 1:15 PUMPKIN PATCH TRIP A/VG O 1:15 PARACHUTE VG/D LR 2:00 PICTONARY VG/D LR 2:30 MOVEMENT TO MUSIC VG/D LR 3:00 HAPPY HOUR ROOTBEER FLOATS VG/D DR 4:00 BINGO RS LR 6:00 SOOTHING MELODIES LR	<b>3 VANCE ENTERTAINMENT</b> 9:30 PICTURE BOOKS DD/VG/RLR 10:00 STRETCHING & REFRESHING DD/VG/RLR 10:30 VANCE ENTERTAINMENT VEN LR 11:00 BALLOONS AFLOAT DD/VG/RLR 1:15 DRAWING PUMPKINS DD/VG/RLR 2:00 JUMBO GAMES DD/VG/RLR 2:30 DICE ROLL DD/VG/RLR 3:00 HAPPY HOUR ONION RINGS VEN DR 4:00 BINGO DD/VG/R LR 6:00 BACK TO THE 50'S RS LR	<b>4</b> 9:30 FAMILIAR FACES DD/D/K LR 10:00 FITNESS FUN & HYDRATION DD/D/K LR 10:30 JOKES DD/D/K LR 11:00 SEEK & FIND DD/D/K LR 1:15 KARAOKE DD/D/K LR 2:00 NOODLE TENNIS DD/D/K LR 2:30 NAME 10 DD/D/K LR 3:00 HAPPY HOUR RICE PUDDING DD/D/K DR 4:00 BINGO DD/D/K LR 6:00 MUSIC STYLINGS OF JOHNNY MATHIS RS LR	<b>5</b> 9:30 A-Z AUTUMN K LR 10:00 EXERCISE & HYDRATE K LR 10:30 NAME THAT ANIMAL K LR 11:00 BASKETBALL SHOOTOUT K LR 1:15 HOOP TOSS K LR 2:00 NAME THAT SOUND K LR 2:30 GOLF K LR 3:00 HAPPY HOUR CHEEZ-ITS K DR 4:00 BINGO K LR 6:00 MUSICAL SENSATIONS RS LR
<b>6</b> 9:30 SIT AND TALK VG/D LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV VG/D LR 10:00 TABLE GAMES VG/D LR 10:30 MOVE TO THE BEAT & HYDRATE VG/D LR 11:00 NOODLE TAP VG/D LR 1:15 DICE GAMES VG/D LR 2:00 BOWLING VG/D LR 2:30 NAME THAT OBJECT VG/D LR 3:00 HAPPY HOUR SUNDAES VG/D DR 4:00 BINGO VG/D LR 6:00 DANCING ON SCREEN RS LR	<b>7 COLORS OF AUTUMN</b> 9:30 NAME THAT FACE VG LR 10:00 STRETCH & REFRESH VG LR 10:30 COLORS OF AUTUMN VG LR 11:00 RHYME TIME VG LR 1:15 ROLL OF THE DICE VG LR 2:00 BALL GAMES VG LR 2:30 TRIVIA TIME VG LR 3:00 HAPPY HOUR APPLES & PUMPKIN PIE DIP VG DR 4:00 BINGO VG LR 6:00 SOUNDS OF NATURE RS LR	<b>8 ANDREW ENTERTAINMENT AL</b> 9:30 WHAT WOULD YOU DO? VG/D/R LR 10:00 FITNESS FUN & HYDRATE VG/D/R LR 10:30 GUESSING GAME VG/D/R LR 11:00 SIMON SAYS VG/D/R LR 1:15 DANCE PARTY VG/DR LR 2:00 ANDREW ENTERTAINMENT AL VEN ELO 2:30 SING A LONG VG/D/R LR 3:00 HAPPY HOUR FRIED ZUCCHINI VG/D/R DR 4:00 BINGO VG/D/R LR 6:00 MOTOWN MUSIC RS LR	<b>9</b> 9:30 HISTORIC EVENTS VG/D LR 10:00 EXERCISE & REFRESH VG/D LR 10:30 SHORT STORIES VG/D LR 11:00 BOWLING VG/D LR 1:15 A-Z VEGETABLES VG/D LR 2:00 BALL TOSS VG/D LR 2:30 FLOWER ARRANGING VG/D LR 3:00 HAPPY HOUR ROOTBEER FLOATS VG/D DR 4:00 BINGO VG/D LR 6:00 PATRIOTIC TUNES RS LR	<b>10 NEHA DANCE PERFORMANCE</b> 9:30 HOT TOPICS DD/VG/RLR 10:00 MOVE TO THE BEAT & HYDRATION STATION DD/VG/RLR 10:30 BALLOON TAP DD/VG/RLR 11:00 CLUE TRIVIA DD/VG/RLR 1:15 RING TOSS DD/VG/RLR 2:00 BINGO VEN LR 2:30 MOVEMENT TO MUSIC DD/VG/RLR 3:00 HAPPY HOUR TERIYAKI MEATBALLS DD/VG/RDR 3:45 NEHA DANCE PERFORMANCE DD/VG/RLR 6:00 SOOTHING MELODIES RS LR	<b>11 SCENIC DRIVE</b> 9:30 PICTURE BOOKS DD/D/K LR 10:00 STRETCHING & REFRESHING DD/D/K LR 10:30 FUN FACTS DD/D/K LR 11:00 BASKETBALL SHOOTOUT DD/D/K LR 1:15 SCENIC DRIVE S/D O 1:15 BEADING DD/K LR 2:00 ROLL OF THE DICE DD/K LR 2:30 SPORTS CHARADES DD/K LR 3:00 HAPPY HOUR APPLES & CARAMEL DD/D/K DR 4:00 BINGO DD/D/K LR 6:00 GOLDEN OLDIES RS LR	<b>12</b> 9:30 MOVIE TALK K LR 10:00 FITNESS FUN & HYDRATION K LR 10:30 TRUE OR FALSE K LR 11:00 HIDDEN OBJECTS K LR 1:15 SING A LONG K LR 2:00 NOODLE TENNIS K LR 2:30 FAMILY FEUD K LR 3:00 HAPPY HOUR PRETZELS K DR 4:00 BINGO K LR 6:00 MUSIC STYLINGS OF NIEL DIAMOND RS LR	
<b>13 COMMUNION WITH JAMES AL</b> 9:30 A-Z ORANGE VG/D LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV VG/D LR 10:00 TABLE GAMES VG/D LR 10:30 EXERCISE & REFRESH VG/D LR 11:00 HOOP TOSS VG/D LR 1:15 WALK TO THE PATIO VG/D P 2:00 BALLOON VOLLEYBALL VG/D P 2:30 CATEGORIES VG/D LR 3:00 HAPPY HOUR SUNDAES VG/D DR 4:00 BINGO VG/D LR 6:00 MUSIC FOR THE SOUL RS LR	<b>14</b> 9:30 LETS TALK VG LR 10:00 MOVE TO THE BEAT & HYDRATION STATION VG LR 10:30 FAMOUS FACES VG LR 11:00 DICE GAMES VG LR 1:15 GUESSING GAME VG LR 2:00 BOWLING VG LR 2:30 JUMBO GAMES VG LR 3:00 HAPPY HOUR CHIPS & FRENCH ONION DIP VG DR 4:00 BINGO VG LR 6:00 MUSICAL STYLINGS OF PERRY CUOMO RS LR	<b>15 MARIA MENNITI ENTERTAINMENT</b> 9:30 WHO DO YOU KNOW? VG/D/R LR 10:00 STRETCHING & REFRESHING VG/D/R LR 10:30 BALLOON VOLLEY VG/D/R LR 11:00 NAME 10 VG/D/R LR 1:30 MARIA MENNITI ENTERTAINMENT VEN LR 2:00 BALL TOSS VG/D/R LR 2:30 INSTRUMENT CHARADES VG/D/R LR 3:00 HAPPY HOUR BRUSCHETTA VG/D/R DR 4:00 BINGO VG/D/R LR 6:00 SWEET MELODIES RS LR	<b>16 KAREN BELLA ENTERTAINMENT AL</b> 9:30 CHIT CHAT VG/D LR 10:00 FITNESS FUN & HYDRATE VG/D LR 10:30 GUESS THE EMOJI VG/D LR 11:00 SIMON SAYS VG/D LR 1:15 BEAN BAG CHALLENGE VG/D LR 2:00 KAREN BELLA ENTERTAINMENT AL VEN ELO 2:00 CHEER FITNESS VG/D LR 2:30 SING A LONG VG/D DR 3:00 HAPPY HOUR ROOTBEER FLOATS VG/D LR 4:00 BINGO RS LR 6:00 MUSIC MEDITATION	<b>17</b> 9:30 SIT AND TALK DD/VG/R LR 10:00 EXERCISE & REFRESH DD/VG/R LR 10:30 SHORT STORIES DD/VG/R LR 11:00 BOWLING DD/VG/R LR 1:15 A-Z ON THE FARM DD/VG/R LR 2:00 BALL TOSS DD/VG/R LR 2:30 FLOWER ARRANGING DD/VG/R LR 3:00 HAPPY HOUR FRIED CORN NUGGETS DD/VG/R DR 4:00 BINGO DD/VG/R LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR	<b>18 YOGA CLASS WITH RAY!</b> 9:30 YOU BE THE JUDGE DD/D/K LR 10:15 YOGA CLASS WITH RAY VEN LR 11:00 BALLOON VOLLEYBALL DD/D/K LR 1:15 40'S SONGS DD/D/K LR 2:00 TRIVIA CHALLENGE DD/D/K LR 2:30 MOVEMENT TO MUSIC DD/D/K LR 3:00 HAPPY HOUR FRESH FRUIT DD/D/K DR 4:00 BINGO DD/D/K LR 6:00 MUSIC HOUR RS LR	<b>19 SCENES OF AUTUMN</b> 9:30 PICTURE BOOKS K LR 10:00 STRETCHING & REFRESHING K LR 10:30 FACT OR FICTION K LR 11:00 BASKETBALL SHOOTOUT K LR 1:15 SCENES OF AUTUMN K LR 2:00 JUMBO DOMINOS K LR 2:30 NAME 10 K LR 3:00 HAPPY HOUR BAR MIX K DR 4:00 BINGO K LR 6:00 GOLDEN OLDIES RS LR	
<b>20 COMMUNION WITH JAMES AL</b> 9:30 TALK ABOUT FAVORITES VG/D LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV VG/D LR 10:00 TABLE GAMES VG/D LR 10:30 FITNESS FUN & HYDRATION VG/D LR 11:00 NAME 10 VG/D LR 1:15 BASKETBALL SHOOTOUT VG/D LR 2:00 GUESSING GAME VG/D LR 2:30 BALL GAMES VG/D LR 3:00 HAPPY HOUR SUNDAES VG/D DR 4:00 BINGO VG/D LR 6:00 MUSIC MONTAGE RS LR	<b>21 ANDREW ENTERTAINMENT</b> 9:30 GARDENING TALK VG LR 10:00 EXERCISE & REFRESH VG LR 10:30 MATCH GAME VG LR 11:00 MULTIPLE CHOICE VG LR 1:30 ANDREW ENTERTAINMENT VEN LR 2:00 BALLOON VOLLEYBALL VG LR 2:30 HIDDEN OBJECTS VG LR 3:00 HAPPY HOUR TORTILLA CHIPS & CHILI CHEESE DIP VG LR 4:00 BINGO VG DR 6:00 MUSIC FOR THE SOUL VG LR	<b>22 ICE CREAM TRIP</b> 9:30 TRAVEL TO ITALY VG/D/R LR 10:00 MOVE TO THE BEAT & HYDRATION STATION VG/D/R LR 10:30 20 QUESTIONS VG/D/R LR 11:00 TOSS GAMES VG/D/R LR 1:15 ICE CREAM TRIP S/VG O 1:15 WORD CHALLENGE VEN LR 2:00 MARGUERITA ROSE ENTERTAINMENT AL D/R ELO 2:00 BOWLING D/R LR 2:30 JUMBO GAMES D/R LR 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES D/R DR 4:00 BINGO VG/D/R LR 6:00 MUSIC STYLINGS OF THE ANDRE RIEU RS LR	<b>23 REMINISCING AUTUMN</b> 9:30 REMINISCING AUTUMN VG/D LR 10:00 STRETCHING & REFRESHING VG/D LR 10:30 BALLOON TAP VG/D LR 11:00 KARAOKE VG/D LR 1:15 KICK BALL VG/D LR 2:00 FAMILY FEUD VG/D LR 2:30 BALL GAMES VG/D LR 3:00 HAPPY HOUR ROOTBEER FLOATS VG/D DR 4:00 BINGO VG/D LR 6:00 SWEET MELODIES RS LR	<b>24</b> 9:30 TABLE TALK DD/VG/R LR 10:00 FITNESS FUN & HYDRATE DD/VG/R LR 10:30 TRIVIA TIME DD/VG/R LR 11:00 SIMON SAYS DD/VG/R LR 1:15 HALLOWEEN HANGMAN DD/VG/R LR 2:00 DANCE TO THE MUSIC DD/VG/R LR 2:30 SING A LONG DD/VG/R LR 3:00 HAPPY HOUR SOFT PRETZELS DD/VG/R DR 4:00 BINGO DD/VG/R LR 6:00 MUSIC MEDITATION RS LR	<b>25 WALK TO THE PATIO</b> 9:30 MUSIC DISCUSSION DD/D/K LR 10:00 EXERCISE & REFRESH DD/D/K LR 10:30 SHORT STORIES DD/D/K LR 11:00 BOWLING DD/D/K LR 1:15 WALK TO THE PATIO DD/D/K P 2:00 BALL TOSS DD/D/K P 3:00 HAPPY HOUR CINNAMON SQUARES DD/D/K DR 4:00 BINGO DD/D/K LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR	<b>26</b> 9:30 CURRENT EVENTS K LR 10:00 MOVE TO THE BEAT & HYDRATION STATION K LR 10:30 TRIVIA TEASERS K LR 11:00 BALLOON VOLLEYBALL K LR 1:15 RING TOSS K P 2:00 RHYTHM WITH INSTRUMENTS K P 2:30 CHAIR EXERCISE K LR 3:00 HAPPY HOUR COOL RANCH DORITOS K DR 4:00 BINGO K LR 6:00 SOOTHING MELODIES RS LR	
<b>27 COMMUNION WITH JAMES AL</b> 9:30 PICTURE BOOKS VG/D LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV VG/D LR 10:00 TABLE GAMES VG/D LR 10:30 STRETCHING & REFRESHING VG/D LR 11:00 BALLOON VOLLEYBALL VG/D LR 1:15 NAME THAT TUNE VG/D LR 2:00 MINI GOLF VG/D LR 2:30 NAME 10 VG/D LR 3:00 HAPPY HOUR SUNDAES VG/D DR 4:00 BINGO VG/D LR 6:00 EASY LISTENING RS LR	<b>28</b> 9:30 CHIT CHAT VG LR 10:00 FITNESS FUN & HYDRATION VG LR 10:30 NAME THAT SOUND VG LR 11:00 BELIEVE IT OR NOT VG LR 1:15 ROLL OF THE DICE VG LR 2:00 CATEGORIES VG LR 2:30 MOVE TO THE MUSIC VG LR 3:00 HAPPY HOUR PRETZELS & QUESO CHEESE DIP VG DR 4:00 BINGO VG LR 6:00 MUSIC MONTAGE RS LR	<b>29 PUMPKIN CREATIONS</b> 9:30 PUMPKIN CHAT VG/D/R LR 10:00 EXERCISE & REFRESH VG/D/R LR 10:30 MATCH GAME VG/D/R LR 11:00 MULTIPLE CHOICE VG/D/R LR 1:15 PUMPKIN CREATIONS VG/D/R LR 2:00 BALLOON VOLLEYBALL VG/D/R LR 2:30 HIDDEN OBJECTS VG/D/R LR 3:00 HAPPY HOUR CHEESE & CRACKERS VG/D/R DR 4:00 BINGO VG/D/R LR 6:00 MUSIC FOR THE SOUL VG/D/R LR	<b>30</b> 9:30 TRAVEL TO GREECE VG/D LR 10:00 MOVE TO THE BEAT & HYDRATION STATION VG/D LR 10:30 CLUE TRIVIA VG/D LR 11:00 TOSS GAMES VG/D LR 1:15 LETTER GAMES VG/D LR 2:00 BOWLING VG/D LR 2:30 JUMBO GAMES VG/D LR 3:00 HAPPY HOUR PUMPKIN BREAD & PUMPKIN SPICE COFFEE VG/D DR 4:00 BINGO VG/D LR 6:00 MUSICAL STYLINGS OF RS LR	<b>31 HAPPY HALLOWEEN/ENTERTAINMENT</b> 9:30 HALLOWEEN RIDDLES DD/VG/R LR 10:00 STRETCH & REFRESH DD/VG/R LR 10:30 BALLOON TAP DD/VG/R LR 11:00 KARAOKE DD/VG/R LR 1:15 SPOOKY POEMS DD/VG/R LR 2:00 FAMILY FEUD DD/VG/R LR 2:30 BALL GAMES DD/VG/R LR 3:00 HAPPY HOUR PIGS IN A BLANKET DD/VG/R DR 3:30 HALLOWEEN CELEBRATION W/BOB STACK VEN LR 6:00 HALLOWEEN TUNES DD/VG/R LR			