

OCTOBER 2024 The Arbors At ISLANDIA WEST TRANSITIONS

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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.	1 9:00 CROONERS & SWOONERS G LV 9:30 NEWSDAY G LV 10:00 BREAKING NEWS G LV 10:30 WALKING CLUB E LV 11:00 DAILY CROSSWORD G CM 1:00 MANICURES BY APPT G M 1:30 ENTERTAINMENT E LV 1:30 ONE ON ONE'S E RR 3:00 HAPPY HOUR DONUT HOLES E/G LV 4:00 FINISH THE PHRASE G LV 6:00 NIGHTLY MOVIE RS LV	2 ROSH HASHANAH 9:00 EASY LISTENING E LV 9:30 NEWS DISCUSSION E LV 10:00 MOVE GROOVE & IMPROVE E LV 10:30 WALKING CLUB E LV 11:00 WORD IN A WORD DA LV 11:30 A TO Z DA LV 1:30 SCRABBLE CLUB DA AR 1:30 KEEP UP THE BALLOON E LV 2:00 FACTS ABOUT THE BRIDGE ON THE RIVER KWAI E LV 3:00 HAPPY HOUR ICE CREAM E/DA LV 4:00 WHO AM I? E LV 6:00 MID WEEK PICTURE RS LV	3 9:00 ELVIS HITS G LV 9:30 DAILY NEWS G LV 10:00 FIT & FABULOUS G LV 10:30 WALKING CLUB G LV 11:00 DAILY CROSSWORD E LV 11:00 ONE ON ONE'S G RR 1:30 MATCH GAME E LV 1:30 KAREN BELLA ENTERTAINMENT G AR 2:00 UNSCRAMBLE THE LETTERS E LV 2:30 MUSICAL HANGMAN E LV 3:00 HAPPY HOUR ONION RINGS E/G LV 4:15 JOKES & RIDDLES E LV 6:00 THURSDAY SHOWING RS LV	4 NATIONAL TACO DAY 9:00 CLASSIC HITS OF THE 70'S G LV 9:30 WE REPORT YOU DECIDE G LV 10:00 SWEAT WITH STYLE G LV 10:30 WALKING CLUB SS LV 11:00 CARD GAMES SS AR 11:00 NAME 10..15..20 G LV 11:30 WORDS THAT START WITH "S" SS LV 1:30 SCRABBLE CLUB SS AR 1:30 URBAN MYTHS G LV 2:00 NEVER HAVE I EVER GAME SS LV 3:00 HAPPY HOUR RICE PUDDING A/G LV 4:00 FINISH THE LYRIC SS LV 6:00 FRIDAY FLICK RS LV	5 DESIGN MASON JARS 9:00 MORNING MELODIES A LV 9:30 NEWSDAY A LV 10:00 FITNESS BEYOND LIMITS SS LV 10:30 WEEKEND STROLL G LV 11:00 NAME THE FAMOUS FACE G LV 11:30 A TO Z SS LV 1:30 LADDERBALL G LV 1:30 DESIGN MASON JARS SS AR 2:00 MICHAEL LANDON BIO G LV 3:00 HAPPY HOUR CHEEZ IT'S SS/G LV 4:00 SHOUT OUT TRIVIA G LV 6:00 SATURDAY EVENING SHOWING RS LV
6 COMMUNION 9:00 MUSIC FEEDS THE SOUL SS LV 9:30 LOCAL NEWS SS LV 10:00 GET FIT STAY FIT DA LV 10:30 COMMUNION WITH JAMES V LV 10:30 WEEKEND STROLL SS LV 11:00 WORD IN A WORD J LV 11:30 MATCH GAME SS LV 1:30 CHICKEN SOUP FOR THE SOUL J LV 1:30 COLORING COORDINATION SS AR 2:00 TOSS & TALK BALL J LV 3:00 HAPPY HOUR SUNDAES SS/J LV 4:00 TRENDING TOPICS SS LV 6:00 SUNDAY MOVIE E LV	7 ABRAHAM DOG VISIT 9:00 BIG BAND MEDLEY DA LV 9:30 ALL THE NEWS DA LV 10:00 STRONG BODY, STRONG MIND DA LV 10:30 WALKING CLUB SE CM 11:00 NAME 10..15..20 DA LV 11:30 ABRAHAM DOG VISIT V LV 1:30 ONE ON ONE'S SE RR 1:30 TRUE OR FALSE DA LV 2:00 FAMILY FEUD DA LV 3:00 HAPPY HOUR PUMPKIN DIP DA/SE LV 4:00 FINISH THE PHRASE SE LV 6:00 MOTION PICTURE RS LV	8 LIBRARY VISIT IN BISTRO 9:00 COUNTRY MUSIC G LV 9:30 NEWS FOR ALL G LV 10:00 HEALTH IS WEALTH G LV 10:30 WALKING CLUB E CM 10:30 LIBRARY VISIT IN BISTRO VS BI 11:00 JEOPARDY TRIVIA G LV 11:30 NAME 10..15..20 E LV 1:00 MANICURES BY APPT G B 1:30 CHICKEN SOUP FOR THE SOUL E LV 3:00 HAPPY HOUR FRIED ZUCCHINI E/G B 4:00 ARMCHAIR TRIVIA G B 6:00 SILVER SCREEN CLASSICS RS B	9 9:00 SOFT ROCK E LV 9:30 BEST NEWS OF THE DAY E LV 10:00 CHAIR EXERCISES FOR SENIORS E LV 10:30 WALKING CLUB DA CM 11:00 ODD WORD OUT DA LV 11:30 UNSCRAMBLE THE LETTERS E LV 1:30 SCRABBLE CLUB E AR 1:30 WORD WATERFALL DA LV 2:30 WHAT YEAR WAS THAT? DA LV 3:00 HAPPY HOUR ICE CREAM E/DA LV 4:00 RIDDLES & BRAIN TEASERS DA LV 6:00 MID WEEK MOVIE RS LV	10 ROCK PAINTING 9:00 MUSIC N MOTION G LV 9:30 WHAT'S IN THE NEWS? G LV 10:00 FITNESS EXPRESS G LV 10:30 WALKING CLUB E LV 11:00 FACT OR FICTION E LV 11:30 WORD WATERFALL G LV 1:30 BALLOON VOLLEYBALL G LV 1:30 HOLIDAY ROCK PAINTING E AR 2:00 FINISH THE PHRASE G LV 3:00 HAPPY HOUR TERIYAKI MEATBALLS E/G LV 4:00 JOKES & RIDDLES E LV 6:00 NIGHTLY MOVIE RS LV	11 ROSARY/YOM KIPPUR 9:00 BROADWAY TUNES G LV 9:30 NEWS & HOROSCOPES G LV 9:45 ROSARY V M 10:00 CHAIR ZUMBA G LV 10:30 WALKING CLUB SS LV 11:00 DAILY CROSSWORD D LV 11:00 ONE ON ONE'S SS RR 1:30 BEAN BAG TOSS G LV 1:30 BOARD GAMES & PUZZLES SS AR 2:00 MATCH GAME G LV 3:00 HAPPY HOUR APPLES & CARAMEL G/SS LV 4:00 ARMCHAIR TRIVIA SS LV 6:00 TGIF FILM RS LV	12 TEDDY ROOSEVELT BIO 9:00 SING A LONGS A LV 9:30 CURRENT EVENTS A LV 10:00 COMMIT TO BE FIT A LV 10:30 WALKING CLUB SS LV 11:00 KEEP UP THE BALLOON SS LV 11:30 NAME 10..15..20 A LV 1:30 TEDDY ROOSEVELT BIO A LV 1:30 APPLE ART CREATIONS SS B 2:00 WORD IN A WORD A LV 3:00 HAPPY HOUR PRETZELS SS/A B 4:00 CONVERSATION STARTERS SS B 6:00 EVENING MOVIE RS B	
13 COMMUNION 9:00 JAZZ SS LV 9:30 TODAY'S TOPICS SS LV 10:00 MOVE GROOVE & IMPROVE SS LV 10:30 COMMUNION WITH JAMES V LV 10:30 WEEKEND STROLL J LV 11:00 WORD WATERFALL J LV 11:00 ONE ON ONE'S SS RR 11:30 NAME THAT TUNE J LV 1:30 VINTAGE SHOW & TELL J LV 1:30 COLOR PUMPKINS SS AR 3:00 HAPPY HOUR SUNDAES SS/J LV 4:00 YOU BE THE JUDGE SS LV 6:00 SUNDAY MOVIE RS LV	14 LUNCH TRIP-BURGER KING 9:00 SOFT ROCK DA LV 9:30 DAILY CHRONICLES DA LV 10:00 FIT & FABULOUS DA LV 10:30 WALKING CLUB SE LV 11:00 LUNCH TRIP BURGER KING SE O 11:00 ODD WORD OUT DA LV 11:30 UNSCRAMBLE THE LETTERS DA LV 1:30 SCRABBLE CLUB SE AR 1:30 COLUMBUS DAY TRIVIA DA LV 2:00 MUSICAL HANGMAN DA LV 3:00 HAPPY HOUR FRENCH ONION DIP SE/DA LV 4:00 SHARE MEMORIES SE LV 6:00 CLASSIC MOVIES RS LV	15 CHINESE AUCTION 9:00 MUSIC TO ENJOY G LV 9:30 WHAT'S IN THE NEWS? G LV 10:00 HEALTH IS WEALTH G LV 10:30 WALKING CLUB E LV 11:00 ARMCHAIR TRIVIA G LV 11:00 ONE ON ONE'S E RR 1:00 MANICURES BY APPT G AR 1:30 CHINESE AUCTION E/G LV 3:00 HAPPY HOUR BRUCHETTA E/G LV 4:00 NAME THE FAMOUS FACE E LV 6:00 NIGHT TIME MOVIES RS LV	16 HOME KIDS VISIT 9:00 MORNING MELODIES E LV 9:30 NEWS AND VIEWS E LV 10:00 STRETCH AND FLEX E LV 10:30 WALKING CLUB DA LV 10:30 HOME KIDS VISIT V AR 1:30 TOSS & TALK BALL DA LV 1:30 PUZZLES & BOARD GAMES E AR 2:00 FAMILY FEUD DA LV 3:00 HAPPY HOUR ICE CREAM DA/E LV 4:00 SING A LONGS DA LV 6:00 LETS WATCH A MOVIE G LV	17 NATIONAL PASTA DAY 9:00 SONGS FOR ALL G LV 9:30 TODAY'S HEADLINERS G LV 10:00 SIT & BE FIT G LV 10:30 WALKING CLUB E CM 11:00 QUIZZES & PUZZLES G LV 11:30 A TO Z E LV 1:30 ONE ON ONE'S E RR 1:30 LADDERBALL G LV 2:00 URBAN MYTHS G LV 3:00 HAPPY HOUR WITH FRIED CORN NUGGETS G/E LV 4:00 WHO AM I? G LV 6:00 SILVER SCREEN CLASSICS RS LV	18 CREATE PUMPKIN FLUFF DIP 9:00 MUSIC APPRECIATION G LV 9:30 TODAY'S NEWS G LV 10:00 STRETCHING IN THE AM SS LV 10:30 WALKING CLUB G LV 11:00 DAILY CROSSWORD SS LV 11:30 FINISH THE PHRASE G LV 1:30 NON COOKING CLASS-PUMPKIN FLUFF DIP G AR 1:30 FINISH THE LYRIC SS LV 2:00 THIS DATE IN HISTORY SS LV 3:00 HAPPY HOUR FRESH FRUIT SS/G LV 4:00 BINGO D LV 6:00 MOVIES AT NIGHT RS LV	19 BUS TRIP PUMPKIN PICKING 9:00 SONGS FOR ALL A LV 9:30 WEEKEND UPDATE A LV 10:00 GET IN SHAPE A LV 10:30 WALKING CLUB A LV 11:00 MUSICAL HANGMAN SS LV 11:30 WORD IN A WORD SS LV 1:00 PUMPKIN PICKING ISLANDIA SS O 1:30 JULIA ROBERTS TRIVIA A LV 2:00 WHAT YEAR WAS THAT A LV 3:00 HAPPY HOUR BAR MIX SS/A LV 4:00 WHO AM I? SS LV 6:00 MOVIE MOVIE MOVIE RS LV	
20 COMMUNION WITH JAMES 9:00 SUNDAY SERENADES SS LV 9:30 WEEK IN REVIEW SS LV 10:00 STRONG BODY, STRONG MIND SS LV 10:30 COMMUNION WITH JAMES V LV 11:00 WALKING CLUB J LV 11:30 ODD WORD OUT J LV 1:30 WORD WATERFALL J LV 1:30 ONE ON ONE'S SS RR 2:00 FAMILY FEUD J LV 3:00 HAPPY HOUR SUNDAES SS/J LV 4:00 ARMCHAIR TRIVIA J/SS LV 6:00 MOVIE SHOWING RS LV	21 NATIONAL APPLE DAY 9:00 ACOUSTIC SUNRISE DA LV 9:30 DAILY DOSE DA LV 10:00 COMMIT TO BE FIT DA BI 10:30 WALKING CLUB SE CM 11:00 UNSCRAMBLE THE LETTERS SE LV 11:30 NAME 10..15..20 DA LV 1:30 SCRABBLE CLUB SE B 1:30 CHICKEN SOUP FOR THE SOUL DA CY 2:00 WORD JUMBLES DA LV 3:00 HAPPY HOUR CHILI CHEESE DIP DA/SE B 4:00 WOULD YOU RATHER? DA B 6:00 MOVIES WE LOVE RS B	22 DECORATE PUMPKINS 9:00 MUSICAL MEDIATION G LV 9:30 NEWS OF THE DAY G LV 10:00 SHAKE IT & WORK IT OUT! G LV 10:30 WALKING CLUB G LV 11:00 DAILY CROSSWORD E LV 11:00 ONE ON ONE'S G RR 1:00 MANICURES BY APPT G AR 1:30 DECORATE PUMPKINS E AR 1:30 OCTOBER TRIVIA E LV 2:00 FAMILY FEUD E LV 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES E/G LV 4:00 QUIPO QUIZ E LV 6:00 LET'S GO TO THE MOVIES DA LV	23 OKTOBERFEST 9:00 HITS FROM THE 50'S E LV 9:30 NEWS OF THE DAY E LV 10:00 TONE UP E LV 10:30 WALKING CLUB E LV 11:00 MATCH GAME DA LV 11:30 ODD WORD OUT DA LV 1:30 OKTOBERFEST WITH NOW & THEN ENTERTAINMENT E LV 1:30 BINGO DA LV 3:00 HAPPY HOUR ICE CREAM DA/E LV 4:00 WHO AM I? D LV 6:00 MOVIE TIME G LV	24 9:00 MUSIC, MUSIC, MUSIC G LV 9:30 TODAY'S NEWS G LV 10:00 CHAIR EXERCISES G LV 10:30 WALKING CLUB G LV 11:00 21 QUESTIONS E LV 11:30 TRUE OR FALSE G LV 1:30 FUN WITH WATERCOLORS G AR 1:30 CORN HOLE E LV 2:00 ANNIE EDSON TAYLOR TIDBITS E LV 3:00 HAPPY HOUR SOFT PRETZELS E/G LV 4:00 URBAN MYTHS G LV 6:00 MOVIES TO ENJOY AM LV	25 SHABBAT/ROSARY 9:00 TUNES FROM 70'S G LV 9:30 FRONT PAGE NEWS G LV 9:45 ROSARY V M 10:00 SIT & BE FIT G LV 10:30 WALKING CLUB SS CM 11:00 DAILY CROSSWORD SS LV 1:30 LADDERBALL G LV 1:30 ADULT COLORING SS B 2:00 FILL IN THE BLANK G LV 3:00 HAPPY HOUR CINNAMON SQUARES SS/G B 4:00 NAME THAT TUNE G B 6:00 TGIF MOVIES RS B	26 JULIE ANDREWS BIO 9:00 SONGS FOR ALL A LV 9:30 NEWSDAY A LV 10:00 KEEP IN SHAPE A LV 10:30 WALKING CLUB A LV 11:00 WORDS THAT START WITH "O" SS LV 11:30 FINISH THE LYRIC SS LV 1:30 JULIE ANDREWS BIO SS LV 1:30 BOARD GAMES & PUZZLES A AR 2:00 WHO SAID THAT? SS LV 3:00 HAPPY HOUR DORITOS SS/A LV 4:00 BINGO A LV 6:00 MOVIE TIME AM LV	
27 CREATE PUMPKIN PARFAITS 9:00 MUSIC IN THE MORNING SS LV 9:30 DAILY CHRONICLES SS LV 10:00 STAY FIT DON'T QUIT DA LV 10:00 COMMUNION WITH JAMES V LV 11:00 TOSS & TALK BALL J LV 11:00 ONE ON ONE'S SS RR 1:30 CREATE PUMPKIN PARFAITS SS AR 1:30 30 MINUTE MYSTERY J LV 2:00 FACT OR FICTION J LV 3:00 HAPPY HOUR SUNDAES SS/J LV 4:00 BINGO WAS HIS NAME O J LV 6:00 SUNSET MOVIE E LV	28 9:00 MUSIC IN THE AM DA LV 9:30 DAILY NEWS DA LV 10:00 SWEAT WITH STYLE DA LV 10:30 WALKING CLUB SE LV 11:00 BINGO FEVER DA LV 11:00 CARD GAMES SE AR 1:30 SCRABBLE CLUB SE AR 1:30 FAMILY FEUD DA LV 2:00 BEAN TAG TOSS DA LV 3:00 HAPPY HOUR QUESO DIP DA/SE LV 4:00 GUESS WHO SE LV 6:00 MOTION PICTURE RS LV	29 NATIONAL CAT DAY 9:00 COUNTRY MUSIC G LV 9:30 NEWSDAY G LV 10:00 MOVE GROOVE & IMPROVE G LV 10:30 WALKING CLUB E LV 11:00 WORD SCRAMBLE G LV 11:30 WORD WATERFALL E LV 1:00 MANICURES BY APPT G AR 1:30 FELINE WORD TEASERS E LV 2:00 SHARE PET MEMORIES E LV 3:00 HAPPY HOUR CHEESE & CRACKERS E/G LV 4:00 NAME THAT TUNE E LV 6:00 EVENING MOVIE DA LV	30 JOINT HAPPY HOUR WITH EAST 9:00 BIG BAND MELODY E LV 9:30 WHATS IN THE NEWS E LV 10:00 FITTER, HEALTHIER, HAPPIER E LV 10:30 WALKING CLUB E LV 11:00 DAILY CROSSWORD E LV 11:00 ONE ON ONE'S DA RR 1:30 TRIVIA CHALLENGE E LV 1:30 BOARD GAMES & PUZZLES DA LV 2:00 NAME THE FAMOUS FACE E LV 3:00 JOINT HAPPY HOUR WITH EAST PUMPKIN LATTES E LV 4:00 BINGO D LV 6:00 MOVIE TIME G LV	31 COSTUME PARTY 9:00 SPOOKY TUNES G LV 9:30 HORRO-SCOPES G LV 10:00 YOU GOT IT, HAUNT IT G LV 10:30 MASQUERADE MARCH G LV 11:00 WORD IN A WORD E LV 11:30 NAME 10..15..20 RS LV 1:30 SPOOKTACULAR BINGO E LV 2:30 DEB TOSCANO ENTERTAINMENT E LV 3:00 HAPPY HOUR G/E LV 4:00 COSTUME PARTY E LV 6:00 FRIGHT NIGHT FLICK RS LV	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		