

OCTOBER 2024

The Arbors At ISLANDIA WEST

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

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
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 PUMPKIN SPICE DAY

9:00 CROONERS & SWOONERS D LV
9:30 NEWSDAY D LV
10:00 BREAKING NEWS D LV
10:30 WALKING CLUB DD LV
11:00 DAILY CROSSWORD DA CM
1:00 MANICURES BY APPT DA B
1:30 TOSS & TALK D LV
2:00 ARMCHAIR TRIVIA DA B
3:00 HAPPY HOUR DONUT HOLES DA/DB
4:00 FINISH THE PHRASE D B
6:00 WIN LIKE NEVER B-4 DA B
7:00 NIGHTLY MOVIE RS M

2 BUS TRIP/ROSH HASHANAH

9:00 EASY LISTENING D LV
9:30 NEWS DISCUSSION D LV
10:00 MOVE GROOVE & IMPROVE D LV
10:30 BUS TRIP HOBBY LOBBY RS O
10:30 WALKING CLUB D CM
11:00 WORD IN A WORD D LV
11:30 A TO Z G LV
1:00 SCRABBLE CLUB V B
1:30 KEEP UP THE BALLOON D LV
2:00 FACTS ABOUT THE BRIDGE ON THE RIVER KWAI G LV
3:00 HAPPY HOUR FLOATS D/G B
4:00 BOOK CLUB S BI
4:00 WHO AM I? D B
6:00 SPEED BINGO G B
7:00 MID WEEK PICTURE RS M

3 ACTIVITY COMMITTEE

9:00 ELVIS HITS D LV
9:30 DAILY NEWS D LV
10:00 FIT & FABULOUS D LV
10:30 WALKING CLUB D LV
11:00 ACTIVITY COMMITTEE SC LV
11:00 ONE ON ONE'S RS RR
1:30 MATCH GAME D LV
1:30 CREATIVE PAINTING AM B
2:00 UNSCRAMBLE THE LETTERS D LV
2:30 MUSICAL HANGMAN D LV
3:00 HAPPY HOUR ONION RINGS D/AM B
4:15 JOKES & RIDDLES D B
6:00 BINGO ANYONE? AM B
7:00 THURSDAY SHOWING RS M

4 ROSH HASHANAH SERVICE

9:00 CLASSIC HITS OF THE 70'S D LV
9:30 WE REPORT YOU DECIDE D LV
10:00 SWEAT WITH STYLE D M
10:30 WALKING CLUB D CM
11:00 KNITTING/CROCHET CLUB A LV
11:00 NAME 10..15..20 D LV
11:30 WORDS THAT START WITH "S" D LV
1:00 SCRABBLE CLUB V B
1:30 URBAN MYTHS D LV
2:00 NEVER HAVE I EVER GAME A LV
3:00 HAPPY HOUR RICE PUDDING A/D B
4:00 FINISH THE LYRIC D B
6:00 KEEP CALM & BINGO ON A B
7:00 FRIDAY FLICK RS M

5 DESIGN MASON JARS

9:00 MORNING MELODIES G LV
9:30 NEWSDAY G LV
10:00 FITNESS BEYOND LIMITS G LV
10:30 WEEKEND STROLL G LV
11:00 NAME THE FAMOUS FACE G BI
11:30 A TO Z AM LV
1:30 LADDERBALL AM B
1:30 DESIGN MASON JARS G B
2:00 MICHAEL LANDON BIO AM LV
3:00 HAPPY HOUR CHEEZ IT'S AM/G B
4:00 SHOUT OUT TRIVIA G B
6:00 JACKPOT BINGO AM B
7:00 SATURDAY NIGHT SHOWING RS M

6 COMMUNION

9:00 MUSIC FEEDS THE SOUL DA LV
9:30 LOCAL NEWS DA LV
10:00 COMMUNION WITH JAMES V DR
10:00 GET FIT STAY FIT DA LV
10:30 WEEKEND STROLL DA DR
11:00 WORD IN A WORD DA LV
11:30 MATCH GAME E LV
1:30 CHICKEN SOUP FOR THE SOUL E LV
1:30 COLORING COORDINATION DA B
2:00 TOSS & TALK BALL E LV
3:00 HAPPY HOUR SUNDAES DA/EB
4:00 TRENDING TOPICS DA B
6:00 WON IT AT BINGO E LV
7:00 SUNDAY MOVIE RS CM

7 ABRAHAM DOG VISIT

9:00 BIG BAND MEDLEY E LV
9:30 ALL THE NEWS E LV
10:00 STRONG BODY, STRONG MIND E LV
10:30 WALKING CLUB E CM
11:00 ABRAHAM DOG VISIT V LV
1:00 SCRABBLE CLUB V BI
1:30 ONE ON ONE'S E RR
1:30 TRUE OR FALSE D LV
2:00 FAMILY FEUD D LV
3:00 HAPPY HOUR PUMPKIN DIP D/E B
4:00 FINISH THE PHRASE E B
6:00 BORN TO YELL BINGO D B
7:00 MOTION PICTURE VR LI

8 ENTERTAINMENT TONY T & MARGARITA

9:00 COUNTRY MUSIC D LV
9:30 NEWS FOR ALL D LV
10:00 HEALTH IS WEALTH D LV
10:30 WALKING CLUB D CM
10:30 LIBRARY VISIT IN BISTRO V BI
11:00 MUSICAL HANGMAN D LV
11:30 NAME 10..15..20 DA LV
1:00 MANICURES BY APPT DA B
1:30 TONY T & MARGARITA ROSE E LV
3:00 HAPPY HOUR FRIED ZUCCHINI D/DAB
4:00 ARMCHAIR TRIVIA D B
6:00 BINGO ANYONE? DA B
7:00 SILVER SCREEN CLASSICS RS M

9 LECTURE FLU PREVENTION

9:00 SOFT ROCK D LV
9:30 BEST NEWS OF THE DAY D LV
10:00 CHAIR EXERCISES FOR SENIORS D LV
10:30 WALKING CLUB D CM
11:00 FILL IN THE BLANKS D LV
11:30 WOULD YOU RATHER? G LV
1:00 SCRABBLE CLUB V B
1:30 LECTURE FLU PREVENTION BY LAURA V LV
2:30 WHAT YEAR WAS THAT? G LV
3:00 HAPPY HOUR FLOATS G/D B
4:00 BOOK CLUB S BI
4:00 RUMMIKUB D B
6:00 SPEED BINGO G B
7:00 MID WEEK MOVIE RS M

10 BUS TRIP TO JAKES 58

9:00 MUSIC N MOTION D LV
9:30 WHAT'S IN THE NEWS? D LV
9:45 FITNESS EXPRESS D LV
10:30 WALKING CLUB D CM
11:00 FACT OR FICTION AM LV
11:30 WORD WATERFALL AM LV
1:00 BUS TRIP TO JAKES 58 RS O
1:30 BALLOON VOLLEYBALL D LV
1:30 HOLIDAY ROCK PAINTING AM B
2:00 FINISH THE PHRASE D LV
3:00 HAPPY HOUR TERIYAKI MEATBALLS D/AM B
4:00 JOKES & RIDDLES D B
6:00 BINGO FOR CASH AM B
7:00 NIGHTLY MOVIE RS M

11 ROSARY/YOM KIPPUR

9:00 BROADWAY TUNES D LV
9:30 NEWS & HOROSCOPES D LV
9:45 ROSARY V M
10:00 EXERCISE BASICS D LV
10:30 WALKING CLUB D CM
11:00 KNITTING/CROCHET CLUB A LV
11:00 DAILY CROSSWORD D LV
1:00 SCRABBLE CLUB V B
1:30 BEAN BAG TOSS D LV
1:30 BOARD GAMES & PUZZLES A BI
2:00 MATCH GAME D LV
3:00 HAPPY HOUR APPLES & CARAMEL D/A B
4:00 ARMCHAIR TRIVIA D B
6:00 TGIF BINGO A B
7:00 FRIDAY FILM RS M

12 TEDDY ROOSEVELT BIO

9:00 SING A LONGS G LV
9:30 CURRENT EVENTS G LV
10:00 COMMIT TO BE FIT G LV
10:30 WALKING CLUB G LV
11:00 HANGMAN G LV
11:30 NAME 10..15..20 AM CY
1:30 TEDDY ROOSEVELT BIO AM LV
1:30 APPLE ART CREATIONS G B
2:00 WORD IN A WORD AM LV
3:00 HAPPY HOUR PRETZELS AM/G B
4:00 CONVERSATION STARTERS G B
6:00 HAPPINESS IS YELLING BINGO AM B
7:00 NIGHTLY MOVIE RS M

13 COMMUNION

9:00 JAZZ DA LV
9:30 TODAY'S TOPICS DA LV
10:00 COMMUNION WITH JAMES V DR
10:00 MOVE GROOVE & IMPROVE DA DR
10:30 WEEKEND STROLL DA LV
11:00 WORD WATERFALL E O
11:00 ONE ON ONE'S DA RR
11:30 NAME THAT TUNE E LV
1:30 VINTAGE SHOW & TELL DA BI
1:30 COLOR PUMPKINS E B
3:00 HAPPY HOUR SUNDAES DA/EB
3:15 GLAMOUR GAL VISIT DA LV
4:00 BAR GAMES DA B
6:00 BINGO TIME E B
7:00 SUNDAY MOVIE RS M

14 COLUMBUS DAY/VETS CHAT

9:00 SOFT ROCK E LV
9:30 DAILY CHRONICLES E LV
10:00 FIT & FABULOUS E BI
10:30 WALKING CLUB E LV
11:00 WALKING CLUB E CM
11:00 ODD WORD OUT E LV
11:30 UNSCRAMBLE THE LETTERS E LV
1:00 SCRABBLE CLUB V B
1:30 COLUMBUS DAY TRIVIA D CY
2:00 VETS CHAT WITH RAY V BI
3:00 HAPPY HOUR FRENCH ONION DIP D/E GR
4:00 SHARE MEMORIES E LV
6:00 AFTER DINNER BINGO D M
7:00 CLASSIC MOVIES RS M

15 LECTURE

9:00 MUSIC TO ENJOY D LV
9:30 WHAT'S IN THE NEWS? D LV
10:00 HEALTH IS WEALTH D LV
10:30 WALKING CLUB D CM
11:00 ARMCHAIR TRIVIA DA LV
11:00 ONE ON ONE'S DA RR
1:00 MANICURES BY APPT DA B
1:30 CHINESE AUCTION D LV
3:00 HAPPY HOUR BRUCHETTA DA/DB
4:00 NAME THE FAMOUS FACE D B
6:00 BINGO FOR CASH DA B
7:00 NIGHT TIME MOVIES RS M

16 HOME KIDS VISIT

9:00 MORNING MELODIES D LV
9:30 NEWS AND VIEWS D LV
10:00 STRETCH AND FLEX D LV
10:30 WALKING CLUB D CM
10:30 HOME KIDS VISIT V LV
1:00 SCRABBLE CLUB V B
1:30 TOSS & TALK BALL G LV
1:30 PUZZLES & BOARD GAMES D B
2:00 FAMILY FEUD G LV
3:00 HAPPY HOUR FLOATS D/G B
4:00 SING A LONGS D B
4:00 BOOK CLUB S BI
6:00 SPEED BINGO G B
7:00 NIGHTLY MOVIE RS B

17 HAPPINESS GROUP WITH CAT

9:00 SONGS FOR ALL D LV
9:30 TODAY'S HEADLINERS D LV
10:00 SIT & BE FIT D LV
10:30 WALKING CLUB D CM
11:00 QUIZZES & PUZZLES D LV
11:30 A TO Z AM LV
1:30 HAPPINESS GROUP WITH CAT E B
1:30 LADDERBALL D LV
2:00 URBAN MYTHS AM LV
3:00 HAPPY HOUR WITH FRIED CORN NUGGETS AM/D B
4:00 RUMMIKUB D B
6:00 BINGO AT NIGHT \$ AM B
7:00 SILVER SCREEN CLASSICS RS M

18 CREATE PUMPKIN FLUFF DIP

9:00 MUSIC APPRECIATION D LV
9:30 TODAY'S NEWS D LV
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD NU B
11:00 MUSICAL HANGMAN G LV
11:00 KNITTING/CROCHET CLUB A LV
1:00 SCRABBLE CLUB V BI
1:30 NON COOKING CLASS-PUMPKIN FLUFF DIP A O
1:30 FINISH THE LYRIC D LV
2:00 THIS DATE IN HISTORY D CY
3:00 HAPPY HOUR FRESH FRUIT D/A B
4:00 CARDS AT THE BAR D B
6:00 BINGO A B
7:00 MOVIES AT NIGHT TT M

19 BUS TRIP PUMPKIN PICKING

9:00 SONGS FOR ALL G LV
9:30 WEEKEND UPDATE G LV
10:00 GET IN SHAPE G CM
10:30 WALKING CLUB G CM
11:00 MUSICAL HANGMAN G LV
11:30 WORD IN A WORD AM LV
1:00 PUMPKIN PICKING ISLANDIA RS O
1:30 JULIA ROBERTS TRIVIA AM CY
2:00 WHAT YEAR WAS THAT AM CY
3:00 HAPPY HOUR BAR MIX AM/G B
4:00 WHO AM I? G B
6:00 WEEKEND BINGO AM B
7:00 MOVIE AT NIGHT RS M

20 ST PAUL'S LUTHERAN CHOIR

9:00 SUNDAY SERENADES DA LV
9:30 WEEK IN REVIEW DA LV
10:00 COMMUNION WITH JAMES V DR
10:00 STRONG BODY, STRONG MIND DA LV
10:30 WALKING CLUB DA CM
11:00 ODD WORD OUT DA LV
11:30 WORD WATERFALL E LV
1:15 ST PAUL LUTHERAN CHURCH CHOIR V LV
1:30 ONE ON ONE'S DA RR
3:00 HAPPY HOUR SUNDAES E/DA B
4:00 ARMCHAIR TRIVIA DA B
6:00 LETS PLAY BINGO E B
7:00 MOVIE SHOWING RS M

21 BUS TRIP TARGET

9:00 ACOUSTIC SUNRISE E LV
9:30 DAILY DOSE E LV
10:00 COMMIT TO BE FIT E BI
10:30 BUS TRIP TARGET RS LV
10:30 WALKING CLUB E CM
11:00 UNSCRAMBLE THE LETTERS E LV
11:30 NAME 10..15..20 E LV
1:00 SCRABBLE CLUB V B
1:30 CHICKEN SOUP FOR THE SOUL D CY
2:00 WORD JUMBLES D LV
3:00 HAPPY HOUR CHILI CHEESE DIP D/E B
4:00 PUB GAMES E B
6:00 EVENING BINGO D B
7:00 MOVIES WE LOVE RS M

22 DECORATE PUMPKINS

9:00 MUSICAL MEDIATION D LV
9:30 NEWS OF THE DAY D LV
10:00 SHAKE IT & WORK IT OUT! D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD D LV
11:00 ONE ON ONE'S D LV
1:00 MANICURES BY APPT DA B
1:30 DECORATE PUMPKINS DA B
1:30 OCTOBER TRIVIA D LV
2:00 FAMILY FEUD D LV
3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES DA/DB
4:00 QUIPO QUIZ D B
6:00 BINGO CALLS DA B
7:00 LETS GO TO THE MOVIES RS M

23 OKTOBERFEST

9:00 HITS FROM THE 50'S D LV
9:30 NEWS OF THE DAY D LV
10:00 TONE UP D LV
10:30 WALKING CLUB D CM
11:00 MATCH GAME G LV
11:30 ODD WORD OUT G LV
1:30 OKTOBERFEST WITH NOW & THEN ENTERTAINMENT E LV
1:30 ONE ON ONE'S G RR
3:00 HAPPY HOUR FLOATS D/G B
4:00 BOOK CLUB S BI
4:00 WHO AM I? D B
6:00 SPEED BINGO G B
7:00 NIGHTTIME MOVIE RS M

24 CHEZ ARBORS

9:00 MUSIC, MUSIC, MUSIC D LV
9:30 TODAY'S NEWS D LV
10:00 CHAIR EXERCISES D LV
10:30 WALKING CLUB D LV
11:00 21 QUESTIONS AM LV
11:30 TRUE OR FALSE AM LV
1:30 FUN WITH WATERCOLORS AM B
1:30 CORN HOLE D LV
2:00 ANNIE EDSON TAYLOR TIDBITS D LV
3:00 HAPPY HOUR SOFT PRETZELS D/AM B
4:00 KARAOKE D B
6:00 BINGO ANYONE? AM B
7:00 MOVIES TO ENJOY RS M

25 SHABBAT/ROSARY

9:00 TUNES FROM 70'S D LV
9:30 FRONT PAGE NEWS D LV
9:45 ROSARY V M
10:00 SIT & BE FIT D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD D LV
11:00 KNITTING/CROCHET CLUB A LV
1:00 SCRABBLE CLUB V B
1:30 LADDERBALL D LV
1:30 ADULT COLORING A B
2:00 FILL IN THE BLANK D LV
3:00 HAPPY HOUR CINNAMON SQUARES D/A B
4:00 NAME THAT TUNE D B
6:00 BINGO A B
7:00 TGIF MOVIES RS M

26 JULIE ANDREWS BIO

9:00 SONGS FOR ALL G LV
9:30 NEWSDAY G LV
10:00 KEEP IN SHAPE G LV
10:30 WALKING CLUB G CM
11:00 WORDS THAT START WITH "O" AM LV
11:30 FINISH THE LYRIC AM LV
1:30 JULIE ANDREWS BIO AM LV
1:30 BOARD GAMES & PUZZLES G B
2:00 WHO SAID THAT? AM LV
3:00 HAPPY HOUR DORITOS AM/G B
4:00 WALK DOWN MEMORY LANE G B
6:00 WEEKEND BINGO AM B
7:00 MOVIE TIME WALKING CLUB RS M

27 CREATE PUMPKIN PARFAITS

9:00 MUSIC IN THE MORNING DA LV
9:30 DAILY CHRONICLES DA LV
10:00 COMMUNION WITH JAMES V LV
10:00 STAY FIT DON'T QUIT DA LV
10:30 WALKING CLUB DA CM
11:00 TOSS & TALK BALL DA CM
11:00 ONE ON ONE'S E LV
1:30 CREATE PUMPKIN PARFAITS E B
1:30 30 MINUTE MYSTERY DA LV
2:00 FACT OR FICTION DA LV
3:00 HAPPY HOUR SUNDAES E/DA B
4:00 CONVERSATION STARTERS DA SB
6:00 BINGO WAS HIS NAME O E B
7:00 SUNSET MOVIE RS M

28 LUNCH TRIP J & R'S STEAK HOUSE

9:00 MUSIC IN THE AM E LV
9:30 DAILY NEWS E LV
10:00 SWEAT WITH STYLE E LV
10:30 WALKING CLUB E LV
11:00 LUNCH TRIP J & R'S STEAK HOUSE RS BI
11:00 WOULD YOU RATHER? E LV
11:30 NAME 10..15..20 E LV
1:00 SCRABBLE CLUB V B
1:30 FAMILY FEUD D LV
2:00 BEAN TAG TOSS D LV
3:00 HAPPY HOUR QUESO DIP D/E B
4:00 GUESS WHO E B
6:00 BINGO FEVER D B
7:00 MOTION PICTURE RS M

29 FALL TEA PARTY

9:00 COUNTRY MUSIC D LV
9:30 NEWSDAY D LV
10:00 MOVE GROOVE & IMPROVE D LV
10:30 WALKING CLUB D CM
11:00 WORD SCRAMBLE D LV
11:30 WORD WATERFALL DA LV
1:00 MANICURES BY APPT DA B
1:30 FELINE WORD TEASERS D LV
2:00 SHARE PET MEMORIES D LV
3:00 HAPPY HOUR CHEESE & CRACKERS D/DAB
4:00 NAME THAT TUNE D B
6:00 LETS PLAY BINGO DA B
7:00 NIGHTLY MOVIE RS M

30 JOINT HAPPY HOUR WITH EAST

9:00 BIG BAND MELODY D LV
9:30 WHAT'S IN THE NEWS D LV
10:00 FITTER, HEALTHIER, HAPPIER D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD D LV
11:00 ONE ON ONE'S G RR
1:00 SCRABBLE CLUB V B
1:30 TRIVIA CHALLENGE D LV
1:30 BOARD GAMES & PUZZLES G LV
2:00 NAME THE FAMOUS FACE D LV
3:00 JOINT HAPPY HOUR WITH EAST PUMPKIN LATTES D/G B
4:00 BOOK CLUB S BI
4:00 KARAOKE D B
6:00 SPEED BINGO G B
7:00 MOVIE TIME RS M

31 COSTUME PARTY

9:00 SPOOKY TUNES D LV
9:30 HORRO-SCOPES D LV
10:00 YOU GOT IT, HAUNT IT D LV
10:30 MASQUERADE MARCH D CM
10:30 RESIDENT COUNCIL SC BI
11:00 FOOD COMMITTEE RS BI
1:15 ENTERTAINMENT DEB TUSCANO E LV
2:30 GUESS THE MOVIE QUOTE D LV
3:00 HAPPY HOUR GHOULISH PUMPKIN BREAD D/AM B
4:00 COSTUME PARTY D B
6:00 SPOOKTACULAR BINGO AM B
7:00 FRIGHT NIGHT FLICK RS M

ACTIVITY CALENDAR

