

# NOVEMBER 2024

# The Arbors At ISLANDIA EAST

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

# ACTIVITY CALENDAR

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |   |
|---|--|---|--|---|--|---|---|
|  <p><i>give thanks</i><br/>with a grateful heart</p>   |  | <b>STAFF KEY</b><br>V=Valerie Director<br>D=Denzel<br>S=Sarah<br>G=Gina<br>A=Anne<br>M=Mary<br>MR=Michelle<br>VG=Veronica<br>DD=Danielle<br>K=Keith<br>L=Linda<br>AT=Alexia<br>VEN=Vender<br>RS-Recreation Staff<br>RL=Resident Lead  | <b>LOCATION KEY</b><br>O - Outing<br>B - Bistro<br>CY - Courtyard<br>LO - Lobby<br>G - Game Room<br>AC - Activity Channel<br>IR - In Room<br>F1 - First Floor<br>F2 - Second Floor<br>F3 - Third Floor<br>DR - Dining Room<br>M - Media Room<br>W - West Side<br>IR - In Room  | <b>FOR YOUR DINING PLEASURE</b><br>BREAKFAST 7:45am-9:15am<br>LUNCH 11:45am-1:15pm<br>DINNER 4:45pm-6:15pm<br><br>All programs are subject to change.<br>All changes will be reflected on the Daily Board.<br><br>Your Director Valerie will be happy to answer any questions you may have regarding this calendar.   | <b>WEEKLY TRIPS</b><br>TO SIGN UP FOR OUR WEEKLY TRIPS<br>OR SPECIAL EVENTS PLEASE GO TO<br>THE CALENDAR AREA BY THE FRONT<br>DESK TO RESERVE YOUR SPOT!<br><br>*All trips are if weather permits.   | <b>1 MAGICIAN TERRY PARRETT</b><br>9:30 HAPPENINGS S/M LO<br>10:00 STRETCHING S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:00 TRIVIA CHALLENGE S/M LO<br>1:15 MID DAY MOVIE S/M M<br>1:15 BINGO! S/M G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 WHO AM I? S/M LO<br>3:00 MAGICIAN TERRY PARRETT VEN LO<br>3:00 HAPPY HOUR CHEESE & CRACKERS S/M/L B<br>4:00 FAMILY FEUD S/M LO<br>6:15 BINGO ANYONE? L G<br>7:15 MOVIE IN THE ARBORS THEATER L M | <b>2</b><br>9:30 NEWS FLASH S/M LO<br>10:00 SATURDAY WARM UP S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:00 FILL IN THE BLANK S/M LO<br>1:15 MOVIE IN THE CINEMA S/M M<br>1:15 BINGO! L G<br>2:00 CANASTA CLUB RL G<br>2:00 DICE GAMES S/M LO<br>3:00 HAPPY HOUR S/M/L B<br>4:00 NAME 10 S/M LO<br>6:15 WEEKEND BINGO L G<br>7:15 NIGHT AT THE MOVIES L M |
| <b>3 DAYLIGHT SAVINGS FALL BACK</b><br>9:30 R.C. COMMUNION WITH JAMES VEN G<br>9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O<br>10:15 MORNING WARM UP K LO<br>11:00 MULTIPLE CHOICE K LO<br>1:15 MATINEE K M<br>1:15 BINGO! L G<br>2:00 KINGS IN THE CORNER CLUB K G<br>2:00 WORD SEARCH K/A LO<br>3:00 HAPPY HOUR SUNDAES K/A/L B<br>4:00 TRIVIA CHALLENGE K/L LO<br>6:15 LATE DAY BINGO A G<br>7:15 EVENING MOVIE IN THE CINEMA A M             | <b>4 ROSARY PRAYER SERVICE</b><br>9:30 CURRENT EVENTS G/E LO<br>10:00 EXERCISE G/E LO<br>10:00 ROSARY PRAYER SERVICE VEN M<br>10:30 WALKING CLUB G/E LO<br>11:00 AUTUMN BOGGLE G/E LO<br>1:15 AFTERNOON MOVIE G/E M<br>1:15 BINGO! G/E G<br>2:00 PENNY POKER CLUB RL G<br>2:00 BILLIARD CLUB G LO<br>3:00 HAPPY HOUR G/E B<br>4:00 WORD GAMES G/E LO<br>6:15 AFTER DINNER BINGO RS G<br>7:15 NIGHT FLICK RS M  | <b>5 RESIDENT COUNCIL/FOOD COUNCIL/ELECTION DAY</b><br>9:30 NEWS & VIEWS G LO<br>10:00 TUESDAY TONING G LO<br>10:30 RESIDENT COUNCIL MEETING RL M<br>11:00 FOOD COUNCIL MEETING RL M<br>1:15 MATINEE G M<br>1:15 BINGO! S G<br>2:00 MAH JONG CLUB RL G<br>2:00 ELECTION HISTORY G LO<br>3:00 HAPPY HOUR COCKTAIL MEATBALLS G/S B<br>4:00 JEOPARDY S G<br>6:15 BINGO ANYONE? S G<br>7:15 FEATURE FILM S M  | <b>6 LUTHERAN SERVICE/VETERANS TRIBUTE</b><br>9:30 WORLD NEWS E LO<br>10:00 WEDNESDAY WORKOUT E LO<br>10:30 LUTHERAN SERVICE W/PASTOR ZACHARY VEN G<br>10:30 WALKING CLUB E LO<br>11:00 WHEEL OF FORTUNE E LO<br>1:15 MOVIE TIME E M<br>1:15 BINGO! A G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 VETERANS TRIBUTE SHOW W/LIZA VEN LO<br>3:00 HAPPY HOUR ROOTBEER FLOATS E B<br>4:00 TRIVIA TEASERS E LO<br>6:15 ALL ABOUT BINGO A G<br>7:15 EVENING MOTION PICTURE A M | <b>7 TRIP TO WALMART</b><br>9:30 DAILY NEWS S/D LO<br>10:00 CHAIR YOGA S/D LO<br>10:30 WALKING CLUB/BOARD GAMES S/D LO<br>11:00 SCATERGORIES S/D LO<br>1:15 TRIP TO WALMART S/D O<br>1:15 MID DAY SHOW L M<br>1:15 BINGO! L G<br>2:00 POKENO RL G<br>2:00 JUMBO GAMES L LO<br>3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES L B<br>4:00 GUESSING GAME S/D LO<br>6:15 BINGO! L G<br>7:15 TONIGHT'S FEATURE FILM L M                 | <b>8 TAKE-IN CHINESE</b><br>9:30 GOOD NEWS DAY S/M LO<br>10:00 FITNESS FUN S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:30 TRIVIA TID BITS S/M LO<br>12:00 TAKE-IN CHINESE L B<br>1:15 FRIDAY AFTERNOON FLICK L M<br>1:15 BINGO! L G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 TABLE TOP GAMES S/M LO<br>3:00 HAPPY HOUR CHEESE & CRACKERS S/M/L B<br>4:00 BRAIN BENDERS S/M LO<br>6:15 BIG BUCKS BINGO L G<br>7:15 FRIDAY NIGHT FLICK L M   | <b>9</b><br>9:30 HAPPENINGS S/M LO<br>10:00 STRETCHING S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:00 FASCINATING FACTS S/M LO<br>1:15 MID DAY MOVIE S/M LO<br>1:15 BINGO! L G<br>2:00 CANASTA CLUB RL G<br>2:00 BALLOON VOLLEYBALL S/M LO<br>3:00 HAPPY HOUR S/M/L B<br>4:00 FAMILY FEUD S/M LO<br>6:15 BINGO ANYONE? L LO<br>7:15 WEEKEND MOVIE L M   |   |
| <b>10 R.C. COMMUNION WITH JAMES</b><br>9:30 R.C. COMMUNION WITH JAMES VEN G<br>9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O<br>10:15 FITNESS FUN K LO<br>11:00 GUESSING GAME K LO<br>1:15 MOVIE TIME K M<br>1:15 BINGO! L G<br>2:00 KINGS IN THE CORNER CLUB RL G<br>2:00 TABLE GAMES K/A LO<br>3:00 HAPPY HOUR SUNDAES A/L/K B<br>4:00 CROSSWORD L/K LO<br>6:15 EVENING BINGO A G<br>7:15 NIGHT TIME MOVIE A M                                  | <b>11 VETERAN'S DAY</b><br>9:30 GOOD NEWS TODAY VEN LO<br>10:00 MORNING WARM UP G/E LO<br>10:00 ROSARY PRAYER SERVICE RL M<br>10:30 WALKING CLUB G/E LO<br>11:00 MULTIPLE CHOICE G/E LO<br>1:15 MATINEE G/E LO<br>1:15 BINGO! G/E M<br>2:00 PENNY POKER CLUB RL G<br>2:00 VETERANS DAY WORD PUZZLES G/E G<br>2:30 HONORING OUR VETERANS G/E LO<br>3:00 HAPPY HOUR G/E B<br>4:00 TRIVIA CHALLENGE G/E LO<br>6:15 LATE DAY BINGO RS G<br>7:15 EVENING MOVIE IN THE CINEMA RS M | <b>12 3 SISTERS GLASS/LIBRARY VISIT</b><br>9:30 3 SISTERS GLASS (9:30-4PM) VEN LO<br>9:30 CURRENT EVENTS G LO<br>10:00 LIBRARY VISIT VEN B<br>10:00 EXERCISE G LO<br>10:30 COZY HOT COCOA BAR G LO<br>11:00 BOGGLE G LO<br>1:15 AFTERNOON MOVIE G M<br>1:15 BINGO! S G<br>2:00 MAH JONG CLUB RL G<br>2:00 BILLIARD CLUB G LO<br>3:00 HAPPY HOUR TOASTED RAVIOLI G/S B<br>4:00 NAME THAT CELEBRITY G/S LO<br>6:15 AFTER DINNER BINGO S G<br>7:15 NIGHT FLICK S M | <b>13</b><br>9:30 NEWS & VIEWS E LO<br>10:00 SIT AND BE FIT E LO<br>10:30 WALKING CLUB E LO<br>11:00 GROUP CROSSWORD E LO<br>1:15 MATINEE E M<br>1:15 BINGO! E G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 TABLE TOP BOWLING E LO<br>3:00 HAPPY HOUR ROOTBEER FLOATS E B<br>4:00 JEOPARDY E LO<br>6:15 BINGO ANYONE? A G<br>7:15 FEATURE FILM A M   | <b>14</b><br>9:30 WORLD NEWS S/D LO<br>10:00 EXERCISE S/D LO<br>10:30 WALKING CLUB/BOARD GAMES S/D LO<br>11:00 WHEEL OF FORTUNE S/D LO<br>1:15 MOVIE TIME D M<br>1:15 BINGO! L G<br>2:00 POKENO RL G<br>2:00 CRAFT HOUR S/D LO<br>3:00 HAPPY HOUR DOUGHNUT HOLES S/D/L B<br>4:00 TRIVIA CHALLENGE S/D LO<br>6:15 BINGO PARTY! L G<br>7:15 EVENING MOVIE L M   | <b>15 YOGA W/RAY/CENTER FOR PERFORMING ARTS</b><br>9:30 YOGA WITH RAY VEN LO<br>10:15 WALKING CLUB S/M LO<br>11:00 OUTBURST S/M LO<br>1:00 TRIP TO THE CENTER FOR PERFORMING ARTS S/M O<br>1:15 MID DAY SHOW L M<br>1:15 BINGO! L G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 BALLOON VOLLEYBALL L LO<br>3:00 HAPPY HOUR FRUIT COCKTAIL L B<br>4:00 FUN FACT FRIDAY L LO<br>6:15 BIG BUCKS BINGO L G  | <b>16</b><br>9:30 GOOD NEWS DAY S/M LO<br>10:00 FITNESS FUN S/M LO<br>10:30 COZY HOT COCOA BAR S/M LO<br>11:00 BOGGLE S/M LO<br>1:15 AFTERNOON MOVIE S/M G<br>1:15 BINGO! L M<br>2:00 CANASTA CLUB RL G<br>2:00 TABLE TOP BOWLING S/M LO<br>3:00 HAPPY HOUR S/M/L B<br>4:00 BRAIN BENDERS S/M LO<br>6:15 BINGO TIME L G<br>7:15 EVENING FILM L M  |   |
| <b>17 R.C. COMMUNION WITH JAMES</b><br>9:30 R.C. COMMUNION WITH JAMES VEN G<br>9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O<br>10:15 SWAY TO THE MUSIC K LO<br>11:00 JEOPARDY K LO<br>1:15 MOVIE IN THE CINEMA K M<br>1:15 BINGO! L G<br>2:00 KINGS IN THE CORNER CLUB RL G<br>2:00 WORD CHALLENGE K/A LO<br>3:00 HAPPY HOUR SUNDAES A/L/K B<br>4:00 MIND BENDERS L/K LO<br>6:15 WHO'S PLAYING BINGO A G<br>7:15 EVENING MOVIE IN THE CINEMA A M | <b>18 ROSARY PRAYER SERVICE</b><br>9:30 HAPPENINGS G/E LO<br>10:00 FLEX AND STRETCH G/E LO<br>10:00 ROSARY PRAYER SERVICE VEN M<br>10:30 HOT COCOA BAR G/E LO<br>11:00 GUESSING GAME G/E LO<br>1:15 MOVIE TIME G/E M<br>1:15 BINGO! E G<br>2:00 PENNY POKER CLUB RL G<br>2:00 BILLIARD CLUB G LO<br>3:00 HAPPY HOUR G/E B<br>4:00 CROSSWORD G/E LO<br>6:15 BINGO TIME RS G<br>7:15 EVENING MOVIE RS M  | <b>19 TRIP TO TJ MAX</b><br>9:30 NEWS AROUND TOWN G LO<br>10:00 FITNESS FUN G LO<br>10:30 WALKING CLUB G LO<br>11:00 MULTIPLE CHOICE G LO<br>1:15 TRIP TO TJ MAX S/G O<br>1:15 AFTERNOON MOVIE S M<br>1:15 BINGO! RS G<br>2:00 MAH JONG CLUB RL G<br>2:00 WORD PUZZLES RS LO<br>3:00 HAPPY HOUR PIGS IN A BLANKET RS B<br>4:00 WORD SCRAMBLE G LO<br>6:15 BINGO BONANZA S G<br>7:15 MOVIE NIGHT S M   | <b>20 ACTIVITY PLANNING MEETING</b><br>9:30 WORLD NEWS E LO<br>10:00 EXERCISE E LO<br>10:30 ACTIVITY PLANNING MEETING V M<br>11:00 WORD CHALLENGE E LO<br>1:15 AFTERNOON MOVIE E M<br>1:15 BINGO! E G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 PENCIL COLOR WITH MUSIC E LO<br>3:00 HAPPY HOUR APPLE CIDER FLOATS E B<br>4:00 FINISH THE LYRICS E LO<br>6:15 LATE DAY BINGO A G<br>7:15 NIGHT FLICK A M  | <b>21 FIZ ENTERTAINMENT</b><br>9:30 CURRENT EVENTS S/D LO<br>10:00 SIT AND BE FIT S/D LO<br>10:30 WALKING CLUB/BOARD GAMES S/D LO<br>11:00 GROUP CROSSWORD S/D LO<br>1:15 MATINEE S/D M<br>1:15 BINGO! L G<br>2:00 POKENO RL G<br>2:00 FIZ ENTERTAINMENT VEN LO<br>3:00 HAPPY HOUR SOFT PRETZELS S/D/L B<br>4:00 JEOPARDY S/D LO<br>6:15 BINGO! L G<br>7:15 THURSDAY SHOWING L M  | <b>22 ALBERT VIOLINIST/TAKE-IN NY BAGEL COMPANY</b><br>9:30 NEWS & VIEWS S/M LO<br>10:00 EXERCISE S/M LO<br>10:30 ALBERT VIOLINIST VEN LO<br>11:30 WHEEL OF FORTUNE S/M LO<br>12:00 TAKE-IN NY BAGEL COMPANY L B<br>1:15 AFTERNOON MOVIE S/M M<br>1:15 BINGO! L G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 YOU BE THE JUDGE S/M LO<br>3:00 HAPPY HOUR APPLESAUCE S/M/L B<br>4:00 TRIVIA TIME S/M LO<br>4:30 SHABBAT DINNER ON WEST RS WB<br>6:15 BIG BUCKS BINGO L G<br>7:15 FRIDAY FILM L M | <b>23</b><br>9:30 HAPPENINGS S/M LO<br>10:00 SIT AND BE FIT S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:00 ARE YOU SMARTER THAN A 5TH GRADER S/M LO<br>1:15 MOVIE TIME S/M M<br>1:15 BINGO! L G<br>2:00 CANASTA CLUB RL G<br>2:00 JUMBO GAMES S/M LO<br>3:00 HAPPY HOUR S/M/L B<br>4:00 WHAT MORE DO YOU KNOW? S/M LO<br>6:15 BINGO BINGO L G<br>7:15 NIGHT MOVIE AT THE CINEMA L M   |   |
| <b>24 R.C. COMMUNION WITH JAMES</b><br>9:30 R.C. COMMUNION W/JAMES VEN G<br>9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/L O<br>10:15 SUNDAY WORKOUT K LO<br>11:00 MULTIPLE CHOICE K LO<br>1:15 AFTERNOON MOVIE K M<br>1:15 BINGO! L G<br>2:00 KINGS IN THE CORNER CLUB RL G<br>2:00 DICE GAMES K LO<br>3:00 HAPPY HOUR SUNDAES A/L/K B<br>4:00 TRAVEL TRIVIA L/K LO<br>6:15 AFTER DINNER BINGO A G<br>7:15 MOVIE NIGHT A M                          | <b>25 JOHN CIOTA ENTERTAINMENT</b><br>9:30 WHAT'S UP G/E LO<br>10:00 TOTAL FITNESS G/E LO<br>10:00 ROSARY PRAYER SERVICE RL M<br>10:30 WALKING CLUB G/E CY<br>11:00 WORD CHALLENGE G/E LO<br>1:15 MATINEE G M<br>1:15 BINGO! E G<br>2:00 PENNY POKER CLUB RL G<br>2:00 JOHN CIOTA ENTERTAINMENT VEN LO<br>3:00 HAPPY HOUR G/E B<br>4:00 BOGGLE G/E LO<br>6:15 LATE DAY BINGO RS G<br>7:15 MOVIE TIME RS M  | <b>26 TRIP TO MAMA ANGELINAS</b><br>9:30 HAPPENINGS G LO<br>10:00 FLEX AND STRETCH G LO<br>10:30 WALKING CLUB G LO<br>11:00 GUESSING GAME G LO<br>1:15 TRIP TO MAMA ANGELINAS S/G O<br>1:15 MOVIE TIME RS M<br>1:15 BINGO! RS G<br>2:00 MAH JONG CLUB RL G<br>2:00 BILLIARD CLUB RS LO<br>3:00 HAPPY HOUR CHICKEN NUGGETS RS B<br>4:00 CROSSWORD S G<br>6:15 BINGO TIME S LO<br>7:15 EVENING MOVIE S M  | <b>27</b><br>9:30 NEWS AROUND TOWN E LO<br>10:00 FITNESS FUN E LO<br>10:30 WALKING CLUB E LO<br>11:00 MULTIPLE CHOICE E LO<br>1:15 AFTERNOON MOVIE E M<br>1:15 BINGO! E G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 WORD SEARCH E LO<br>3:00 HAPPY HOUR ROOTBEER FLOAT E B<br>4:00 THANKSGIVING WORD SCRAMBLE E LO<br>6:15 BINGO BONANZA RS G<br>7:15 MOVIE NIGHT RS M  | <b>28 HAPPY THANKSGIVING</b><br>9:30 100 THINGS TO BE THANKFUL FOR S/D LO<br>10:00 EXERCISE S/D LO<br>10:30 WALKING CLUB S/D LO<br>11:00 THANKSGIVING BOGGLE S/D LO<br>1:15 THANKSGIVING FILM S/D M<br>1:15 BINGO! L G<br>2:00 WRITE A THANK YOU CARD S/D/L LO<br>2:00 POKENO RL G<br>3:00 HAPPY HOUR PIGS IN A BLANKET S/D/L B<br>4:00 THANKSGIVING TRIVIA S/D LO<br>6:15 LATE DAY BINGO L G<br>7:15 THANKSGIVING FILM L M | <b>29 DECK THE HALLS/HOLIDAY DECORATING</b><br>9:30 REMENISCING THANKSGIVING S/M LO<br>10:00 SIT AND BE FIT S/M LO<br>10:30 WALKING CLUB S/M LO<br>11:00 GROUP CROSSWORD S/M LO<br>1:15 MATINEE S/M M<br>1:15 BINGO! L G<br>2:00 THREE THIRTEEN CLUB RL G<br>2:00 DECK THE HALLS/HOLIDAY DECORATING S/M LO<br>3:00 HAPPY HOUR PEANUT BUTTER & APPLES S/M/L B<br>4:00 JEOPARDY S/M LO<br>6:15 BIG BUCKS BINGO L G<br>7:15 MOVIE IN THE ARBORS THEATER L M                                     | <b>30</b><br>9:30 NEWS & VIEWS S/M LO<br>10:00 EXERCISE S/M LO<br>10:30 COZY HOT COCOA BAR S/M LO<br>11:00 WHEEL OF FORTUNE S/M LO<br>1:15 SATURDAY MATINEE S/M M<br>1:15 BINGO! L G<br>2:00 CANASTA CLUB RL G<br>2:00 TOSS GAMES S/M LO<br>3:00 HAPPY HOUR S/M/L B<br>4:00 TRIVIA TEASERS S/M LO<br>6:15 BINGO NIGHT L G<br>7:15 EVENING AT THE MOVIES L M   |   |