

# NOVEMBER 2024 The Arbors At ISLANDIA EAST SAFECARE

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



*give thanks*  
with a grateful heart

**STAFF KEY**  
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

**LOCATION KEY**  
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

**FOR YOUR DINING PLEASURE**  
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.

**1 VANCE ENTERTAINMENT/TERRY PARRETT MAGICIAN AL**  
9:30 FACES OF HOLLYWOOD DD/D LR  
10:00 FITNESS FUN & HYDRATION DD/D LR  
10:30 JOKES DD/D LR  
11:00 SEEK & FIND DD/D LR  
1:15 KARAOKE DD/D LR  
2:00 VANCE ENTERTAINMENT VEN LR  
2:30 NAME 10 DD/D LR  
3:00 HAPPY HOUR CHEESE & CRACKERS DD/D DR  
3:00 TERRY PARRETT MAGICIAN AL VEN ELO  
4:00 BINGO DD/D LR  
6:00 MUSIC STYLINGS OF ENGELBERT HUMPERDINK RS

**2**  
9:30 TRIVIA TEASERS RS LR  
10:00 EXERCISE & HYDRATE RS LR  
10:30 SCATERGORIES RS LR  
11:00 BASKETBALL SHOOTOUT RS LR  
1:15 HOOP TOSS RS LR  
2:00 NAME THAT SOUND RS LR  
2:30 GOLF RS LR  
3:00 HAPPY HOUR RS DR  
4:00 BINGO RS LR  
6:00 MUSICAL SENSATIONS RS LR

**3 DAYLIGHT SAVINGS FALL BACK**

9:30 SIT AND TALK D LR  
9:30 COMMUNION WITH JAMES AL VEN EG  
10:00 CATHOLIC MASS ON TV D LR  
10:00 TABLE GAMES D LR  
10:30 MOVE TO THE BEAT & HYDRATE D LR  
11:00 NOODLE TAP D LR  
1:15 DICE GAMES VG/D LR  
2:00 BOWLING VG/D LR  
2:30 A-Z SANDWICHES VG/D LR  
3:00 HAPPY HOUR SUNDAES VG/D DR  
4:00 BINGO VG/D LR  
6:00 DANCING ON SCREEN RS LR

**4 MARIA MENITTI ENTERTAINMENT**

9:30 NAME THAT FACE VG LR  
10:00 STRETCH & REFRESH VG LR  
10:30 BALLOON VOLLEY VG LR  
11:00 RHYME TIME VG LR  
1:30 MARIA MENITTI ENTERTAINMENT VEN LR  
2:00 BALL GAMES VG LR  
2:30 TRIVIA TIME VG LR  
3:00 HAPPY HOUR VG DR  
4:00 BINGO VG LR  
6:00 SOUNDS OF NATURE RS LR

**5**

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/D/R LR  
2:00 RHYME TIME VG/D/R LR  
2:30 SING A LONG VG/D/R LR  
3:00 HAPPY HOUR COCKTAIL MEATBALLS VG/D/R DR  
4:00 BINGO VG/D/R LR  
6:00 JAZZ MUSIC RS LR

**6 VETERANS TRIBUTE SHOW W/LIZA AL**

9:30 HISTORIC EVENTS VG/D/SB LR  
10:00 EXERCISE & REFRESH VG/D/SB LR  
10:30 SHORT STORIES VG/D/SB LR  
11:00 BOWLING VG/D/SB LR  
1:15 A-Z VEGETABLES VG/D/SB LR  
2:00 BALL TOSS VG/D/SB LR  
2:00 VETERANS TRIBUTE SHOW W/LIZA AL VEN ELO  
2:30 FLOWER ARRANGING VG/D/SB LR  
3:00 HAPPY HOUR ROOTBEER FLOATS VG/D/SB DR  
4:00 BINGO VG/D/SB LR  
6:00 MUSIC THAT MAKES YOU SMILE RS LR

**7 PAINTING CRAFT**

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 PAINTING CRAFT DD/VG/RLR  
2:00 PARACHUTE DD/VG/RLR  
2:30 MOVEMENT TO MUSIC DD/VG/RLR  
3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES DD/VG/RDR  
4:00 BINGO DD/VG/RLR  
6:00 SOOTHING MELODIES RS LR

**8 TRIP DRIVE BY THE LAKE**

9:30 PICTURE BOOKS DD/D LR  
10:00 STRETCHING & REFRESHING DD/D LR  
10:30 FUN FACTS DD/D LR  
11:00 BASKETBALL SHOOTOUT DD/D LR  
1:15 TRIP DRIVE BY THE LAKE S/D O  
1:15 BEADING DD LR  
2:00 ROLL OF THE DICE DD LR  
2:30 ANIMAL CHARADES DD LR  
3:00 HAPPY HOUR CHEESE & CRACKERS DD/D DR  
4:00 BINGO DD/D LR  
6:00 GOLDEN OLDIES RS LR

**9**

9:30 MOVIE TALK RS LR  
10:00 FITNESS FUN & HYDRATION RS LR  
10:30 TRUE OR FALSE RS LR  
11:00 HIDDEN OBJECTS RS LR  
1:15 SING A LONG RS LR  
2:00 NOODLE TENNIS RS LR  
2:30 FAMILY FEUD RS LR  
3:00 HAPPY HOUR RS DR  
4:00 BINGO RS LR  
6:00 MUSIC STYLINGS OF ROD STEWART RS LR

**10 COMMUNION WITH JAMES AL**

9:30 A-Z ORANGE D LR  
9:30 COMMUNION WITH JAMES AL VEN EG  
10:00 CATHOLIC MASS ON TV D LR  
10:00 TABLE GAMES D LR  
10:30 EXERCISE & REFRESH D LR  
11:00 HOOP TOSS D LR  
1:15 TRIVIA TEASERS VG/D LR  
2:00 BALLOON VOLLEYBALL VG/D LR  
2:30 SCATERGORIES 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

**11 VETERAN'S DAY**

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 HONORING OUR VETERANS VG LR  
2:30 JUMBO GAMES VG LR  
3:00 HAPPY HOUR VG DR  
4:00 BINGO VG LR  
6:00 PATRIOTIC TUNES RS LR

**12**

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  
1:15 MULTIPLE CHOICE VG/D/R LR  
2:00 BALL TOSS VG/D/R LR  
2:30 INSTRUMENT CHARADES VG/D/R LR  
3:00 TOASTED RAVIOLI VG/D/R DR  
4:00 BINGO VG/D/R LR  
6:00 SWEET MELODIES RS LR

**13 PIZZA TRIP TO MAMA SBARRO'S**

9:30 CHIT CHAT VG/D/SB LR  
10:00 FITNESS FUN & HYDRATE VG/D/SB LR  
10:30 MAKE THE FACE VG/D/SB LR  
11:00 SIMON SAYS VG/D/SB LR  
11:30 PIZZA TRIP TO MAMA SBARRO'S A/VG O  
1:15 BEAN BAG CHALLENGE D/SB LR  
2:00 3 LETTER WORDS D/SB LR  
2:30 SING A LONG D/SB LR  
3:00 HAPPY HOUR ROOTBEER FLOATS D/SB DR  
4:00 BINGO VG/D/SB LR  
6:00 MUSIC MEDITATION RS LR

**14 KAREN BELLA ENTERTAINMENT**

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 KAREN BELLA ENTERTAINMENT VEN LR  
2:30 FLOWER ARRANGING DD/VG/R LR  
3:00 HAPPY HOUR DOUGHNUT HOLES DD/VG/R DR  
4:00 BINGO DD/VG/R LR  
6:00 MUSIC THAT MAKES YOU SMILE RS LR

**15 YOGA CLASS WITH RAY!**

9:30 YOU BE THE JUDGE DD/D LR  
10:15 YOGA CLASS WITH RAY VEN LR  
11:00 BALLOON VOLLEYBALL DD/D LR  
1:15 CRAFTING HOUR DD/D LR  
2:00 TRIVIA CHALLENGE DD/D LR  
2:30 MOVEMENT TO MUSIC DD/D LR  
3:00 HAPPY HOUR FRUIT COCKTAIL DD/D DR  
4:00 BINGO DD/D LR  
6:00 MUSIC HOUR RS LR

**16**

9:30 PICTURE BOOKS RS LR  
10:00 STRETCHING & REFRESHING RS LR  
10:30 FACT OR FICTION RS LR  
11:00 BASKETBALL SHOOTOUT RS LR  
1:15 FIND THE DIFFERENCE RS LR  
2:00 JUMBO DOMINOS RS LR  
2:30 NAME 10 RS LR  
3:00 HAPPY HOUR RS DR  
4:00 BINGO RS LR  
6:00 GOLDEN OLDIES RS LR

**17 COMMUNION WITH JAMES AL**

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

**18 ARTS & CRAFTS**

9:30 GARDENING TALK VG LR  
10:00 EXERCISE & REFRESH VG LR  
10:30 MATCH GAME VG LR  
11:00 MULTIPLE CHOICE VG LR  
1:15 ARTS & CRAFTS VG LR  
2:00 BALLOON VOLLEYBALL VG LR  
2:30 HIDDEN OBJECTS VG LR  
3:00 HAPPY HOUR VG DR  
4:00 BINGO VG LR  
6:00 MUSIC FOR THE SOUL RS LR

**19 MARGUERITA ROSE ENTERTAINMENT/PET THERAPY**

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  
10:30 PET THERAPY VEN LR  
11:00 TOSS GAMES VG/D/R LR  
1:15 WORD CHALLENGE VG/D/R LR  
2:00 MARGUERITA ROSE ENTERTAINMENT VEN LR  
2:30 JUMBO GAMES VG/D/R LR  
3:00 HAPPY HOUR PIGS IN A BLANKET VG/D/R DR  
4:00 BINGO VG/D/R LR  
6:00 MUSIC STYLINGS OF THE ANDRE RIEU RS LR

**20 SCENIC DRIVE**

9:30 FAMOUS FOLKS 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 SCENIC DRIVE A/D LR  
1:15 KICK BALL VG LR  
2:00 FAMILY FEUD VG LR  
2:30 BALL GAMES VG LR  
3:00 HAPPY HOUR ROOTBEER FLOATS VG DR  
4:00 BINGO VG/D LR  
6:00 SWEET MELODIES RS LR

**21 FIZ ENTERTAINMENT AL**

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 CRAYON CREATIONS DD/VG/R LR  
2:00 DANCE TO THE MUSIC DD/VG/R LR  
2:00 FIZ ENTERTAINMENT AL VEN ELO  
2:30 SING A LONG DD/VG/R DR  
3:00 HAPPY HOUR SOFT PRETZELS DD/VG/R DR  
4:00 BINGO DD/VG/R LR  
6:00 MUSIC MEDITATION RS LR

**22 ALBERT VIOLINIST AL**

9:30 MUSIC DISCUSSION DD/D LR  
10:00 EXERCISE & REFRESH DD/D LR  
10:30 SHORT STORIES DD/D LR  
11:00 BOWLING DD/D LR  
1:15 GUESS WHO DD/D LR  
2:00 BALL TOSS DD/D LR  
2:00 ALBERT VIOLINIST AL VEN ELO  
2:30 FLOWER ARRANGING DD/D LR  
3:00 HAPPY HOUR APPLESAUCE DD/D DR  
4:00 BINGO DD/D LR  
6:00 MUSIC THAT MAKES YOU SMILE RS LR

**23**

9:30 CURRENT EVENTS RS LR  
10:00 MOVE TO THE BEAT & HYDRATION STATION RS LR  
10:30 TRIVIA TEASERS RS LR  
11:00 BALLOON VOLLEYBALL RS LR  
1:15 RING TOSS RS LR  
2:00 RHYTHM WITH INSTRUMENTS RS LR  
2:30 CHAIR EXERCISE RS LR  
3:00 HAPPY HOUR RS DR  
4:00 BINGO RS LR  
6:00 SOOTHING MELODIES RS LR

**24 COMMUNION WITH JAMES AL**

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

**25 JOHN CIOTA ENTERTAINMENT AL**

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 SCATERGORIES VG LR  
2:00 JOHN CIOTA ENTERTAINMENT AL VEN ELO  
2:30 MOVE TO THE MUSIC VG LR  
3:00 HAPPY HOUR VG DR  
4:00 BINGO VG LR  
6:00 MUSIC MONTAGE RS LR

**26 PAINTING CREATIONS**

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 PAINTING 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 CHICKEN NUGGETS VG/D/R DR  
4:00 BINGO VG/D/R LR  
6:00 MUSIC FOR THE SOUL RS LR

**27**

9:30 TRAVEL TO ITALY 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 ROOTBEER FLOATS VG/D DR  
4:00 BINGO VG/D LR  
6:00 MUSICAL STYLINGS OF PERRY CUOMO RS LR

**28 HAPPY THANKSGIVING**

9:30 THANKFUL LIST 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 KICKBALL DD/VG/R LR  
2:00 A-Z THANKSGIVING DD/VG/R LR  
2:30 BALL GAMES DD/VG/R LR  
3:00 HAPPY HOUR PUMPKIN BREAD DD/VG/R DR  
4:00 BINGO DD/VG/R LR  
6:00 HALLOWEEN TUNES RS LR

**29 SCRATCH ART**

9:30 SHOPPING LIST DD/D LR  
10:00 FITNESS FUN & HYDRATE DD/D LR  
10:30 NAME THAT OBJECT DD/D LR  
11:00 SIMON SAYS DD/D LR  
1:15 SCRATCH ART DD/D LR  
2:00 DANCE TO THE MUSIC DD/D LR  
2:30 SING A LONG DD/D LR  
3:00 HAPPY HOUR APPLES & PEANUT BUTTER DD/D DR  
4:00 BINGO DD/D LR  
6:00 1940'S MUSIC RS LR

**30 DECK THE HALLS**

9:30 DECK THE HALLS RS LR  
10:00 EXERCISE & REFRESH RS LR  
10:30 POETRY READING RS LR  
11:00 BOWLING RS LR  
1:15 BALL TOSS RS LR  
2:00 IDENTIFY THE INSTRUMENT RS LR  
2:30 CHEER TIME RS LR  
3:00 HAPPY HOUR RS DR  
4:00 BINGO RS LR  
6:00 SWEET MUSIC RS LR

ACTIVITY CALENDAR