

NOVEMBER 2024 The Arbors At ISLANDIA WEST TRANSITIONS

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><i>give thanks</i> with a grateful heart</p>		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.	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	1 ALL SAINTS DAY 9:00 MUSIC APPRECIATION G LV 9:30 NEWS DISCUSSION G LV 10:00 STRETCH & FLEX G LV 10:30 WALKING CLUB G CM 11:00 IT HAPPENED IN NOVEMBER G LV 11:00 KNITTING/CROCHET CLUB SS M 11:30 FILL IN THE BLANK G LV 1:30 URBAN MYTHS SS LV 1:30 ONE ON ONE'S G RR 2:00 ODD WORD OUT SS LV 3:00 HAPPY HOUR CHEESE & CRACKERS SS/G LV 4:00 NAME THAT TUNE G/SS LV 6:00 TGIF MOVIES RS LV	2 ACAPELLA GROUP 9:00 AM TUNES A LV 9:30 TODAY'S TOPICS A LV 10:00 WAKE UP & WORK OUT A LV 10:30 WEEKEND STROLL SS CM 11:00 CROSSWORDS AND COFFEE A LV 1:00 ACAPELLA GROUP E LV 2:00 NAME 10..15..20 SS LV 3:00 HAPPY HOUR SS/A LV 4:00 ARMCHAIR TRIVIA SS LV 6:00 SATURDAY EVENING MOVIE RS LV
3 DAYLIGHT SAVINGS ENDS 9:00 SUNDAY TUNES AS LV 9:30 NEWS AND VIEWS AS LV 10:00 CHAIR EXERCISES AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL J CM 11:30 TOSS AND TALK BALL J LV 11:30 MUSICAL HANGMAN AS LV 1:30 FACT OR FICTION AS LV 1:30 BOARD GAMES/PUZZLES J AR 2:00 30 MINUTE MYSTERY AS LV 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 WHO AM I? J LV 6:00 MOTION PICTURE RS LV	4 WALTER CRONKITE BIO 9:00 BIG BAND MEDLEY DA LV 9:30 DAILY NEWS DA LV 10:00 STRENGTH TRAINING DA LV 10:30 WALKING CLUB DA CM 11:00 UNSCRAMBLE THOSE LETTERS SE LV 11:30 WORD IN A WORD SE LV 1:30 WALTER CRONKITE BIO DA LV 1:30 CREATIVE PAINTING SE AR 2:00 FAMILY FEUD DA LV 3:00 HAPPY HOUR DIP SE/DA LV 4:00 NAME THAT TUNE SE LV 6:00 MOVIE AT NIGHT RS LV	5 ELECTION DAY 9:00 CAMPAIGN SONGS G LV 9:30 ELECTION NEWS G LV 10:00 POLITICAL WORKOUT G LV 10:00 LETS GO VOTE RS O 10:30 BALLOT WALK E CM 11:00 NAME THE PRESIDENTS E LV 11:30 WHAT YEAR WAS THAT? G LV 1:00 MANICURES BY APPT E AR 1:30 BALLOON BOUNCE G LV 2:00 WORDS THAT START WITH "N" G LV 3:00 HAPPY HOUR COCKTAIL MEATBALLS G/E LV 4:00 TRIVIA CHALLENGE E LV 6:00 CINEMA TIME RS LV	6 9:00 SHOWTUNES E LV 9:30 CURRENT EVENTS E LV 10:00 SIT & GET FIT E LV 10:30 WALKING CLUB E CM 11:00 ONE ON ONE'S DA RR 11:00 ODD WORD OUT E LV 1:30 SCRABBLE CLUB DA AR 1:30 MATCH GAME E LV 2:00 FAMILY FEUD E LV 3:00 HAPPY HOUR ICE CREAM DA/E LV 4:00 BINGO DA LV 6:00 MOVIES RS LV	7 9:00 HAPPY MUSIC G LV 9:30 HAPPENINGS AND HOROSCOPES G LV 10:00 MOVE GROOVE & IMPROVE G LV 10:30 WALKING CLUB E LV 11:00 A TO Z G LV 11:30 WORD IN A WORD E LV 1:30 CREATE WITH CLAY G AR 1:30 BINGO E LV 3:00 HAPPY HOUR CHOC CHIP COOKIES G/E LV 4:00 JOKES & RIDDLES G/E LV 6:00 EVENING MOVIE RS LV	8 NATIONAL CAPPUCCINO DAY 9:00 MUSIC FROM THE 1940'S G LV 9:30 NEWSDAY G LV 9:45 ROSARY WITH LINDA V M 10:00 STAY FIT, CAN'T QUIT G LV 10:30 WALKING CLUB SS LV 11:00 TRUE OR FALSE SS LV 11:00 ONE ON ONE'S G RR 1:30 FALL COLORING SS AR 1:30 URBAN MYTHS G LV 2:00 FINISH THE PHRASE G LV 3:00 HAPPY HOUR CHEESE & CRACKERS SS/G LV 4:00 NOVEMBER FACTS SS LV 6:00 AT THE MOVIES RS LV	9 CREATE BIRD FEEDERS 9:00 MUSIC IN THE MORNING A LV 9:30 WEEK IN REVIEW A LV 10:00 SHAPE YOUR FUTURE A LV 10:30 WEEKEND STROLL SS CM 11:00 COFFEE AND CROSSWORDS A LV 11:00 BOARD GAMES/PUZZLES SS AR 1:30 CREATE BIRD FEEDERS SS AR 1:30 WORD WATERFALL A LV 2:00 MUSICAL HANGMAN A LV 3:00 HAPPY HOUR A/SS LV 4:00 CONVERSATION STARTERS SS/A LV 6:00 WEEKEND MOVIE RS LV	
10 NATIONAL FORGET ME NOT DAY 9:00 SOULFUL BLUES AS LV 9:30 TODAY'S TOP STORIES AS LV 10:00 CHAIR EXERCISES AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL J CM 11:30 FACT OR FICTION J LV 1:30 TURKEY CRAFT AS AR 1:30 HANGMAN J LV 2:00 NATIONAL FORGET ME NOT DAY HISTORY J LV 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 BINGO AS/J LV 6:00 AT THE MOVIES RS LV	11 VETERANS DAY/ABRAHAM VISIT 9:00 MORNING TUNES DA LV 9:30 NEWSDAY DA LV 9:30 SALUTE TO OUR VETERANS DA LV 10:00 WAKE UP, WORK OUT! DA LV 10:30 WALKING CLUB SE CM 11:00 VISIT ABRAHAM COMFORT DOG V LV 11:00 ONE ON ONE'S SE RR 1:30 SCRABBLE SE AR 1:30 QUIPO QUIZ DA LV 2:00 YOU BE THE JUDGE DA LV 3:00 HAPPY HOUR DIP DA/SE LV 4:00 HOLLYWOOD TRIVIA DA LV 6:00 CLASSIC MOVIE RS LV	12 NATIONAL CHICKEN SOUP FOR THE SOUL DAY 9:00 MORNING MUSIC G LV 9:30 WHAT'S IN THE NEWS? G LV 10:00 LIBRARY VISIT V BI 10:00 WAKE UP WORK OUT G LV 10:30 WALKING CLUB E CM 11:00 FACTS ABOUT ELLIS ISLAND G LV 11:30 MUSICAL HANGMAN E LV 1:30 MAGAZINE SCAVENGER HUNT G AR 1:30 FAMILY FEUD E LV 2:00 CHICKEN SOUP FOR THE SOUL E LV 3:00 HAPPY HOUR TOASTED RAVIOLI E/G LV 4:00 WHO AM I? E/G LV 6:00 TUESDAY CINEMA RS LV	13 FANTASIA DEBUTS IN 1940 9:00 MORNING MELODIES E LV 9:30 NEWS AND VIEWS E LV 10:00 STRETCH AND FLEX E LV 10:30 WALKING CLUB E CM 11:00 WORD IN A WORD DA LV 11:30 MATCH GAME DA LV 1:30 FANTASIA MOVIE TIDBITS DA LV 1:30 SCRABBLE CLUB DA AR 2:00 FINISH THE LYRIC E LV 2:30 WHAT YEAR WAS THAT? E LV 3:00 HAPPY HOUR ICE CREAM FLOATS DA/E LV 4:00 BINGO DA/E LV 6:00 AT THE MOVIES RS LV	14 NATIONAL PICKLE DAY 9:00 ELVIS HITS G LV 9:30 CURRENT EVENTS G LV 10:00 TOO FIT TO QUIT E LV 10:30 WALKING CLUB E CM 11:00 A TO Z E LV 11:00 1 ON 1 G RR 11:30 UNSCRAMBLE THE LETTERS E LV 1:30 PICKLE FACTS G LV 2:00 WORD IN A WORD E LV 2:00 CLAY FOR DEXTERITY G AR 3:00 HAPPY HOUR DONUT HOLES E/G LV 4:00 NAME THAT TUNE E/G LV 6:00 MEET ME AT THE MOVIE RS LV	15 9:00 SING YOUR HEART OUT G LV 9:30 HOROSCOPES AND HAPPENINGS G LV 10:00 STRETCHING IN THE AM G LV 10:30 WALKING CLUB SS CM 11:00 CROSSWORDS G LV 11:00 BOARD GAMES SS LV 1:30 SCRABBLE CLUB SS AR 1:30 WOULD YOU RATHER? G LV 2:00 HOT POTATO G LV 2:30 NAME 10..15..20 SS LV 3:00 HAPPY HOUR FRUIT COCKTAIL SS/G LV 4:00 SHOUT OUT TRIVIA SS LV 6:00 MOVIE TIME RS LV	16 LIGHTHOUSE TABERNACLE 9:00 SONGS FOR ALL A LV 9:30 DAILY NEWS A LV 10:00 WEEKEND WORKOUT A CM 10:30 WEEKEND STROLL SS LV 11:00 COFFEE AND CROSSWORDS A LV 11:00 ONE ON ONE'S SS RR 1:30 LIGHTHOUSE TABERNACLE V LV 1:30 BEAN BAG TOSS SS/A LV 3:00 HAPPY HOUR SS/A LV 4:00 QUIPO QUIZ SS LV 6:00 SATURDAY SHOWING RS LV	
17 THANKSGIVING FAMILY BINGO 9:00 SUNDAY SERENADES AS LV 9:30 DAILY CHRONICLES AS LV 10:00 SIT & BE FIT AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB J CM 11:30 MUSICAL HANGMAN J LV 1:30 THANKSGIVING FAMILY BINGO RS LV 1:30 WOULD YOU RATHER? SE LV 2:00 TOSS AND TALK BALL J LV 3:00 HAPPY HOUR ICE CREAM SE/J LV 4:00 WHO AM I? J LV 6:00 MOVIE SHOWING RS LV	18 BRENDA VACCARO BIO 9:00 MUSIC IN THE MORNING DA LV 9:30 HOROSCOPES & NEWS DA LV 10:00 SWEAT SMILE REPEAT DA LV 10:30 WALKING CLUB SE CM 11:00 BRENDA VACCARO BIO DA LV 11:30 KEEP UP THE BALLOON SE LV 1:30 SCRABBLE CLUB SE AR 1:30 YOU BE THE JUDGE DA LV 2:00 FINISH THE LYRIC DA LV 3:00 HAPPY HOUR DIP DA/SE LV 4:00 KARAOKE SE/DA LV 6:00 MOVIES, MOVIES, MOVIES RS LV	19 PLAY MONOPOLY DAY 9:00 MELODIC MORNING G LV 9:30 TODAY'S HEADLINERS G LV 10:00 TOO FIT TO QUIT G LV 10:30 WALKING CLUB E CM 11:00 A TO Z E LV 11:30 MATCH GAME G LV 1:00 MANICURES BY APPT G AR 1:30 TURKEY CRAFTS E AR 1:30 QUIPO QUIZ G LV 3:00 HAPPY HOUR PIGS IN A BLANKET E/G LV 4:00 JOKES & RIDDLES E/G LV 6:00 MOTION PICTURE RS LV	20 NATIONAL CAKE DAY 9:00 AUTUMN TUNES E LV 9:30 DAILY DOSE E LV 10:00 MOVING & GROOVING E LV 10:30 WALKING CLUB DA CM 11:00 UNSCRAMBLE THOSE LETTERS E LV 11:00 1 ON 1'S DA RR 11:30 NAME 10..15..20 E LV 1:30 THANKSGIVING CRAFT DA AR 1:30 REMEMBER WHEN... E LV 2:00 FAMILY FEUD E LV 3:00 HAPPY HOUR ICE CREAM DA/E LV 4:00 WHO AM I? DA LV 6:00 SILVER SCREEN CLASSIC RS LV	21 HAPPINESS GROUP WITH CAT 9:00 LOVELY BALLADS G LV 9:30 TODAY'S TOP STORIES G LV 10:00 TONE UP G LV 10:30 WALKING CLUB E LV 11:00 DAILY CROSSWORD G LV 11:30 BOARD GAMES & PUZZLES E AR 1:30 FRANKENSTEIN TIDBITS E LV 1:30 HAPPINESS GROUP WITH CAT E AR 2:00 URBAN MYTHS G LV 3:00 HAPPY HOUR SOFT PRETZELS G/E LV 4:00 ARMCHAIR TRIVIA E LV 6:00 EVENING MOVIE RS LV	22 ROSARY WITH LINDA 9:00 MELODIC MORNINGS G LV 9:30 BREAKING NEWS G LV 9:45 ROSARY WITH LINDA V M 10:00 GET FIT & LOOK GREAT G LV 10:30 WALKING CLUB SS CM 11:00 WORD IN A WORD SS LV 11:30 MUSICAL HANGMAN G LV 1:30 ONE ON ONE'S G RR 1:30 KEEP UP THE BALLOON SS LV 2:00 MATCH GAME SS LV 3:00 HAPPY HOUR APPLESAUCE SS/G LV 4:00 BINGO BLITZ SS/G LV 6:00 MOVIE AT NIGHT RS LV	23 PATS BOUTIQUE 9:00 AM JAZZ A LV 9:30 NEWS FLASH A LV 10:00 PATS BOUTIQUE V LV 10:00 SENIOR EXERCISE A LV 10:30 WEEKEND STROLL SS CM 11:00 DAILY CROSSWORD SS LV 11:00 ONE ON ONES A RR 1:30 NAME THE FAMOUS FACE A LV 1:30 PUZZLES/BOARD GAMES SS AR 2:00 CHICKEN SOUP FOR THE SOUL A LV 3:00 HAPPY HOUR A/SS LV 4:00 WOULD YOU RATHER? A/SS LV 6:00 MOVIE TIME RS LV	
24 COMMUNION 9:00 MUSIC IN THE MORNING AS LV 9:30 NEWS & VIEWS AS LV 10:00 WAKE UP & WORK OUT AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL J CM 11:30 UNSCRAMBLE THE LETTERS J LV 1:30 NAME 10..15..20 AS LV 1:30 PAINT THE TURKEY J AR 2:00 WHAT YEAR WAS THAT? AS LV 2:30 WORD IN A WORD AS LV 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 BINGO AS/J LV 6:00 SUNDAY SHOWING RS LV	25 JOHNNY WHIMPLE ENTERTAINMENT 9:00 SWEET MELODIES DA LV 9:30 NEWSDAY DA LV 10:00 NEVER TOO FIT DA LV 10:30 WALKING CLUB SE LV 11:00 WORD IN A WORD SE LV 11:30 NAME 10 TRIVIA DA LV 1:30 JOHNNY WHIMPLE ENTERTAINMENT E LV 2:30 SAGITTARIUS FACTS DA LV 3:00 HAPPY HOUR DIP DA/SE LV 4:00 MUSICAL HANGMAN SE/DA LV 6:00 MONDAY FILM RS LV	26 9:00 COUNTRY MUSIC G LV 9:30 WHAT'S IN THE NEWS G LV 10:00 WAKE UP & WORK OUT G LV 10:30 WALKING CLUB G CM 11:00 MUSICAL HANGMAN E LV 11:30 MATCH GAME E LV 1:00 MANICURES BY APPT E B 1:30 FAMILY FEUD G LV 2:00 FACT OR FICTION DA LV 3:00 HAPPY HOUR CHICKEN NUGGETS DA/D LV 4:00 SING-A-LONG TO THE CLASSICS D LV 6:00 FILM CLASSIC DA LV	27 9:00 MOTOWN SINGLES E LV 9:30 DAILY NEWS E LV 10:00 STRETCH TO THE SKY E LV 10:30 WALKING CLUB E CM 11:00 FINISH THE LYRIC DA LV 11:30 ODD WORD OUT E LV 1:30 SCRABBLE CLUB V AR 1:30 URBAN MYTHS G LV 2:00 CHICKEN SOUP FOR THE SOUL G LV 3:00 HAPPY HOUR ICE CREAM G/D LV 4:00 TRIVIA CHALLENGE RS LV 6:00 MOVIE NIGHT G LV	28 THANKSGIVING 9:00 MACY'S THANKSGIVING PARADE G LV 9:30 TRADITIONAL NEWS STORIES G LV 10:00 TODAY IS LEG DAY G LV 10:30 STUFFING STRUT E CM 11:00 LETS TALK TURKEY G LV 11:30 THANKSGIVING SCATTERGORIES E LV 1:30 GOBBLE GOBBLE BINGO G LV 1:30 THANKFUL TREES E AR 3:00 HAPPY HOUR PUMPKIN BREAD G/E LV 4:00 SHARE THANKSGIVING MEMORIES E/G LV 6:00 HOLIDAY MOVIE RS LV	29 LOUISA MAY ALCOTT BIO 9:00 COUNTRY MUSIC G D 9:30 POSITIVE NEWS G LV 10:00 TONE IT UP G LV 10:30 WALKING CLUB SS CM 11:00 WORDS THAT START WITH "M" G LV 11:30 WORD WATERFALL SS CM 1:30 SCRABBLE CLUB SS BI 1:30 FINISH THE LYRIC G LV 2:00 LOUISA MAY ALCOTT BIO G LV 3:00 HAPPY HOUR PEANUTBUTTER/APPLES SS/G LV 4:00 JOKES & RIDDLES SS/G LV 6:00 TGIF MOVIES RS LV	30 NATIONAL MOUSSE DAY 9:00 SWAY TO THE MUSIC A LV 9:30 TODAY'S TOPICS A LV 10:00 EXERCISE REGIMEN A LV 10:30 WALKING CLUB SS LV 11:00 DAILY CROSSWORD A LV 11:00 ONE ON ONE'S SS RR 1:30 FACT & FICTION A LV 2:00 BEAN BAG TOSS SS LV 2:30 FAMILY FEUD A LV 3:00 HAPPY HOUR SS/A LV 4:00 BINGO FOR CANDY G LV 6:00 MOVIE MANIA AM LV	