

December 2024

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ACTIVITY CALENDAR

<p>1 COMMUNION WITH JAMES AL</p> <p>9:30 WHO AM I? D LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV D LR 10:00 STRETCH & REFRESH D LR 10:30 BALLOON VOLLEY D LR 11:00 WORD MATCH D LR 1:15 BALL TOSS D/I LR 2:00 MULTIPLE CHOICE D/I LR 2:30 CHARADES D/I LR 3:00 HAPPY HOUR SUNDAES D/I DR 4:00 BINGO D/I LR 6:00 HAPPY TUNES RS LR</p>	<p>2</p> <p>9:30 YOU BE THE JUDGE I LR 10:00 FITNESS FUN & HYDRATE I LR 10:30 GUESSING GAME I LR 11:00 SIMON SAYS I LR 1:15 DANCE PARTY I LR 2:00 HANGMAN I LR 2:30 CHEER FITNESS I LR 3:00 HAPPY HOUR BUFFALO CHICKEN DIP W/TORTILLAS I DR 4:00 BINGO I LR 6:00 CLASSICAL MUSIC RS LR</p>	<p>3 ANDREW ENTERTAINMENT AL</p> <p>9:30 CHAT SESSION I/R/D LR 10:00 EXERCISE & REFRESH I/R/D LR 10:30 CLUE TRIVIA I/R/D LR 11:00 BOWLING I/R/D LR 1:15 A-Z COLORS I/R/D LR 2:00 ANDREW ENTERTAINMENT AL VEN ELO 2:00 HOLIDAY SING A LONG I/R/D LR 2:30 FLOWER ARRANGING I/R/D LR 3:00 HAPPY HOUR MOZZARELLA STICKS I/R/D DR 4:00 BINGO I/R/D LR 6:00 MUSIC OF THE 60'S RS LR</p>	<p>4 TRIP SCENIC DRIVE</p> <p>9:30 TABLE TALK I/D/SB LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I/D/SB LR 10:30 SHORT STORIES I/D/SB LR 11:00 BALLOON TAP I/D/SB LR 1:15 TRIP SCENIC DRIVE A/D O 1:15 TRIVIA TEASERS I/SB LR 2:00 CRAYON CREATIONS I/SB LR 2:30 MOVEMENT TO MUSIC I/SB LR 3:00 HAPPY HOUR ROOTBEER FLOATS I/SB DR 4:00 BINGO I/D/SB LR 6:00 SOOTHING MELODIES RS LR</p>	<p>5 HOLIDAY CHARADES</p> <p>9:30 PICTURE BOOKS I/R/DD LR 10:00 STRETCHING & REFRESHING I/R/DD LR 10:30 FACT OR FICTION I/R/DD LR 11:00 BASKETBALL SHOOTOUT I/R/DD LR 1:15 RIDDLES I/R/DD LR 2:00 DICE GAMES I/R/DD LR 2:30 HOLIDAY CHARADES I/R/DD LR 3:00 HAPPY HOUR DONUT HOLES I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 GOLDEN OLDIES RS LR</p>	<p>6 KAREN BELLA ENTERTAINMENT</p> <p>9:30 FACES OF HOLLYWOOD D/DD LR 10:00 FITNESS FUN & HYDRATION D/DD LR 10:30 KAREN BELLA ENTERTAINMENT VEN LR 11:00 SEEK & FIND D/DD LR 1:15 KARAOKE D/DD LR 2:00 NOODLE TENNIS D/DD LR 2:30 NAME 10 D/DD LR 3:00 HAPPY HOUR FRESH FRUIT D/DD DR 4:00 BINGO D/DD LR 6:00 MUSIC STYLINGS OF DOLLY PARTON RS LR</p>	<p>7</p> <p>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 JUMBO GAMES RS LR 3:00 HAPPY HOUR BBQ POTATO CHIPS RS DR 4:00 BINGO RS LR 6:00 MUSICAL SENSATIONS RS LR</p>	
<p>8 COMMUNION WITH JAMES AL</p> <p>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 D/I LR 2:00 BOWLING D/I LR 2:30 A-Z SANDWICHES D/I LR 3:00 HAPPY HOUR SUNDAES D/I DR 4:00 BINGO D/I LR 6:00 DANCING ON SCREEN RS LR</p>	<p>9 MARIA MENITTI MUSIC THERAPY</p> <p>9:30 NAME THAT FACE I LR 10:00 STRETCH & REFRESH I LR 10:30 BALLOON VOLLEY I LR 11:00 RHYME TIME I LR 1:30 MARIA MENITTI MUSIC THERAPY VEN LR 2:00 BALL GAMES I LR 2:30 TRIVIA TIME I LR 3:00 HAPPY HOUR SPINACH ARTICHOKE DIP I DR 4:00 BINGO I LR 6:00 SOUNDS OF NATURE RS LR</p>	<p>10</p> <p>9:30 WHAT WOULD YOU DO? I/R/D LR 10:00 FITNESS FUN & HYDRATE I/R/D LR 10:30 GUESSING GAME I/R/D LR 11:00 SIMON SAYS I/R/D LR 1:15 DANCE PARTY I/R/D LR 2:00 SONG LIST I/R/D LR 2:30 CHEER FITNESS I/R/D LR 3:00 HAPPY HOUR SOFT PRETZELS I/R/D DR 4:00 BINGO I/R/D LR 6:00 JAZZ MUSIC RS LR</p>	<p>11 HOLIDAY SCENES TRIP</p> <p>9:30 HISTORIC EVENTS I/D/SB LR 10:00 EXERCISE & REFRESH I/D/SB LR 10:30 SHORT STORIES I/D/SB LR 11:00 BOWLING I/D/SB LR 1:15 HOLIDAY SCENES TRIP A/I O 1:15 A-Z VEGETABLES D/SB LR 2:00 BALL TOSS D/SB LR 2:30 FLOWER ARRANGING D/SB LR 3:00 HAPPY HOUR ROOTBEER FLOATS D/SB DR 4:00 BINGO I/D/SB LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR</p>	<p>12 HOLIDAY CRAFTS</p> <p>9:30 HOT TOPICS I/R/DD LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I/R/DD LR 10:30 CLUE TRIVIA I/R/DD LR 11:00 BALLOON TAP I/R/DD LR 1:15 HOLIDAY CRAFTS I/R/DD LR 2:00 PARACHUTE I/R/DD LR 2:30 MOVEMENT TO MUSIC I/R/DD LR 3:00 HAPPY HOUR RICE PUDDING I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 SOOTHING MELODIES RS LR</p>	<p>13</p> <p>9:30 PICTURE BOOKS D/DD LR 10:00 STRETCHING & REFRESHING D/DD LR 10:30 FUN FACTS D/DD LR 11:00 BASKETBALL SHOOTOUT D/DD LR 1:15 HOLIDAY KNOCK KNOCK JOKES D/DD LR 2:00 ROLL OF THE DICE D/DD LR 2:30 ANIMAL CHARADES D/DD LR 3:00 HAPPY HOUR APPLES & CARAMEL D/DD DR 4:00 BINGO D/DD LR 6:00 GOLDEN OLDIES RS LR</p>	<p>14 BREAKFAST WITH SANTA</p> <p>9:00 BREAKFAST WITH SANTA RS EDR 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 HOLIDAY SING A LONG RS LR 2:00 NOODLE TENNIS RS LR 2:30 FAMILY FEUD RS DR 3:00 HAPPY HOUR BAR MIX RS DR 4:00 BINGO RS LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR</p>	
<p>15 COMMUNION WITH JAMES/HOLIDAY CAROLING</p> <p>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 D/I LR 2:00 BALLOON VOLLEYBALL D/I LR 2:30 HOLIDAY CAROLING W/CALVARY LUTHERAN VEN ELO 2:30 HAPPY HOUR SUNDAES D/I DR 3:00 BINGO D/I LR 4:00 MUSIC FOR THE SOUL RS LR</p>	<p>16 ANDREW ENTERTAINMENT</p> <p>9:30 LETS TALK I LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I LR 10:30 FAMOUS FACES I LR 11:00 DICE GAMES I LR 1:15 HOLIDAY GUESSING GAME I LR 2:00 NOODLE TAP I LR 2:30 JUMBO GAMES I LR 3:00 HAPPY HOUR FRENCH ONION DIP I DR 4:00 BINGO I LR 6:00 DANCING WITH THE STARS RS LR</p>	<p>17</p> <p>9:30 WHO DO YOU KNOW? I/R/D LR 10:00 STRETCHING & REFRESHING I/R/D LR 10:30 BALLOON VOLLEY I/R/D LR 11:00 NAME 10 I/R/D LR 1:15 MULTIPLE CHOICE I/R/D LR 2:00 BALL TOSS I/R/D LR 2:30 INSTRUMENT CHARADES I/R/D LR 3:00 HAPPY HOUR CORN NUGGETS I/R/D DR 4:00 BINGO I/R/D LR 6:00 SWEET MELODIES RS LR</p>	<p>18 CENTRAL ISLIP STUDENTS CAROLING</p> <p>9:30 CHIT CHAT I/D/SB LR 10:00 FITNESS FUN & HYDRATE I/D/SB LR 10:30 SHORT STORIES I/D/SB LR 11:00 CENTRAL ISLIP STUDENTS CAROLING VEN LR 1:15 TRIVIA TIME I/D/SB LR 2:00 BEAN BAG CHALLENGE I/D/SB LR 2:30 3 LETTER WORDS I/D/SB LR 3:00 HAPPY HOUR GINGERBREAD CAKE & LATTES I/D/SB DR 4:00 BINGO I/D/SB LR 6:00 MUSIC MEDITATION RS LR</p>	<p>19 HOLIDAY PARTY AL</p> <p>9:30 SIT AND TALK I/R/DD LR 10:00 EXERCISE & REFRESH I/R/DD LR 10:30 WORD CHALLENGE I/R/DD LR 11:00 BOWLING I/R/DD LR 1:15 A-Z ON YOUR HOLIDAY TREE I/R/DD LR 2:00 RING TOSS I/R/DD LR 2:30 FLOWER ARRANGING I/R/DD LR 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR 6:00 HOLIDAY PARTY AL RS EDR</p>	<p>20 YOGA CLASS WITH RAY!</p> <p>9:30 YOU BE THE JUDGE D/DD LR 10:15 YOGA CLASS WITH RAY VEN LR 10:30 BALLOON VOLLEYBALL D/DD LR 1:15 HOLIDAY CRAFTING HOUR D/DD LR 2:00 TRIVIA CHALLENGE D/DD LR 2:30 MOVEMENT TO MUSIC D/DD LR 3:00 HAPPY HOUR APPLE SAUCE D/DD DR 4:00 BINGO D/DD LR 6:00 MUSIC HOUR RS LR</p>	<p>21 WINTER BEGINS</p> <p>9:30 WINTER SCENES RS LR 10:00 STRETCHING & REFRESHING RS LR 10:30 FACT OR FICTION RS LR 11:00 BASKETBALL SHOOTOUT RS LR 1:15 WINTER Pictionary RS LR 2:00 JUMBO GAMES RS LR 2:30 WINTER CHARADES RS LR 3:00 HAPPY HOUR CHOCOLATE CARAMEL CHEX MIX RS DR 4:00 BINGO RS LR 6:00 GOLDEN OLDIES RS LR</p>	
<p>22 COMMUNION WITH JAMES AL</p> <p>9:30 TALK ABOUT FAVORITES 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 FITNESS FUN & HYDRATION D LR 11:00 NAME 10 D LR 1:15 BASKETBALL SHOOTOUT D/I LR 2:00 GUESSING GAME D/I LR 2:30 BALL GAMES D/I LR 3:00 HAPPY HOUR SUNDAES D/I DR 4:00 BINGO D/I LR 6:00 MUSIC MONTAGE RS LR</p>	<p>23 HOLIDAY HANGMAN</p> <p>9:30 WINTER WEATHER DISCUSSION I LR 10:00 EXERCISE & REFRESH I LR 10:30 MATCH GAME I LR 11:00 MULTIPLE CHOICE I LR 1:15 HOLIDAY HANGMAN I LR 2:00 BALLOON VOLLEYBALL I LR 2:30 HIDDEN OBJECTS I LR 3:00 HAPPY HOUR CHEESE DIP W/PRETZELS I DR 4:00 BINGO I LR 6:00 MARIAH CARREY HOLIDAY CONCERT RS LR</p>	<p>24 MARY PECK ENTERTAINMENT</p> <p>9:30 HOLIDAY Pictionary I/R/D LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I/R/D LR 10:30 MARY PECK ENTERTAINMENT VEN LR 1:15 TOSS GAMES I/R/D LR 2:00 WORD CHALLENGE I/R/D LR 2:30 HOLIDAY 20 QUESTIONS I/R/D LR 3:00 HAPPY HOUR PIGS IN A BLANKET I/R/D DR 4:00 TWAS THE NIGHT BEFORE CHRISTMAS I/R/D LR 6:00 MUSIC STYLINGS OF BURL IVES RS LR</p>	<p>25 CHRISTMAS/HANUKKAH</p> <p>9:30 FAMOUS FOLKS I/D/SB LR 10:00 FITNESS JINGLE I/D/SB LR 10:30 HOT COCOA CART/SNOWMAN SNACK I/D/SB LR 11:00 HOLIDAY SING A LONG I/D/SB LR 1:15 KICK BALL I/D/SB LR 2:00 FAMILY FEUD I/D/SB LR 2:30 BALL GAMES I/D/SB LR 3:00 HAPPY HOUR ROOTBEER FLOATS I/D/SB DR 4:00 BINGO I/D/SB LR 6:00 HOLIDAY FAVORITES RS LR</p>	<p>26 GREGORY ENTERTAINMENT AL/PAJAMA DAY</p> <p>PAJAMA DAY ALL DAY</p> <p>9:30 REMINISCING THE HOLIDAYS I/R/DD LR 10:00 SIMON SAYS I/R/DD LR 10:30 TRIVIA TIME I/R/DD LR 11:00 CRAYON CREATIONS I/R/DD LR 1:15 DANCE TO THE MUSIC I/R/DD LR 2:00 GREGORY ENTERTAINMENT AL VEN ELO 2:00 RING TOSS I/R/DD LR 2:30 SING A LONG I/R/DD LR 3:00 HAPPY HOUR CINNAMON SQUARES I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 THE SOUND OF MUSIC RS LR</p>	<p>27</p> <p>9:30 MUSIC DISCUSSION D/DD LR 10:00 EXERCISE & REFRESH D/DD LR 10:30 TONGUE TWISTERS D/DD LR 11:00 BOWLING D/DD LR 1:15 A-Z WINTER D/DD LR 2:00 BALL TOSS D/DD LR 2:30 FLOWER ARRANGING D/DD LR 3:00 HAPPY HOUR JELLO D/DD DR 4:00 BINGO D/DD LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR</p>	<p>28</p> <p>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 CHEESE RICE CHIPS RS DR 4:00 BINGO RS LR 6:00 SOOTHING MELODIES RS LR</p>	
<p>29 COMMUNION WITH JAMES AL</p> <p>9:30 PICTURE BOOKS D LR 9:30 COMMUNION WITH JAMES AL DVEN EG 10:00 CATHOLIC MASS ON TV D LR 10:00 TABLE GAMES D LR 10:30 STRETCHING & REFRESHING D LR 11:00 BALLOON VOLLEYBALL D LR 1:15 NAME THAT TUNE D/I LR 2:00 MINI GOLF D/I LR 2:30 NAME 10 D/I LR 3:00 HAPPY HOUR SUNDAES D/I DR 4:00 BINGO D/I LR 6:00 EASY LISTENING RS LR</p>	<p>30</p> <p>9:30 CHIT CHAT I LR 10:00 FITNESS FUN & HYDRATION I LR 10:30 NAME THAT SOUND I LR 11:00 BELIEVE IT OR NOT I LR 1:15 ROLL OF THE DICE I LR 2:00 SCATERGORIES I LR 2:30 MOVE TO THE MUSIC I LR 3:00 HAPPY HOUR CHIPS & SALSA I DR 4:00 BINGO I LR 6:00 MUSIC MONTAGE RS LR</p>	<p>31 PAINTING CREATIONS</p> <p>9:30 2024 REVIEW I/R/D LR 10:00 EXERCISE & REFRESH I/R/D LR 10:30 MATCH GAME I/R/D LR 11:00 MULTIPLE CHOICE I/R/D LR 1:15 PAINTING CREATIONS I/R/D LR 2:00 BALLOON VOLLEYBALL I/R/D LR 2:30 HIDDEN OBJECTS I/R/D LR 3:00 HAPPY HOUR TATER TOTS I/R/D DR 4:00 BINGO I/R/D LR 6:00 CELEBRATION SONGS RS LR</p>			<p>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</p> <p>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</p>	<p>FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</p> <p>All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Director Valerie will be happy to answer any questions you may have regarding this calendar.</p>	