ACTIVITY CALENDAR

December 2024

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

1 Sunday — ROSA PARKS DAY

9:00	DINAH SHORE HITS	AS	LV
9:30	NEWS THAT'S FIT TO PRINT	AS	LV
10:00	EXERCISE FOR SENIORS	AS	LV
10:30	COMMUNION WITH JAMES	V	LV
11:00	WEEKEND STROLL	J	CM
11:30	DAILY CROSSWORD	J	LV
1:30	ONE ON ONE'S	AS	RR
1:30	FACTS ABOUT ROSA PARKS	J	;V
2:00	BEAN BAG TOSS	J	LV
3:00	HAPPY HOUR ICE CREAM	AS/J	LV
4:00	BINGO	AS/J	LV
6:00	SUNDAY MOVIE	RS	LV

2 Monday — MARIA CALLAS BIO

9:00	BIG BAND ERA	DA	LV
9:30	CURRENT EVENTS	DA	LV
10:00	SIT & GET FIT	DA	LV
10:30	WALKING CLUB	DA	CM
11:00	CARD OR PUZZLES	SE	M
11:00	MARIA CALLAS BIO	DA	LV
11:30	MATCH GAME	DA	LV
1:30	TOSS & TALK BALL	DA	LV
1:30	COLORING FOR FUN	SE	M
2:00	FACT OR FICTION	DA	LV
3:00	HAPPY HOUR BUFFALO CHICKEN DIP	SE/DA	LV
4:00	WHO AM I?	SE	LV
6:00	SILVER SCREEN CLASSIC	RS	LV

3 Tuesday — MANICURES BY APPT

9:00	SUNRISE SONGS	G	LV
9:30	NEWSDAY	G	LV
10:00	HUSTLE FOR THE MUSCLE	G	LV
10:30	WALKING CLUB	G	CM
11:00	HANGMAN	E	LV
11:30	ABRAHAM COMFORT DOG VISIT	V	LV
1:30	MANICURES BY APPT	E	LV
1:30	WINTERY CREATIONS	G	LV
2:00	FILL IN THE BLANK	G	LV
2:30	WHAT YEAR WAS THAT?	G	LV
3:00	HAPPY HOUR MOZZARELLA STICKS	G/E	LV
4:00	BINGO TIME	E/G	LV
6:00	EVENING MOVIE	RS	LV

4 Wednesday — NATIONAL COOKIE DAY

9:00	CROONERS AND SWOONERS	E	LV
9:30	NEWS DISCUSSION	E	LV
10:00	LETS GET STRONG	E	LV
10:30	WALKING CLUB	DA	CM
11:00	IT HAPPENED IN DECEMBER	E	LV
11:30	NAME 10..15..20	DA	LV
1:30	DESIGN LINK GARLAND	DA	M
1:30	BETTY GRABLE BIO	E	LV
2:00	WORDS THAT START WITH "B"	E	LV
3:00	HAPPY HOUR ICE CREAM	DA/E	LV
4:00	NAME THAT TUNE	D	LV
6:00	MEET ME AT THE CINEMA	RS	LV

5 Thursday — WALT DISNEY DAY

9:00	SING-A-LONG SONGS	G	LV
9:30	NEWS & VIEWS	G	LV
10:00	FITNESS IS MY MOTTO	G	LV
10:30	WALKING CLUB	G	CM
11:00	NAME WALT DISNEY MOVIES	G	LV
11:30	WORD WATERFALL	E	LV
1:30	WORDS THAT START WITH DEC	G	LV
1:30	BOARD GAMES & PUZZLES	E	M
2:00	FAMILY FEUD	G	LV
2:30	TRUE OR FALSE	G	LV
3:00	HAPPY HOUR DONUT HOLES	E/G	LV
4:00	WHO AM I?	E	LV
6:00	NIGHTLY MOVIE	RS	LV

6 Friday — FAUX FUR FRIDAY

9:00	LIVELY TUNES	G	LV
9:30	FRONT PAGE NEWS	G	LV
9:45	ROSARY	V	M
10:00	SWEAT & SMILES	G	LV
10:30	WALKING CLUB	SS	CM
11:00	KNITTING & CROCHET CLUB	SS	M
11:00	MATCH GAME	G	LV
11:30	NAME THAT FAMOUS FACE	G	LV
1:30	SCRABBLE CLUB	SS	M
1:30	URBAN MYTHS	G	LV
2:00	A TO Z WORD GAME	G	LV
3:00	HAPPY HOUR FRESH FRUIT	SS/G	LV
4:00	ARMCHAIR TRIVIA	RS	LV
6:00	TGIF MOVIES	RS	LV

7 Saturday — PEARL HARBOR REMEMBRANCE DAY

9:00	SATURDAY SONGS	G	LV
9:30	WEEKEND UPDATE	G	LV
10:00	WORK UP A SWEAT	G	LV
10:30	WEEKEND STROLL	G	CM
11:00	REMEMBERING PEARL HARBOR	SS	LV
11:30	MOMENT OF SILENCE	SS	LV
1:30	BEAN BAG TOSS	SS	LV
1:30	ONE ON ONE'S	G	RR
2:00	YOU BE THE JUDGE	SS	LV
3:00	HAPPY HOUR BBQ POTATO CHIPS	SS/G	LV
4:00	BINGO TIME	SS	LV
6:00	SATURDAY SHOWING	RS	LV

8 Sunday — COMMUNION

9:00	SUNDAY TUNES	AS	LV
9:30	NEWS AND VIEWS	AS	LV
10:00	CHAIR EXERCISES	AS	LV
10:30	COMMUNION	V	DR
11:00	WALKING CLUB	AS	CM
11:00	FILL IN THE BLANK	J	LV
11:30	WHAT YEAR WAS THAT?	J	LV
1:30	HOLIDAY ARTS N CRAFTS	AS	M
1:30	WORD IN A WORD	J	LV
2:00	NAME 10..15..20	J	LV
3:00	HAPPY HOUR ICE CREAM	AS/J	LV
4:00	RIDDLES/SHORT STORIES	J	LV
6:00	CLASSIC MOVIE	RS	LV

9 Monday — A CHARLIE BROWN XMAS DEBUTS

9:00	SINGING IN THE AM	DA	LV
9:30	TODAY'S TOP STORIES	DA	LV
10:00	WAKE UP AND WORK OUT!	DA	LV
10:30	WALKING CLUB	SE	LV
11:00	MATCH GAME	DA	LV
11:30	WORD WATERFALL	SE	LV
1:30	SCRABBLE CLUB	SE	M
1:30	WOULD YOU RATHER?	DA	LV
2:00	BALLOON VOLLEYBALL	DA	LV
2:30	BOWLING	DA	LV
3:00	HAPPY HOUR SPINACH ARTICHOKE DIP	SE/DA	LV
4:00	BINGO HOUR	SE	LV
6:00	MONDAY MOVIE	RS	LV

10 Tuesday

9:00	WINTERY MIX	G	LV
9:30	NEWS & VIEWS	G	LV
10:00	TEAR IT UP TUESDAY	G	LV
10:30	WALKING CLUB	G	CM
11:00	A-Z WORD GAME WINTER THEME	E	LV
11:30	MUSICAL HANGMAN	G	LV
1:30	MANICURES BY APPT	G	LV
1:30	URBAN MYTHS	E	LV
2:00	WHO AM I?	E	LV
3:00	HAPPY HOUR SOFT PRETZELS	E/G	LV
4:00	TRIVIA CHALLENGE	G	LV
6:00	EVENING MOVIE	RS	LV

11 Wednesday — MULVEY SCHOOL BAND

9:00	MORNING MUSIC	E	LV
9:30	WHAT'S IN THE NEWS?	E	LV
10:00	MOVEMENT TO MUSIC	E	LV
10:30	WALKING CLUB	E	CM
11:00	TOSS & TALK BALL	D	LV
1:30	MATCH GAME	V	LV
1:30	ONE ON ONE'S	RS	RR
2:00	WOULD YOU RATHER?	D	LV
2:30	NAME THE FAMOUS FACE	G	LV
3:00	HAPPY HOUR ICE CREAM	G/D	LV
4:00	LETS PLAY BINGO	D	LV
6:00	MID WEEK MOVIE	G	LV

12 Thursday — BUS TRIP TO ONEILL ELEMNETARY SCHOOL

9:00	HAPPY MUSIC	G	LV
9:30	HAPPENINGS AND HOROSCOPES	G	LV
10:00	STRETCH AND FLEX	G	LV
10:00	BUS TRIP TO ONEILL ELEMENTARY SCHOOL	E	O
11:00	DAILY CROSSWORD	G	LV
1:30	KIRK DOUGLAS BIO	G	LV
1:30	DECORATE SNOWFLAKES	E	M
2:00	TRUE OR FALSE	G	LV
3:00	HAPPY HOUR RICE PUDDING	E/G	LV
4:00	FINISH THE LYRIC	E	LV
6:00	NIGHTLY MOVIE	RS	LV

13 Friday — DICK VAN DYKE BIRTHDAY

9:00	MUSICAL MUSINGS	G	LV
9:30	MORNING PAPER	G	LV
10:00	CHAIR ZUMBA	G	LV
10:30	WALKING CLUB	G	CM
11:00	MAD LIBS	SS	LV
11:30	A-Z WORD GAME	G	LV
1:30	SCRABBLE CLUB	SS	M
1:30	DICK VAN DYKE TIDBITS	G	LV
2:00	MATCH GAME	G	LV
3:00	HAPPY HOUR APPLES & CARAMEL	G/SS	LV
4:00	SING A LONGS	SS	LV
6:00	MOVIE TIME	RS	LV

14 Saturday — BREAKFAST WITH SANTA

9:00	BREAKFAST WITH SANTA	RS	EDR
9:00	MUSIC IN THE MORNING	G	LV
9:30	WEEKEND REVIEW	G	LV
10:00	CHAIR EXERCISES	G	LV
10:30	WEEKEND STROLL	G	CM
11:00	COFFEE AND CROSSWORDS	SS	LV
11:00	ONE ON ONE'S	G	RR
1:30	HOLIDAY TRIVIA	G	LV
1:30	ARTS & CRAFTS PAINTING	SS	M
2:00	FINISH THE HOLIDAY SONG	G	LV
3:00	HAPPY HOUR BAR MIX	SS/G	LV
4:00	CONVERSATION STARTERS	SS	LV
6:00	SATURDAY SHOWING	RS	LV

15 Sunday — CALVARY LUTHERAN CHURCH CHOIR

9:00	SHOWTUNES	AS	LV
9:30	WEEK IN REVIEW	AS	LV
10:00	LETS EXERCISE	AS	LV
10:30	COMMUNION	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	DAILY CROSSWORD	AS	LV
11:30	ONE ON ONE'S	AS	RR
1:30	FAMILY FEUD	J	LV
2:00	CALVARY LUTHERAN CHURCH CHOIR	V	LV
3:00	HAPPY HOUR ICE CREAM	AS/J	LV
4:00	BINGO	J	LV
6:00	SUNDAY SHOWING	RS	LV

16 Monday — GINGERBREAD HOUSE CONTEST

9:00	MORNING TUNES	DA	LV
9:30	TODAY'S NEWS	DA	LV
10:00	STRETCH IT OUT	DA	LV
10:30	WALKING CLUB	SE	CM
11:00	WORD IN A WORD	DA	LV
11:30	NAME 10..15..20	SE	LV
1:30	GINGERBREAD HOUSE CONTEST	DA	B
1:30	QUIPO QUIZ	SE	LV
2:00	URBAN MYTHS	SE	LV
3:00	HAPPY HOUR FRENCH ONION DIP	SE/DA	LV
4:00	OPEN DIALOGUE	SE/DA	LV
6:00	CLASSIC MOVIES	RS	LV

17 Tuesday — TAKE IN NY BAGEL CO

9:00	MORNING MUSIC	G	LV
9:30	WHAT'S IN THE NEWS?	G	LV
10:00	TONE UP	G	LV
10:30	WALKING CLUB	G	CM
11:00	WORD WATERFALL	E	LV
11:30	TAKE IN NY BAGEL CO	G	BI
11:30	A TO Z	E	LV
1:30	FRANK SINATRA BIO	E	LV
1:30	MANICURES BY APPT	G	LV
2:00	TRUTH OR FALSE	E	LV
3:00	HAPPY HOUR CORN NUGGETS	E/G	LV
4:00	BINGO HOUR	E/G	LV
6:00	SILVER SCREEN FILM	RS	LV

18 Wednesday — KAREN BELLA ENTERTAINMENT

9:00	CLASSIC HITS	E	LV
9:30	NEWS AND VIEWS	E	LV
10:00	STRETCH AND FLEX	E	LV
10:30	WALKING CLUB	E	CM
11:00	NAME 10..15..20	E	LV
11:00	HOT COCOA BAR	DA	BI
11:30	CI KINDERGARTNERS VISIT	V	LV
1:30	KAREN BELLA ENTERTAINMENT	VEN	LV
3:00	HAPPY HOUR GINGERBREAD CAKES/LATTES	E/DA	LV
4:00	CLASSIC TRIVIA	DA/E	LV
6:00	EVENING FLICK	RS	LV

19 Thursday — HAUPPAUGE MIDDLE SCHOOL CHORUS

9:00	EASY LISTENING	G	LV
9:30	DAILY NEWS	G	LV
10:00	EXERCISE & BE WISE	G	LV
10:30	WALKING CLUB	G	CM
11:00	HAUPPAUGE MIDDLE SCHOOL CHORUS	VEN	LV
11:30	NAME 10..15..20	E	LV
1:30	CREATIVE PAINTING	G	M
1:30	FAMILY FEUD	E	LV
2:00	IT HAPPENED IN DECEMBER	E	LV
3:00	HAPPY HOUR CHOCOLATE CHIP COOKIES	G/E	LV
4:00	REMINISCING	E/G	LV
6:00	HOLIDAY PARTY WITH DJ PETE	RS	LV

20 Friday — SMITHTOWN CHRISTIAN SCHOOL

9:00	SING YOUR HEART OUT	G	LV
9:30	HOROSCOPES & HAPPENINGS	G	LV
9:45	ROSARY WITH LINDA	V	M
10:00	SIT & BE FIT	G	LV
10:30	SMITHTOWN CHRISTIAN SCHOOL	V	LV
1:30	CHICKEN SOUP FOR THE SOUL	SS	LV
1:30	ONE ON ONE'S	G	RR
2:00	FAMILY FEUD	SS	LV
3:00	HAPPY HOUR APPLESAUCE	SS/G	LV
4:00	ARMCHAIR TRIVIA	SS/G	LV
6:00	MOVIE AT NIGHT	RS	LV

21 Saturday — WINTER SOLSTICE

9:00	SONGS FOR ALL	A	LV
9:30	WEEKEND UPDATE	A	LV
10:00	EXERCISE REGIMEN	A	LV
10:30	WEEKEND STROLL	SS	CM
11:00	KNITTING & CROCHET CLUB	A	M
11:00	COFFEE AND CROSSWORDS	SS	LV
1:30	HOLIDAY RING TOSS	A	LV
1:30	LIGHTHOUSE TABERNACLE		
2:00	ELF BOWLING	A	LV
3:00	HAPPY HOUR CHOCOLATE CARAMEL CHEX MIX	A/SS	LV
4:00	WHO AM I?	A/SS	LV
6:00	THE SILVER SCREEN	RS	LV

22 Sunday — COMMUNION

9:00	SUNDAY SERENADES	AS	LV
9:30	WEEKEND UPDATE	AS	LV
10:00	LETS WORKOUT	AS	DR
10:30	COMMUNION	V	LV
11:00	WALKING CLUB	J	CM
11:00	CLASSIC HANGMAN	AS	LV
11:30	NAME 10..15..20	AS	LV
1:30	HOLIDAY CRAFTS	AS	M
1:30	TRUE OR FALSE	J	LV
2:00	KEEP UP THE BALLOON	J	LV
3:00	HAPPY HOUR ICE CREAM	AS/J	LV
4:00	AFTERNOON BINGO	AS/J	LV
6:00	SUNDAY FEATURE	RS	LV

23 Monday — HANUKKAH CELEBRATION WITH RABBI

9:00	MORNING TUNES	DA	LV
9:30	CURRENT EVENTS	DA	LV
10:00	CHAIR STRETCHING	DA	LV
10:30	WALKING CLUB	SE	LV
11:00	WORD IN A WORD	DA	CM
11:15	HANUKKAH CELEBRATION WITH RABBI	V	B
11:30	MATCH GAME	SE	LV
1:30	SPELLING BEE	SE	LV
1:30	BOARD GAMES/PUZZLES	DA	M
2:00	MATCH GAME	SE	LV
3:00	HAPPY HOUR CHEESE DIP	DA/SE	LV
4:00	NAME 10..15..20	SE/DA	LV
6:00	BIG SCREEN CLASSICS	RS	LV

24 Tuesday — CHRISTMAS EVE

9:00	MAGICAL MUSIC	G	LV
9:30	NORTH POLE NEWS	G	LV
10:00	HO, HO, HO WORKOUT	G	LV
10:30	SANTA CLAUS SHUFFLE	E	CM
11:00	ELF BOWLING	G	LV
11:30	REINDEER TOSS	E	LV
1:30	SNOWY BINGO	RS	LV
3:00	HAPPY HOUR PIGS IN A BLANKET	G/E	LV
4:00	SHARE HOLIDAY MEMORIES	G/E	LV
6:00	HOLIDAY CLASSIC MOVIE	RS	LV

25 Wednesday — CHRISTMAS/HANUKKAH

9:00	SLEIGH RIDE SONGS	E	LV
9:30	HOLIDAY NEWS	E	LV
9:30	CHRISTMAS SERVICE WITH JAMES		
10:00	MISTLETOE MOVEMENTS	E	LV
10:30	MENORAH MARATHON	E	CM
11:00	HOLIDAY TRIVIA	DA	LV
11:30	SNOWMAN BINGO	E	LV
1:30	HOLIDAY SCAVENGER HUNT	DA	LV
2:00	CHRISTMAS CAROL CHARADES	E	LV
3:00	HOLIDAY HAPPY HOUR	DA/E	LV
4:00	NAME THAT HOLIDAY MOVIE	E/DA	LV
6:00	MOVIE NIGHT	RS	LV

26 Thursday — PAJAMA DAY

9:00	SING-A-LONG SONGS	G	LV
9:30	TODAY'S HEADLINERS	G	LV
10:00	SIT & BE FIT	G	LV
10:30	WALKING CLUB	G	CM
11:00	DAILY CROSSWORD	E	LV
11:30	UNSCRAMBLE THE LETTERS	E	LV
1:30	HOLIDAY FACTS OR FICTION	E	LV
1:30	BOARD GAMES & PUZZLES	G	M
2:00	FAMILY FEUDS	E	LV
3:00	HAPPY HOUR CINNAMON SQUARES	G/E	LV
4:00	LETS PLAY BINGO	E/G	LV
6:00	THURSDAY FEATURE FILM	RS	LV

27 Friday — UGLY SWEATER DAY

9:00	MUSIC TO SING ALONG WITH	G	LV
9:30	BREAKING NEWS	G	LV
10:00	SCULPT & FITNESS	G	LV
10:30	WALKING CLUB	SS	CM
11:00	KNITTING & CROCHET CLUB	SS	M
11:00	A TO Z WORD GAME	G	LV
11:30	NAME 10..15..20	G	LV
1:30	SCRABBLE CLUB	G	M
1:30	ARMCHAIR TRIVIA	SS	LV
2:00	URBAN MYTHS	SS	LV
3:00	HAPPY HOUR JELLO	SS/G	LV
4:00	FILL IN THE BLANK	SS/G	LV
6:00	FRIDAY FLICK	RS	LV

28 Saturday — CONSTRUCT ANGELS

9:00	MUSIC ENJOYMENT	A	LV
9:30	WEEKEND NEWS	A	LV
10:00	LETS GET ENERGIZED	A	CM
10:30	WEEKEND STROLL	SS	CM
11:00	ONE ON ONE'S	A	LV
11:00	CROSSWORD PUZZLE	SS	LV
1:30	YOU BE THE JUDGE	A	LV
1:30	CONSTRUCT ANGELS	SS	M
2:00	NAME THE FAMOUS FACE	A	LV
3:00	HAPPY HOUR CHEESE RICE CHIPS	A/SS	LV
4:00	WHAT YEAR WAS THAT?	A/SS	LV
6:00	MOVIE TIME	RS	LV

29 Sunday — COMMUNION

9:00	MORNING TUNES	AS	LV
9:30	WEEKEND NEWS	AS	LV
10:00	CHAIR EXERCISES	AS	LV
10:30	COMMUNION	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	WORD IN A WORD	AS	LV
11:30	NAME 10..15..20	AS	LV
1:30	MARLENE DIETRICH BIO	AS	LV
1:30	CARD GAMES/PUZZLES	J	M
2:00	ODD WORD OUT	AS	LV
3:00	HAPPY HOUR ICE CREAM	AS/J	LV
4:00	BINGO	AS/J	LV
6:00	SUNDAY SHOWING	RS	LV

30 Monday

9:00	DOO WOP SONGS	DA	LV
9:30	CURRENT EVENTS	DA	LV
10:00	STRETCHING & FLEXING	DA	LV
10:30	WALKING CLUB	SE	CM
11:00	HOLIDAY HANGMAN	DA	LV
11:30	WORDS THAT START WITH "E"	SE	LV
1:30	SCRABBLE CLUB	SE	M
1:30	MATCH GAME	DA	LV
2:00	FAMILY FEUD	DA	LV
3:00	HAPPY HOUR CHIPS & SALSA	DA/SE	LV
4:00	30 MINUTE MYSTERY	SE/DA	LV
6:00	MONDAY MOVIE	RS	LV

31 Tuesday — NEW YEARS EVE

9:00	NEW YEAR SONGS	G	LV
9:30	HAPPY NEW YEARS NEWS	G	LV
10:00	COUNTDOWN THE CALORIES	G	LV
10:30	CONFETTI EXCURSION	E	CM
11:00	WORD IN A WORD "RESOLUTIONS"	E	LV
11:00	1 ON 1'S	RS	RR
11:30	NOSTALGIA TRIVIA	E	LV
1:30	MANICURES BY APPT	G	LV
1:30	NEW YEARS EVE BINGO	E	LV
3:00	HAPPY HOUR TATOR TOTS	E/G	LV
4:00	TOAST IN THE NEW YEAR!	E	LV
6:00	TONIGHT AT THE MOVIES	RS	LV

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