

December 2024

The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ACTIVITY CALENDAR

<p>1 LECTURE WOMEN OF WWII</p> <p>9:00 DINAH SHORE HITS DA LV 9:30 NEWS THAT'S FIT TO PRINT DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 EXERCISE FOR SENIORS DA LV 10:30 WEEKEND STROLL DA CM 11:00 DAILY CROSSWORD DA LV 11:00 ONE ON ONE'S E RS 1:30 LECTURE WOMEN OF WWII VEN LV 3:00 HAPPY HOUR ICE CREAM DA/E B 4:00 TRIVIA CHALLENGE DA B 6:00 LETS PLAY BINGO E B 7:00 SUNDAY MOVIE RS M</p>	<p>2 HIBACHI LUNCH GASHO</p> <p>9:00 BIG BAND ERA E LV 9:30 CURRENT EVENTS E LV 10:00 SIT & GET FIT E LV 10:30 WALKING CLUB E CM 11:00 WORD IN A WORD D LV 11:00 HIBACHI LUNCH GASHO RS O 11:30 MATCH GAME D LV 1:00 SCRABBLE CLUB V B 1:30 TOSS & TALK BALL D LV 1:30 COLORING FOR FUN E B 2:00 FACT OR FICTION D LV 3:00 HAPPY HOUR BUFFALO CHICKEN DIP D/E B 4:00 WHO AM I? E B 6:00 BINGO HOUR D B 7:00 SILVER SCREEN CLASSIC RS M</p>	<p>3 MANICURES BY APPT</p> <p>9:00 SUNRISE SONGS D LV 9:30 NEWSDAY D LV 10:00 HUSTLE FOR THE MUSCLE D LV 10:30 WALKING CLUB D CM 11:00 ABRAHAM COMFORT DOG VISIT V LV 11:30 HANGMAN DA LV 1:00 MANICURES BY APPT DA B 1:30 WINTERY CREATIONS D B 2:00 FILL IN THE BLANK D LV 2:30 WHAT YEAR WAS THAT? D LV 3:00 HAPPY HOUR MOZZARELLA STICKS D/DAB 4:00 SHARING MEMORIES D B 6:00 JACKPOT BINGO DA B 7:00 EVENING MOVIE RS M</p>	<p>4 NATIONAL COOKIE DAY</p> <p>9:00 CROONERS AND SWOONERS D LV 9:30 NEWS DISCUSSION D LV 10:00 LETS GET STRONG D LV 10:30 WALKING CLUB D CM 11:00 IT HAPPENED IN DECEMBER D LV 11:30 NAME 10.15..20 G LV 1:00 SCRABBLE CLUB V B 1:30 DESIGN LINK GARLAND G B 1:30 BETTY GRABLE BIO D LV 2:00 WORDS THAT START WITH "B" D LV 3:00 HAPPY HOUR FLOATS D/G B 4:00 BOOK CLUB S BI 4:00 NAME THAT TUNE D B 6:00 SPEED BINGO G B 7:00 MOVIE NIGHT RS M</p>	<p>5 ACTIVITY COMMITTEE</p> <p>9:00 SING-A-LONG SONGS D LV 9:30 NEWS & VIEWS D LV 10:00 FITNESS IS MY MOTTO D LV 10:30 WALKING CLUB D CM 11:00 ACTIVITY COMMITTEE S LV 1:30 WORDS THAT START WITH DEC D LV 1:30 BOARD GAMES & PUZZLES AM BI 2:00 FAMILY FEUD D LV 2:30 TRUE OR FALSE D LV 3:00 HAPPY HOUR DONUT HOLES D/AM B 4:00 WHO AM I? D B 6:00 BINGO AM B 7:00 NIGHTTIME MOVIE RS M</p>	<p>6 FAUX FUR FRIDAY</p> <p>9:00 LIVELY TUNES D LV 9:30 FRONT PAGE NEWS D LV 9:45 ROSARY V M 10:00 SWEAT & SMILES D LV 10:30 WALKING CLUB D LV 11:00 KNITTING & CROCHET CLUB A CM 11:00 MATCH GAME D BI 11:30 NAME THAT FAMOUS FACE D LV 1:00 SCRABBLE CLUB V GR 1:30 URBAN MYTHS D O 2:00 A TO Z WORD GAME A 3:00 HAPPY HOUR FRESH FRUIT A/D B 4:00 BAR TRIVIA D B 6:00 BINGO A B 7:00 TGIF MOVIES RS M</p>	<p>7 PEARL HARBOR REMEMBRANCE DAY</p> <p>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 G LV 11:30 MOMENT OF SILENCE AM LV 1:30 BEAN BAG TOSS AM LV 1:30 ONE ON ONE'S G RS 2:00 YOU BE THE JUDGE AM LV 3:00 HAPPY HOUR BBQ POTATO CHIPS AM/G B 4:00 CARDS AT THE BAR G B 6:00 BINGO TIME AM B 7:00 SATURDAY NIGHT SHOWING RS M</p>	
<p>8 COMMUNION</p> <p>9:00 SUNDAY TUNES DA LV 9:30 NEWS AND VIEWS DA LV 10:00 CHAIR EXERCISES DA LV 10:00 COMMUNION V DR 10:30 WALKING CLUB DA CM 11:00 FILL IN THE BLANK E LV 11:30 WHAT YEAR WAS THAT? DA LV 1:30 HOLIDAY ARTS N CRAFTS DA B 1:30 WORD IN A WORD E LV 2:00 NAME 10.15..20 DA LV 3:00 HAPPY HOUR ICE CREAM E/DAB 4:00 RIDDLES/SHORT STORIES DA B 6:00 YELL BINGO! E B 7:00 CLASSIC MOVIE RS M</p>	<p>9 BUS TRIP WALGREENS</p> <p>9:00 SINGING IN THE AM E LV 9:30 TODAY'S TOP STORIES E LV 10:00 CHAIR EXERCISES E LV 10:30 WALKING CLUB E CM 10:30 BUS TRIP WALGREENS RS O 11:00 MATCH GAME D LV 11:30 WORD WATERFALL D LV 1:00 SCRABBLE CLUB V B 1:30 WOULD YOU RATHER? D LV 2:00 VETS CHAT WITH RAY V BI 2:00 BALLOON VOLLEYBALL D LV 2:30 BOWLING E LV 3:00 HAPPY HOUR SPINACH ARTICHOKE DIP E/D B 4:00 TRENDING TOPICS E B 6:00 BINGO HOUR D B 7:00 MONDAY MOVIE RS M</p>	<p>10 MARY SOLLITTO ENTERTAINMENT</p> <p>9:00 WINTERY MIX D LV 9:30 NEWS & VIEWS D LV 10:00 TEAR IT UP TUESDAY D LV 10:30 WALKING CLUB D CM 11:00 A-Z WORD GAME WINTER THEME D LV 11:30 MUSICAL HANGMAN DA LV 1:00 MANICURES BY APPT DA B 1:30 MARY SOLLITTO ENTERTAINMENT VEN LV 2:00 NAME ON ONE'S RS RR 3:00 HAPPY HOUR SOFT PRETZELS D/DAB 4:00 TRIVIA CHALLENGE D B 6:00 BINGO FOR CASH DA B 7:00 EVENING MOVIE RS M</p>	<p>11 MULVEY SCHOOL BAND</p> <p>9:00 MORNING MUSIC D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 WEDNESDAY WORKOUT D LV 10:30 WALKING CLUB D CM 11:00 1 ON 1'S G RR 1:00 MULVEY SCHOOL BAND V LV 1:30 ONE ON ONE'S RS 2:00 WOULD YOU RATHER? D LV 2:30 MATCH GAME G LV 3:00 HAPPY HOUR FLOATS G/D B 4:00 WHO AM I? D B 6:00 SPEED BINGO G B 7:00 MID WEEK MOVIE RS M</p>	<p>12 BUS TRIP TO ONEILL ELEMNETARY SCHOOL</p> <p>9:00 HAPPY MUSIC D LV 9:30 HAPPENINGS AND HOROSCOPES D LV 10:00 STRETCH AND FLEX D LV 10:00 BUS TRIP TO ONEILL ELEMENTARY SCHOOL RS LV 11:00 ACTIVITY COMMITTEE S LV 11:00 DAILY CROSSWORD D LV 1:30 KIRK DOUGLAS BIO D LV 1:30 DECORATE SNOWFLAKES AM B 2:00 TRUE OR FALSE D LV 3:00 HAPPY HOUR RICE PUDDING D/AM B 4:00 FINISH THE LYRIC D B 6:00 JACKPOT BINGO AM B 7:00 NIGHTLY MOVIE RS M</p>	<p>13 6TH GRADERS MORROW CHORUS</p> <p>9:00 MUSICAL MUSINGS D LV 9:30 MORNING PAPER D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 CHORUS 6TH GRADERS ENTERTAINMENT V LV 1:00 SCRABBLE CLUB V B 1:30 QUIPO QUIZ A LV 2:00 MATCH GAME D LV 3:00 HAPPY HOUR APPLES & CARAMEL A/D B 4:00 SING A LONGS D B 6:00 BINGO A B 7:00 NIGHTLY MOVIE RS M</p>	<p>14 BREAKFAST WITH SANTA</p> <p>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 G LV 11:30 ONE ON ONE'S AM RR 1:30 HOLIDAY TRIVIA G LV 1:30 ARTS & CRAFTS PAINTING AM B 2:00 FINISH THE HOLIDAY SONG G LV 3:00 HAPPY HOUR BAR MIX G/AM B 4:00 CONVERSATION STARTERS G B 6:00 CASH BINGO AM B 7:00 SATURDAY SHOWING RS M</p>	
<p>15 CALVARY LUTHERAN CHURCH CHOIR</p> <p>9:00 SHOWTUNES D LV 9:30 WEEK IN REVIEW D LV 10:00 LETS EXERCISE D LV 10:00 COMMUNION V DR 10:30 WEEKEND STROLL D CM 11:00 DAILY CROSSWORD E LV 11:00 ONE ON ONE'S DA RR 1:30 CALVARY LUTHERAN CHURCH CHOIR V LV 3:00 HAPPY HOUR ICE CREAM DA/E B 4:00 JOKES & RIDDLES DA B 6:00 BINGO E B 7:00 SUNDAY SHOWING RS M</p>	<p>16 GINGERBREAD HOUSE CONTEST</p> <p>9:00 MORNING TUNES E LV 9:30 TODAY'S NEWS E LV 10:00 STRETCH IT OUT E LV 10:30 WALKING CLUB E CM 11:00 WORD IN A WORD D LV 11:30 NAME 10.15..20 D LV 1:00 SCRABBLE CLUB V B 1:30 GINGERBREAD HOUSE CONTEST E B 1:30 QUIPO QUIZ D LV 2:00 URBAN MYTHS D LV 3:00 HAPPY HOUR FRENCH ONION DIP E/D B 4:00 OPEN DIALOGUE E B 6:00 LETS PLAY BINGO D B 7:00 CLASSIC MOVIES RS M</p>	<p>17 TAKE IN NY BAGEL CO</p> <p>9:00 MORNING MUSIC D LV 9:30 WHAT'S IN THE NEWS? D LV 10:00 TONE UP D LV 10:30 WALKING CLUB D CM 11:00 WORD WATERFALL DA LV 11:30 TAKE IN NY BAGEL CO RS BI 1:00 A TO Z D LV 1:30 FRANK SINATRA BIO D LV 1:30 HOLIDAY COLORING DA B 2:00 TRUTH OR FALSE D LV 3:00 HAPPY HOUR CORN NUGGETS D/DAB 4:00 BAR GAMES D B 6:00 BINGO FOR \$ DA B 7:00 MEET ME IN THE CINEMA RS M</p>	<p>18 CI KINDERGARTENERS VISIT</p> <p>9:00 CLASSIC HITS D LV 9:30 NEWS AND VIEWS D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CM 11:00 NAME 10.15..20 D LV 11:00 HOT COCOA BAR G B 11:30 CI KINDERGARTENERS VISIT D LV 1:00 SCRABBLE CLUB V B 1:30 SHORT STORIES RS LV 2:00 WORDS THAT START WITH "R" G LV 3:00 HAPPY HOUR GINGERBREAD CAKES/LATTES D/G B 4:00 KARAOKE D B 6:00 SPEED BINGO G B 7:00 EVENING SHOWING RS M</p>	<p>19 HAUPPAUGE MIDDLE SCHOOL CHORUS</p> <p>9:00 EASY LISTENING D LV 9:30 DAILY NEWS D LV 10:00 EXERCISE & BE WISE D LV 10:30 HAUPPAUGE MIDDLE SCHOOL CHORUS VEN LV 11:30 NAME 10.15..20 D LV 1:30 CREATIVE PAINTING AM B 1:30 FAMILY FEUD D LV 2:00 IT HAPPENED IN DECEMBER D LV 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES D/AM B 4:00 REMINISCING D B 6:00 HOLIDAY PARTY WITH DJ PETE AM LV</p>	<p>20 SMITHTOWN CHRISTIAN SCHOOL</p> <p>9:00 SING YOUR HEART OUT D LV 9:30 HOROSCOPES & HAPPENINGS D LV 9:30 SMITHTOWN CHRISTIAN SCHOOL V M 9:45 ROSARY V M 11:00 KNITTING & CROCHET CLUB D LV 1:00 SCRABBLE CLUB V GR 1:30 CHICKEN SOUP FOR THE SOUL RS M 1:30 ONE ON ONE'S V CM 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR APPLES SAUCE D/MJB 4:00 ARMCHAIR TRIVIA D/MJB 6:00 BINGO HOUR MJ B 7:00 MOVIES AT NIGHT RS M</p>	<p>21 WINTER SOLSTICE</p> <p>9:00 SONGS FOR ALL Y LV 9:30 WEEKEND UPDATE Y LV 10:00 EXERCISE REGIMEN Y CM 10:30 WEEKEND STROLL Y CM 11:00 ONE ON ONE'S Y LV 11:00 COFFEE AND CROSSWORDS Y LV 1:30 HOLIDAY RING TOSS GA LV 1:30 LIGHTHOUSE TABERNACLE V CM 2:00 ELF BOWLING GA/YB 3:00 HAPPY HOUR CHOCOLATE CARAMEL CHEX MIX Y/GAB 4:00 WHO AM I? GA/YB 6:00 WEEKEND BINGO RS M 7:00 THE SILVER SCREEN</p>	
<p>22 COMMUNION</p> <p>9:00 SUNDAY SERENADES Y LV 9:30 WEEKEND UPDATE Y LV 10:00 COMMUNION V DR 10:00 LETS WORKOUT V CM 10:30 WALKING CLUB Y CM 11:00 CLASSIC HANGMAN Y LV 11:00 NAME 10.15..20 DA RR 1:30 HOLIDAY CRAFTS DA B 1:30 TRUE OR FALSE Y LV 2:00 KEEP UP THE BALLOON V DA B 3:00 HAPPY HOUR ICE CREAM Y/DA B 4:00 CARDS AT THE BAR Y/DA B 6:00 EVENING BINGO DA B 7:00 MOVIE SHOWING RS M</p>	<p>23 TONY T & MARGARITA ROSE ENTERTAINMENT</p> <p>9:00 MORNING TUNES DA LV 9:30 CURRENT EVENTS DA LV 10:00 CHAIR STRETCHING V LV 10:30 WALKING CLUB DA LV 11:00 WORD IN A WORD DA CM 11:15 HANUKKAH CELEBRATION WITH RABBI ROSENTHAL V B MATCH GAME B LV 1:30 TONY T & MARGARITA ROSE ENTERTAINMENT VEN LV 3:00 HAPPY HOUR CHEESE DIP DA/DB 4:00 PUB GAMES DA/DB 6:00 BINGO D B 7:00 BIG SCREEN CLASSICS RS M</p>	<p>24 CHRISTMAS EVE</p> <p>9:00 MAGICAL MUSIC D LV 9:30 NORTH POLE NEWS D LV 10:00 HO, HO, HO WORKOUT D LV 10:30 SANTA CLAUS SHUFFLE D CM 11:00 ELF BOWLING V LV 11:30 REINDEER TOSS GA BI 1:30 SNOWY BINGO D LV 3:00 HAPPY HOUR PIGS IN A BLANKET DA/GA B 4:00 SHARE HOLIDAY MEMORIES GA/D B 6:00 HOLIDAY CLASSIC MOVIE RS M</p>	<p>25 CHRISTMAS/HANUKKAH</p> <p>9:00 SLEIGH RIDE SONGS D LV 9:30 CHRISTMAS SERVICE WITH JAMES D LV 9:30 HOLIDAY NEWS D LV 10:00 MISTLETOE MOVEMENTS D LV 10:30 MENORAH MARATHON D CM 11:00 HOLIDAY TRIVIA D LV 11:30 SNOWMAN BINGO V GR 1:30 HOLIDAY SCAVENGER HUNT VEN LV 2:00 CHRISTMAS CAROL CHARADES MJ LV 3:00 HAPPY HOUR FLOATS MJ/D B 4:00 NAME THAT HOLIDAY MOVIE MJ/D B 6:00 MOVIE NIGHT MJ B</p>	<p>26 PAJAMA DAY/RESIDENT COUNCIL</p> <p>9:00 SING-A-LONG SONGS D LV 9:30 TODAY'S HEADLINERS D LV 10:00 SIT & BE FIT D LV 10:30 WALKING CLUB D CM 10:30 RESIDENT COUNCIL D LV 11:00 FOOD COMMITTEE MJ BI 1:30 HOLIDAY FACTS OR FICTION D LV 1:30 BOARD GAMES & PUZZLES VEN LV 2:00 FAMILY FEUDS D/MJB 3:00 HAPPY HOUR CINNAMON SQUARES D/MJB 4:00 SING-A-LONG TO THE CLASSICS D/MJB 6:00 LETS PLAY BINGO RS M 7:00 THURSDAY FEATURE FILM</p>	<p>27 UGLY SWEATER DAY</p> <p>9:00 MUSIC TO SING ALONG WITH D LV 9:30 BREAKING NEWS D LV 10:00 SCULPT & FITNESS D LV 10:30 WALKING CLUB D CM 11:00 KNITTING & CROCHET CLUB D LV 11:00 A TO Z WORD GAME D LV 11:30 NAME 10.15..20 V GM 1:00 SCRABBLE CLUB MJ B 1:30 ARMCHAIR TRIVIA RS M 1:30 ONE ON ONE'S RS M 2:00 URBAN MYTHS RS M 3:00 HAPPY HOUR JELLO D/MJB 4:00 FINISH THE LYRICS V B 6:00 BINGO HOUR MJ B 7:00 FRIDAY FLICK RS M</p>	<p>28 CONSTRUCT ANGELS</p> <p>9:00 MUSIC ENJOYMENT Y LV 9:30 WEEKEND NEWS Y LV 10:00 LETS GET ENERGIZED Y CM 10:30 WEEKEND STROLL Y CM 11:00 ONE ON ONE'S Y LV 11:00 CROSSWORD PUZZLE Y LV 1:30 YOU BE THE JUDGE RS M 1:30 CONSTRUCT ANGELS GA LV 2:00 NAME THE FAMOUS FACE GA/YB 3:00 HAPPY HOUR CHEESE RICE CHIPS GA/YB 4:00 WHAT YEAR WAS THAT? GA/YB 6:00 BINGO AT NIGHT GA B 7:00 MOVIE TIME WALKING CLUB RS M</p>	
<p>29 COMMUNION</p> <p>9:00 MORNING TUNES Y LV 9:30 WEEKEND NEWS Y LV 10:00 COMMUNION V DR 10:00 CHAIR EXERCISES Y CM 10:30 WEEKEND STROLL Y LV 11:00 WORD IN A WORD DA B 11:30 NAME 10.15..20 DA LV 1:30 MARLENE DIETRICH BIO Y LV 1:30 CARD GAMES/PUZZLES Y/DA B 2:00 KEEP UP THE BALLOON RS M 3:00 HAPPY HOUR ICE CREAM Y/DA B 4:00 CHRISTMAS CAROLING Y/DA B 6:00 BINGO FOR CASH DA B 7:00 SUNDAY SHOWING RS M</p>	<p>30 BILLY AND HIS BANJO</p> <p>9:00 DOO WOP SONGS DA LV 9:30 CURRENT EVENTS DA LV 10:00 STRETCHING & FLEXING DA LV 10:30 WALKING CLUB DA CM 11:00 HOLIDAY HANGMAN D LV 11:30 WORDS THAT START WITH "E" DA M 1:00 SCRABBLE CLUB D LV 1:30 MATCH GAME RS M 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR CHIPS & SALSA DA/DB 3:30 BILLY AND HIS BANJO DA/DB 4:00 RIDDLES & BRAIN TEASERS RS M 6:00 WHO WANTS TO YELL BINGO? RS M 7:00 MONDAY MOVIE</p>	<p>31 NEW YEARS EVE</p> <p>9:00 NEW YEAR SONGS D LV 9:30 HAPPY NEW YEARS NEWS D LV 10:00 COUNTDOWN THE CALORIES D LV 10:30 CONFETTI EXCURSION D CM 11:00 WORD IN A WORD "RESOLUTIONS" D LV 11:00 1 ON 1'S GA RR 11:30 NOSTALGIA TRIVIA D LV 1:00 MANICURES BY APPT GA B 1:30 NEW YEARS EVE BINGO D/GAB 3:00 HAPPY HOUR TATOR TOTS GA/D B 4:00 TOAST IN THE NEW YEAR! GA/D B 6:00 TONIGHT AT THE MOVIES RS M</p>			<p>STAFF KEY</p> <p>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.</p> <p>LOCATION KEY</p> <p>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</p>	<p>FOR YOUR DINING PLEASURE</p> <p>BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</p> <p>*All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Recreation Director Stacey Conroy will be happy to answer any questions you may have regarding this calendar.</p>	