

# January 2025

# The Arbors At ISLANDIA EAST

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

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

STAFF KEY	LOCATION KEY
V=Valerie Director	O - Outing
S=Sarah	B - Bistro
G=Gina	CY - Courtyard
E=Elissa	LO - Lobby
A=Anne	G - Game Room
M=Michelle	AC - Activity Channel
K=Keara	IR - In Room
L=Linda	F1 - First Floor
D=Denzel	F2 - Second Floor
N=Neha	F3 - Third Floor
IR=Indasia	DR - Dining Room
VEN=Vender	M - Media Room
RS-Recreation Staff	W - West Side
RL=Resident Lead	IR - In Room

**FOR YOUR DINING PLEASURE**  
BREAKFAST 7:45am-9:15am  
LUNCH 11:45am-1:15pm  
DINNER 4:45pm-6:15pm

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.

**WEEKLY TRIPS**

TO SIGN UP FOR OUR WEEKLY TRIPS  
OR SPECIAL EVENTS PLEASE GO TO  
THE CALENDAR AREA BY THE FRONT  
DESK TO RESERVE YOUR SPOT!

\*All trips are if weather permits.

**1 LUTHERAN SERVICE WITH PASTOR ZACHARY MARY PECK ENTERTAINMENT**

9:30 DAILY NEWS	IR	LO
10:00 LUTHERAN SERVICE W/PASTOR ZACHARY	VEN	G
10:00 CHAIR YOGA	E	LO
10:30 WALKING CLUB	E	LO
11:00 WORD SCRAMBLE	IR	LO
1:15 MID DAY SHOW	IR	M
1:15 BINGO!	A	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 JUMBO GAMES	E/IR/ALO	
3:00 HAPPY HOUR ROOTBEER FLOATS	E/IR/AB	
3:30 MARY PECK ENTERTAINMENT	VEN	LO
6:15 BINGO!	A	G
7:15 TONIGHT'S FEATURE FILM	A	M

**2 ROSARY/TRIP TO DUNKIN DONUTS**

9:30 GOOD NEWS DAY	S	LO
10:00 FITNESS FUN	D	LO
10:00 ROSARY	VEN	M
10:30 WALKING CLUB/BOARD GAMES	S/D	LO
11:00 TRIVIA TEASERS	S	LO
1:15 TRIP TO DUNKIN DONUTS	S/D	O
1:15 AFTERNOON FLICK	L	M
1:15 BINGO!	L	G
2:00 POKENO	RL	G
2:00 PENCIL PUZZLES	L	LO
3:00 HAPPY HOUR BROWNIES	L	B
4:00 BRAIN BENDERS	D	LO
6:15 BINGO TIME	L	G
7:15 EVENING FLICK	L	M

**3 CRAFTING W/THE SUFFOLK ROTARACT CLUB**

9:30 HAPPENINGS	M	LO
10:00 STRETCHING	S	LO
10:30 WALKING CLUB	S	LO
11:00 TRIVIA CHALLENGE	M	LO
1:15 MID DAY MOVIE	M	M
1:15 BINGO!	L	G
2:00 THREE THIRTEEN CLUB	RL	G
2:30 CRAFTING WITH THE SUFFOLK COMMUNITY COLLEGE ROTARACT CLUB	VEN	LO/B
3:00 HAPPY HOUR CHEESE & CRACKERS	S/M/L	B
4:00 FAMILY FEUD	M	LO
6:15 BINGO ANYONE?	L	LO
7:15 MOVIE IN THE ARBORS THEATER	L	M

**4**

9:30 NEWS FLASH	S	LO
10:00 SATURDAY WARM UP	M	LO
10:30 WALKING CLUB	S	LO
11:00 FILL IN THE BLANK	M	LO
1:15 MOVIE IN THE CINEMA	M	M
1:15 BINGO!	L	G
2:00 CANASTA CLUB	RL	G
2:00 TABLE BOWLING	S/M	LO
3:00 HAPPY HOUR TRAIL MIX	S/M/L	B
4:00 NAME 10	S	LO
6:15 WEEKEND BINGO	L	G
7:15 NIGHT AT THE MOVIES	L	M

**5 R.C. COMMUNION W/JAMES/RECOVERY MEETING**

9:30 R.C. COMMUNION WITH JAMES	VEN	G
9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH	A/L	O
10:15 MORNING WARM UP	D	LO
11:00 MULTIPLE CHOICE	D	LO
1:15 MATINEE	D	M
1:15 BINGO!	L	G
2:00 KINGS IN THE CORNER CLUB	RL	G
2:00 WORD SEARCH	D/A/L	LO
3:00 HAPPY HOUR SUNDAES	D/A/L	B
4:00 TRIVIA CHALLENGE	D	LO
6:15 LATE DAY BINGO	A	G
7:15 EVENING MOVIE IN THE CINEMA	A	M

**6**

9:30 CURRENT EVENTS	G	LO
10:00 EXERCISE	E	LO
10:00 ROSARY PRAYER SERVICE	RL	M
10:30 WALKING CLUB	G	LO
11:00 COZY HOT COCOA BAR	G/E	LO
1:15 AFTERNOON MOVIE	G	M
1:15 BINGO!	IR	G
2:00 PENNY POKER CLUB	RL	G
2:00 WORD PUZZLES	G/E	LO
3:00 HAPPY HOUR NACHO CHEESE DIP	G/E	B
4:00 BOGGLE	IR	LO
6:15 AFTER DINNER BINGO	N	G
7:15 NIGHT FLICK	N	M

**7 RESIDENT COUNCIL/FOOD COUNCIL MEETINGS**

9:30 NEWS & VIEWS	G	LO
10:00 TUESDAY TONING	IR	LO
10:30 RESIDENT COUNCIL MEETING	RL	M
11:00 FOOD COUNCIL MEETING	RL	M
1:15 MATINEE	G	M
1:15 BINGO!	S	G
2:00 MAH JONG CLUB	RL	G
2:00 BILLIARD CLUB	G/IR/S	LO
3:00 HAPPY HOUR PIN WHEELS	G/IR/S	B
4:00 JEOPARDY	IR	LO
6:15 BINGO ANYONE?	S	G
7:15 FEATURE FILM	S	M

**8 WINTER WORD PUZZLES**

9:30 WORLD NEWS	IR	LO
10:00 WEDNESDAY WORKOUT	E	LO
10:30 WALKING CLUB	E	LO
11:00 WHEEL OF FORTUNE	IR	LO
1:15 MOVIE TIME	E	M
1:15 BINGO!	IR	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 WINTER WORD PUZZLES	E/IR	LO
3:00 HAPPY HOUR ROOTBEER FLOATS	E/IR	B
4:00 TRIVIA TEASERS	IR	LO
6:15 ALL ABOUT BINGO	A	G
7:15 EVENING MOTION PICTURE	A	M

**9 DOLLAR TREE TRIP**

9:30 DAILY NEWS	D	LO
10:00 CHAIR YOGA	S	LO
10:30 WALKING CLUB/BOARD GAMES	S/D	LO
11:00 SCATERGORIES	D	LO
1:15 DOLLAR TREE TRIP	S/D	O
1:15 MID DAY SHOW	L	M
1:15 BINGO!	L	G
2:00 POKENO	RL	G
2:00 JUMBO GAMES	L	LO
3:00 HAPPY HOUR CUPCAKES	L	B
4:00 GUESSING GAME	D	LO
6:15 BINGO!	L	G
7:15 TONIGHT'S FEATURE FILM	L	M

**10 TAKE-IN LUNCH BAGELS**

9:30 GOOD NEWS DAY	S	LO
10:00 FITNESS FUN	M	LO
10:30 WALKING CLUB	M	LO
11:00 TRIVIA TID BITS	S	LO
12:00 TAKE-IN LUNCH BAGELS	S/M/L	B
1:15 FRIDAY AFTERNOON FLICK	L	M
1:15 BINGO!	L	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 COLORED PENCIL PICTURES	S/M/L	LO
3:00 HAPPY HOUR FRUIT COCKTAIL	S/M/L	B
4:00 BRAIN BENDERS	M	LO
6:15 BIG BUCKS BINGO	L	G
7:15 FRIDAY NIGHT FLICK	L	M

**11 VANCE ENTERTAINMENT**

9:30 HAPPENINGS	M	LO
10:00 STRETCHING	S	LO
10:30 WALKING CLUB	S	LO
11:00 FASCINATING FACTS	M	LO
1:15 MID DAY MOVIE	S	M
1:15 BINGO!	L	G
2:00 CANASTA CLUB	RL	G
2:15 VANCE ENTERTAINMENT	VEN	LO
3:00 HAPPY HOUR CHEESE DOODLES	S/M/L	B
4:00 FAMILY FEUD	M	LO
6:15 BINGO ANYONE?	L	G
7:15 MOVIE IN THE ARBORS THEATER	L	M

**12 R.C. COMMUNION W/JAMES**

9:30 R.C. COMMUNION WITH JAMES	VEN	G
9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH	A/L	O
10:15 FITNESS FUN	D	LO
11:00 GUESSING GAME	D	LO
1:15 MOVIE TIME	D	M
1:15 BINGO!	L	G
2:00 KINGS IN THE CORNER CLUB	RL	G
2:00 TABLE GAMES	D/A/L	LO
3:00 HAPPY HOUR SUNDAES	D/A/L	B
4:00 GROUP CROSSWORD	D	LO
6:15 EVENING BINGO	A	G
7:15 NIGHT TIME MOVIE	A	M

**13 ROSARY PRAYER SERVICE**

9:30 GOOD NEWS TODAY	G	LO
10:00 MORNING WARM UP	E	LO
10:00 ROSARY PRAYER SERVICE	VEN	M
10:30 WALKING CLUB	G	LO
11:00 MULTIPLE CHOICE	E	LO
1:15 MATINEE	E	M
1:15 BINGO!	IR	G
2:00 PENNY POKER CLUB	RL	G
2:00 BILLIARD CLUB	G/E	LO
3:00 HAPPY HOUR MILLION DOLLAR DIP	G/E	B
4:00 TRIVIA CHALLENGE	IR	LO
6:15 LATE DAY BINGO	N	G
7:15 EVENING MOVIE IN THE CINEMA	N	M

**14 HIBACHI LUNCH TRIP**

9:30 CURRENT EVENTS	IR	LO
10:00 EXERCISE	G	LO
10:30 WALKING CLUB	G	LO
11:00 COZY HOT COCOA BAR/WHO AM I?	G/IR	LO
11:30 HIBACHI LUNCH TRIP	S/G	O
1:15 AFTERNOON MOVIE	IR	M
1:15 BINGO!	IR	G
2:00 MAH JONG CLUB	RL	G
2:00 WORD PUZZLES	IR	LO
3:00 HAPPY HOUR PIZZA BITES	IR	B
4:00 BOGGLE	G	LO
6:15 AFTER DINNER BINGO	S	G
7:15 NIGHT FLICK	S	M

**15**

9:30 NEWS & VIEWS	IR	LO
10:00 SIT AND BE FIT	E	LO
10:30 WALKING CLUB	E	LO
11:00 GROUP CROSSWORD	IR	LO
1:15 MATINEE	IR	M
1:15 BINGO!	A	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 BALLOON VOLLEYBALL	E/IR	LO
3:00 HAPPY HOUR ROOTBEER FLOATS	E/IR/A	B
4:00 JEOPARDY	IR	LO
6:15 BINGO ANYONE?	A	G
7:15 FEATURE FILM	A	M

**16 WINTER WONDERLAND/ENTERTAINMENT**

9:30 WINTER WEATHER WORLD NEWS	D	LO
10:00 EXERCISE	S	LO
10:30 WALKING CLUB	S	LO
11:00 WINTER WORD SCRAMBLE	D	LO
1:15 MOVIE TIME	D	M
1:15 BINGO!	L	G
2:00 SNOWBALL TOSS	S/D/L	LO
2:00 POKENO	RL	G
2:30 THEN & NOW ENTERTAINMENT	VEN	LO
3:00 HAPPY HOUR CHOCOLATE BANANA BREAD	S/D/L	B
4:00 WINTER TRIVIA CHALLENGE	D	LO
6:15 LET IT SNOW BINGO	L	G
7:15 WINTER MOTION PICTURE	L	M

**17 YOGA WITH RAY**

9:30 YOGA WITH RAY	VEN	LO
10:15 REFRESHMENTS	S/M	LO
10:30 WALKING CLUB	S	LO
11:00 OUTBURST	M	LO
1:15 MID DAY SHOW	S	M
1:15 BINGO!	L	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 BALLOON VOLLEYBALL	S/M/L	LO
3:00 HAPPY HOUR FIG NEWTONS	S/M/L	B
4:00 GUESSING GAME	S	LO
6:15 BIG BUCKS BINGO	L	G
7:15 MOVIE NIGHT	L	M

**18**

9:30 GOOD NEWS DAY	M	LO
10:00 FITNESS FUN	S	LO
10:30 COZY HOT COCOA BAR/FIRESIDE CHAT	S/M	LO/B
11:00 BOGGLE	S	LO
1:15 AFTERNOON MOVIE	M	G
1:15 BINGO!	L	M
2:00 CANASTA CLUB	RL	G
2:00 TABLE TOP BOWLING	S/M/L	LO
3:00 HAPPY HOUR GOLDFISH CRACKERS	S/M/L	B
4:00 BRAIN BENDERS	M	LO
6:15 BINGO TIME	L	G
7:15 EVENING FILM	L	M

**19 R.C. COMMUNION WITH JAMES**

9:30 R.C. COMMUNION WITH JAMES	VEN	G
9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH	A/L	O
10:15 SWAY TO THE MUSIC	D	LO
11:00 JEOPARDY	D	LO
1:15 MOVIE IN THE CINEMA	D	M
1:15 BINGO!	L	G
2:00 KINGS IN THE CORNER CLUB	RL	G
2:00 WORD CHALLENGE	D/A/L	LO
3:00 HAPPY HOUR SUNDAES	D/A/L	B
4:00 MIND BENDERS	D	LO
6:15 WHO'S PLAYING BINGO	A	G
7:15 EVENING MOVIE IN THE CINEMA	A	M

**20 MARTIN LUTHER KING JR. DAY/ENTERTAINMENT**

9:30 HAPPENINGS	G	LO
10:00 ROSARY PRAYER SERVICE	RL	M
10:00 FLEX AND STRETCH	E	LO
10:30 COZY HOT COCOA BAR	G/E	LO
11:00 GUESSING GAME	G	LO
1:15 MOVIE TIME	G	M
1:15 BINGO!	IR	G
2:00 PENNY POKER CLUB	RL	G
2:30 LYZA ENTERTAINMENT	VEN	LO
3:00 HAPPY HOUR PEPPERONI PIZZA DIP WITH GARLIC BREAD	G/E	B
4:00 GROUP CROSSWORD	G/E	LO
6:15 BINGO TIME	N	G
7:15 NIGHT TIME MOVIE	N	M

**21 SNOWMAN CONTEST W/WEST**

9:30 NEWS AROUND TOWN	IR	LO
10:00 FITNESS FUN	G	LO
10:30 SNOWMAN CONTEST WITH WEST	IR/G	LO
11:00 COZY HOT COCOA BAR WITH WEST	IR/G	LO/B
1:15 AFTERNOON MOVIE	IR	M
1:15 BINGO!	S	G
2:00 MAH JONG CLUB	RL	G
2:00 BILLIARD CLUB	IR/G	LO
3:00 HAPPY HOUR BRUSCHETTA	G/IR/S	B
4:00 TRIVIA CHALLENGE	S	G
6:15 LATE DAY BINGO	G	LO
7:15 EVENING MOVIE IN THE CINEMA	S	M

**22 COZY HOT COCOA BAR/WINTER REMINISCE**

9:30 CURRENT EVENTS	IR	LO
10:00 EXERCISE	E	LO
10:30 WALKING CLUB	E	LO
11:00 COZY HOT COCOA BAR/WINTER REMINISCE	IR/E	LO/B
1:15 MOVIE	E	M
1:15 BINGO!	IR	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 TABLE TOP GAMES	IR/E	LO
3:00 HAPPY HOUR ROOTBEER FLOATS	IR/E	B
4:00 BOGGLE	IR	LO
6:15 AFTER DINNER BINGO	A	G
7:15 NIGHT FLICK	A	M

**23 ACTIVITY PLANNING/SHOPPING TRIP**

9:30 NEWS & VIEWS	S	LO
10:00 SIT AND BE FIT	D	LO
10:30 ACTIVITY PLANNING	V	M
11:00 GROUP CROSSWORD	D	LO
1:15 SHOPPING TRIP	S/D	O
1:15 MATINEE	L	M
1:15 BINGO!	RL	G
2:00 POKENO	RL	G
2:00 WORD PUZZLES	L	LO
3:00 HAPPY HOUR DONUTS	L	B
4:00 JEOPARDY	D	G
6:15 BINGO!	L	M
7:15 THURSDAY SHOWING	L	M

**24 TAKE-IN CHINESE**

9:30 WORLD NEWS	M	LO
10:00 EXERCISE	M	LO
10:30 WALKING CLUB	S	LO
11:00 WHEEL OF FORTUNE	M	LO
12:00 TAKE-IN CHINESE	S/M/L	B
1:15 AFTERNOON MOVIE	L	M
1:15 BINGO!	L	G
2:00 THREE THIRTEEN CLUB	RL	G
2:00 YOU BE THE JUDGE	S/M/L	LO
3:00 HAPPY HOUR APPLES & PEANUT BUTTER	S/M/L	B
4:00 TRIVIA TIME	S	LO
6:15 BIG BUCKS BINGO	L	G
7:15 FRIDAY FILM	L	M

**25**

9:30 DAILY NEWS	S	LO
10:00 SIT AND BE FIT	M	LO
10:30 WALKING CLUB	M	LO
11:00 ARE YOU SMARTER THAN A 5TH GRADER	S	LO
1:15 MOVIE TIME	M	M
1:15 BINGO!	L	G
2:00 CANASTA CLUB	RL	G
2:00 JUMBO GAMES	S/M/L	LO
3:00 HAPPY HOUR CHEX MIX	S/M/L	B
4:00 WHAT MORE DO YOU KNOW?	S	LO
6:15 EVENING BINGO	L	G
7:15 NIGHT MOVIE AT THE CINEMA	L	M

**26 R.C. COMMUNION WITH JAMES**

9:30 R.C. COMMUNION WITH JAMES
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