January 2025 The Arbors At SLANDIA WESTTRANSITIONS Tel: 631-582-3600 www.thearborsassistedliving.com HAPPY NEW YEAR 2025 FRUIT CAKE TOSS 4 WORLD BRAILLE DAY CREATE A SNOWMAN FOR YOUR DINING PLEASURE S=STACEY 9:00 SING YOUR HEART OUT AR=ACTIVITY ROOM **DAILY PROGRAMS** LV 9:00 MUSIC IN THE MORNING A LV 9:00 TUNES FROM THE 50'S A=ANGELICA **BREAKFAST 8AM** IV=IIVING ROOM 9-30 WHAT'S IN THE NEWS? G LV 9:30 NEWS DISCUSSION LV 9:30 WEEKEND UPDATE 9:30 FRONT PAGE NEWS 9:30 CURRENT EVENTS L=LOUNGE AREA D=DIANE LUNCH 12NOON 9:45 ROSARY 10:00 CHAIR EXERCISES 10:00 WARM UP & WORK OUT 10:00 SIT & RE FIT RI=RISTRO DA=DEANNA DINNER 5PM 10:30 WALKING CLUB 10:00 SWEAT SMILE REPEAT M=MFDIA ROOM 10:30 WALKING CLUB 10:30 WALKING CLUB 10:30 WALKING CLUP 10 G=GRACE 10:30 WALKING CLUB SS LI=LIBRARY 11:00 WORD WATERFALL E=ELAINE 1:15 MOVIE MATINEE 11:00 WORD IN A WORD J0 11:00 MUSICAL HANGMAN 11:00 ONE ON ONE'S LIP-LIPPER PARIOR *All trips are if weather permits. SE=SAMANTHA 11:30 ODD WORD OUT 11:30 ODD WORD OUT RR=RESIDENT'S ROOM 1:30 FRESH AIR CLUB 11;30 WORDS THAT START WITH. J0 11:00 DAILY CROSSWORI SS All programs are subject to change SS= SARRINA 1.30 FORM YOUR NAME IN BRAILLE 3F=3RD FLOOR 1:30 CREATE A SNOWMAN 1:30 FRUIT CAKE TOSS SS All changes will be reflected on the Daily Board. I= INDEPENDENT 3:00 HAPPY HOUR CM=COMMUNITY 1:30 ARMCHAIR TRIVIA 1:30 FINISH THE PHRASE 1:30 SCRABBLE CLUB 2:00 WHO AM I? RS=Recreation staff CY=COURTYARD 2:00 NAME THAT TUNE 2:00 FAMILY FEUD 6:00 NIGHTLY BINGO 2:00 A-Z WORD GAME Your Recreation Director Stacey Conroy will be V=Volunteer DR=DINING ROOM E/J 3:00 HAPPY HOUR ICE CREAM 3.00 HAPPY HOUR TRAIL MIX A/SS LV 3:00 HAPPY HOUR CHEESE & CRACKERS SS/G ES=EAST SIDE happy to answer any questions you may have AC=Activity Channel 7:00 NIGHTLY MOVIE 4.00 RINGO J0 LV S=SALON regarding this calendar. 4.00 30 MINITE MYSTERY 4:00 WOULD YOU RATHER? SS IV 4:00 NAME THE FAMOUS FACE SS ***=Call 381 for Appt. RS 0=OUTING 6:00 EVENING SHOWING 6:00 SATURDAY NIGHT SHOWING RS LV 6:00 WHAT'S PLAYING IN THE CINEMA? 6:00 TGIF MOVIES RS LV 9 COMMUNION 6 ENTERTAINMENT WITH TOM WINTER TEA PARTY **ELVIS BIRTHDAY** 11 NATIONAL MILK DAY! 9:00 MUSIC IN THE AM 9:00 ELVIS SONGS DA 9:00 MUSIC MUSIC MUSIC 9:00 MUSIC IN THE AM 9:00 SONGS FROM THE 60'S 9:30 NEWS AND VIEWS AS LV 9.30 TODAY'S NEWS LV 9:30 CURRENT EVENTS 9:30 NEWS AND VIEWS 9-30 NEWS & VIEWS 9:30 WFFKFND REVIEW 9-30 MORNING NEWS DΔ 10:00 STRETCH AND FLEX 10:00 SIT & RF FIT 10:00 SWEAT SMILE REPEAT 10:00 TOO FIT TO OUIT 10:00 CHAIR EXERCISE 10:00 KEEP IN SHAPE IV WORK OUT & TONE UP 10:30 WALKING CLUB 11:00 WALKING CLUB 10:30 WALKING CLUB 11:00 WORD IN A WORD I IV 11:00 A-7 WORD GAME 11:00 WORD IN A WORD 11:00 DAILY CROSSWORD 11:00 A TO 7 WORD GAME 11:30 WORD IN A WORD 11:00 WINTER TEA PARTY ENT I IV 11:00 NAME 10..15..20 11:30 UNSCRAMBLE THE LETTERS 11:30 UNSCRAMBLE THE WORDS 11:30 NAME 10 15 20 11:00 ONF ON ONF'S 11:30 MUSICAL HANGMAN 1:30 COLOR FOR DEXTERITY AS AR 11:30 ABRAHAM COMFORT DOG VISIT 1:30 ELVIS TRIVIA 1:30 PUZZLES OR CARD GAMES 1:30 BUS TRIP DUNKIN DONUTS 1:30 FACT OR FICTION 1:30 MANICURES BY APPT 1:30 NAME THAT FAMOUS FACE ١٧ 1:30 ONE ON ONE'S 1:30 WHO AM I 1:30 ARTS N CRAFTS 1:30 URBAN MYTHS 1:30 ENTERTAINMENT WITH TOM ADAMO VEN ENT LV 2:00 ANIMAL VIDEO'S 2:00 FACT OR FICTION J0 2:00 IT HAPPENED ON LONG ISLAND 2:00 FAMILY FEIID 2:00 WHO AM I? 3:00 HAPPY HOUR NACHO CHEESE DIP 2:00 KEEP UP THE RALLOOM FNT IV 3.00 HAPPY HOUR ICE CREAM AS/J LV 3:00 HAPPY HOUR ICE CREAM E/J 3:00 HAPPY HOUR CUPCAKES 3:00 HAPPY HOUR FRUIT COCKTAIL 3:00 HAPPY HOUR CHEESE DOODLES E/G LV 4:00 UNSCRAMBLE THE LETTERS DA 4:15 LAUGHTER IS THE BEST MEDICINE 4:00 PU771FS ٧S ΔR 4:00 FINISH THE LYRIC 4:00 NAME THE FAMOUS FACE SS 4:00 WINTER TRIVIA 4:00 WOULD YOU RATHER? E/G LV RS IV 6:00 MOVIF AT NIGHT RS 6:00 MOVIES AT NIGHT RS 6:00 SATURDAY SHOWING 6:00 MOVIES AT DUSK RS 6:00 MEET ME AT THE CINEMA RS RS LV 6:00 NIGHTLY MOVIE RS LV 17 ROSARY 12 CALVARY LUTHERAN CHURCH CHOIR 13 15 WEAR A HAT DAY 18 LIGHTHOUSE TABERNACLE **14** MANICURES BY APPT 9:00 MUSIC TO SWAY TO 9:00 1970'S HITS 9:00 SONGS FOR ALL MORNING SONGS 9:00 CROONERS AND SWOONERS LV 9:00 JAZZ COMPOSITIONS A LV 9:30 CURRENT EVENTS 9:30 NEWS & VIEWS 9:30 CURRENT EVENTS 9:30 WEEKEND UPDATE AS LV 9:30 WHAT'S IN THE NEWS? 9:30 HOROSCOPES AND HAPPENINGS DA LV 9:30 DAILY NEWS 10:00 WARM UP & WORK OUT! AS LV 10:00 SHAPE & TONE UP! 10:00 FITNESS IS THE WAY 10:00 COMMIT TO BE FIT 10:00 WAKE UP, WORK OUT DA IV 10:00 SIT AND STRETCH A IV 10:00 EXERCISE REGIMEN 10:30 COMMUNION V LV 10:30 WALKING CLUB SF IV 10:30 WALKING CLUB Ε 11:00 WALKING CLUB CM 11:00 NAME 10 15 20 11:00 CLASSIC CROSSWORD 11:00 WORD WATERFAL 11:00 A TO Z DA LV 11:00 A TO 7 WORD GAME 11:00 MATCH GAME 11:30 WORD WATERFALL LV 11:30 NAME 10..15..20 SE AR 11:30 ODD WORD OUT 11:30 MUSICAL HANGMAN 11:00 ONF ON ONF'S 11:30 WORDS THAT START WITH "R 11:30 UNSCRAMBLE THE LETTERS 1:30 WORDS THAT START WITH "J" 1:30 BENNY GOODMAN TIDBITS 1:30 DESIGN SNOWFLAKES 1:30 KEEP UP THE BALLOON 1:30 FAMILY FEUD SE LV 1:30 JOKES & RIDDLES 1:30 ONE ON ONE'S Ε 1:30 SCRABBLE CLUB 1:30 SCRABBLE CLUB 1:30 FAMILY FEUD 1:30 GAMES & PUZZLES 1:30 MANICURES BY APPT G 1:30 CARD GAMES DA AR 2:00 JANUARY FACTS I IV 2:00 30 MINUTE MYSTERY 2:00 YOU BE THE JUDGE 2:00 30 MINUTE MYSTER 2:00 MATCH GAME SS 11 3:00 HAPPY HOUR ICE CREAM E/J 3:00 HAPPY HOUR ICE CREAM E/G LV 3:00 HAPPY HOUR BANANA BREAD F/G 3:00 HAPPY HOUR FIG NEWTONS SS/G 3:00 HAPPY HOUR GOLDFISH CRACKERS SS/A IV 3:00 HAPPY HOUR MILLION DOLLAR DIP DA/SE LV 3:00 HAPPY HOUR PIZZA BITES 4:00 MIND JOGGERS J 4:00 FILL IN THE BLANK 4:00 RINGO J LV 4:00 ARMCHAIR TRIVIA 4:00 MUSICAI HANGMAN E/G LV 4.00 NAME 10 15 20 SS 4.00 ANIMAI VIDEOS SS LV SF IV 6:00 SUNDAY SHOWING 6:00 EVENING SHOWING 6:00 NIGHT TIME MOVIES 6:00 MOVIES AT NIGHT RS 6:00 MEET ME AT THE MOVIES RS JO RS LV RS LV RS 6:00 CLASSIC SCREEN FILM R۶ 6:00 MOVIES WELOVE RS LV 19 COMMUNION **20** MARTIN LUTHER KING DAY **21** MANICURES BY APPT 22 POLKA DOT DAY **24** PEANUT BUTTER DAY DA LV 9:00 CROONERS & SWOONERS 9:00 LOVELY SONGS 9:00 SING-A-LONG SONGS 9:00 MUSIC TO YOUR EARS 9:00 SATURDAY SONGS 9:00 SUNDAY SERENADES DA 9:30 TODAY'S HEADLINERS 9:30 NEWS IN REVIEW 9:30 DAILY NEWS 9:30 BREAKING NEWS 9:30 BE THE FIRST TO KNOW DA 10:00 COMMIT TO REFIT 10:00 SIT & RF FIT 10:00 WINTER WORK OUT MOVE FOR IMPROVEMENT 10:00 FXFRCISE & BF WISE 10:00 SIT AND BE FIT SE LV 10:30 WALKING CLUB 10:30 WALKING CLUB 10:30 WALKING CLUB SS 10:30 WALKING CLUB 10:30 WALKING CLUB 10:30 WALKING CLUB 11:00 WALKING CHIR 11:00 MUSICAL HANGMAN 11:00 DAILY CROSSWORD 11:00 CROSSWORDS ١٧ 11:00 WORD-IN-A-WORD 11:30 WORD WATERFALL LV DA 11:30 TOSS & TALK BALL 11:00 ONE ON ONE'S 11:30 NAME 10..15..20. 11;00 ONE ON ONE'S 11:30 MATCH GAME BIOGRAPHY MARTIN LUTHER KING SE 1:30 WHEEL OF FORTUNE 1:30 SCRABBLECLUB 1:30 URBAN MYTHS 1:30 TOSS & TALK BALL 1.30 SCRARRIFCHIR 1:30 CREATIVE COLORING 1.30 MANICURES 1:30 CHICKEN SOUP FOR THE SOUL 1:30 PUZZLES & BOARD GAMES 1:30 SCRARRIFCIUR 1:30 TOSS & TALK BALL 1:30 DEVISE WINTERY CREATIONS 2:00 I HAVE A DREAM SPEECH 2:00 YOU BE THE JUDGE 2:00 NAME 10..15..20 2:00 WOULD YOU RATHER? 2:00 FILL IN THE RLANK 2:00 TRENDING TOPICS LV 3:00 HAPPY HOUR DONUTS E/G SE/DA LV E/G 3:00 HAPPY HOUR ICE CREAM 3:00 HAPPY HOUR CHEX MIX 3.00 HAPPY HOUR 4:00 FAMILY FEUD 4.00 WHO AM I 4:00 NAME THAT TIME SE LV 4:00 FINISH THE LYRICS 4:00 RIDDLE METHIS AR 4:00 ARMCHAIR TRIVIA SS 4:00 RINGO SS LV 6:00 MOVIE 6:00 PLAYING AT THE CINEMA 6:00 NIGHTTIME MOVIE RS LV 6:00 NIGHTLY MOVIE 6:00 MOVIES AT NIGHT RS RS 6:00 MOVIES AT NIGHT RS RS LV RS RS *30* 31 ROSARY 26 COMMUNIO SNOWY OWL CRAFT **27** PIZZA TAKE IN LUNCH **28** BRUSHES & BLISS 9:00 LOVELY BALLADS 9:00 COUNTRY MUSIC DA IV 9:00 BEAUTIFUL MELODIES AS LV 9:00 SWEET SONGS AS IV 9:30 TODAY'S TOPICS DA IV 9:30 WHAT'S IN THE NEWS? 9:30 NEWSDAY 9:30 TOP NEWS STORIES 9:45 ROSARY 10:00 CHAIR EXERCISE 10:00 SENIOR FITNESS AS LV 10:00 FITNESS IS THE WAY DA IV 10:00 WAKE LIP & WORK OUT 10:00 WORK IT OUT 10:00 STRONG BODY, STRONG MIND 10:30 WALKING CLUB 10:30 WALKING CLUB 10:30 WALKING CLUB SE LV 10:30 WALKING CLUB 10:30 WALKING CLUI 11:00 WALKING CLUB 11:00 ODD WORD OUT 11:00 MUSICAL HANGMAN 11:00 DAILY CROSSWORD DA IV 11:00 DAILY CROSSWORD 11:30 UNSCRAMBLE THE LETTERS 11:45 PIZZA TAKE IN LUNCH SF IV 11:30 RIDDLE METHIS 11:00 ONE ON ONE'S 1:30 CELEBRATE AUSTRALIA DAY 1:30 FACT OR FICTION J IV 1:30 MAGAZINE SCAVENGER HUNT 1:30 BEAN BAG TOSS 1:30 CARD GAMES DA AR 1-30 MANICURES BY APP 1:30 BOARD GAMES AS LV 1:30 SNOWY OIL CRAFT 1:30 TRIVIA CHALLENGE 1:30 SCRABBLE CLUB 1:30 **BINGO** SF IV 1:30 RRUSHES & RUSS 2:00 DOWN UNDER TRIVIA J LV 2:00 FAMILY FEUD 2:00 WHO AM I? 2:00 MATCH GAME 3:00 HAPPY HOUR SPINACH ARTICHOKE DIP SE/DA 3:00 HAPPY HOUR FRIED ZUCCHINI E/G 3:00 HAPPY HOUR ICE CREAM AS/J LV 3:00 HAPPY HOUR BREAD PUDDING E/G 4:00 NAME THAT TUNE SE AR 4:00 NAME THE FAMOUS FACE **4**⋅00 REMINISCE 4.00 NAME THE PERSONALITY J IV 4:00 MUSICAL HANGMAN 4:00 LETS PLAY BINGO 6:00 MOTION PICTURE HOUR 6:00 NIGHTLY MOVIE 6:00 MOVIES, MOVIES, MOVIES 6:00 MOVIES AT NIGHT RS LV 6:00 CLASSIC CINEMA RS IV 6:00 MOVIETIME