

January 2025

The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STAFF KEY	LOCATION KEY	FOR YOUR DINING PLEASURE	1 NEW YEARS DAY/ENTERTAINMENT	2 ACTIVITY COMMITTEE	3 FRUIT CAKE TOSS	4 WORLD BRAILLE DAY
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.	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	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.	 9:00 SUNRISE SONGS D LV 9:30 2025 NEWS STORIES D LV 10:00 RENEW REFRESH RESTART D LV 10:30 WALK INTO THE NEW YEAR D CM 11:00 WHAT YEAR WAS IT? D LV 11:00 ONE ON ONE'S G B 11:30 SHARE NEW YEAR RESOLUTIONS D GR 1:30 ENTERTAINMENT JOHN WATERS VEN LV BINGO FOR PRIZES D BI HAPPY HOUR SOCIAL ALL B HAPPY HOUR ICE CREAM FLOATS D/G LV BOOK CLUB S B BAR GAMES D BI 2025 BINGO G B MOVIE MANIA RS B	9:00 MORNING TUNES D LV 9:30 HAPPENINGS & HOROSCOPES D LV 10:00 TONE IT UP THURSDAY D LV 10:30 WALKING CLUB D CM 11:00 ACTIVITY COMMITTEE S LV 11:00 PUZZLES/BOARD GAMES AM LV 1:30 FACT OR FICTION D B 1:30 CREATE A SNOWMAN AM LV 3:00 HAPPY HOUR ALL SB 3:00 CRAFTY CREATIONS G&D BI 2:00 MATCH GAME D LV 3:00 HAPPY HOUR BROWNIES D/AM B 4:00 ARMCHAIR TRIVIA D B 6:00 BINGO TIME AM B 7:00 MEET ME AT THE CINEMA RS M	9:00 MUSICAL ENJOYMENT D LV 9:30 TODAY'S TOP STORIES D LV 9:45 ROSARY V M 10:00 SIT & BE FIT D LV 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 D LV 11:00 KNITTING/CROCHET CLUB A LV 11:30 WORDS THAT START WITH "J" D LV 1:00 SCRABBLE CLUB V GR 2:30 FRUIT CAKE TOSS ROTARACT CLUB VISIT V LV FRUIT CAKE TOSS D LV ROTARACT CLUB VISIT V LV HAPPY HOUR CHEESE & CRACKERS D/A LV 4:00 WHO AM I? D SB 6:00 B-I-N-G-O! A B FRIDAY NIGHT MOVIE RS M	9:00 MORNING TUNES G LV 9:30 FRONT PAGE NEWS G LV 10:00 WEEKEND WORKOUT G LV 10:30 SATURDAY STROLL G CM 11:00 CROSSWORD G LV 11:00 ONE ON ONE'S AM LV 1:30 FORM YOUR NAME IN BRAILLE AM B 1:30 FAMILY FEUD G LV 1:30 SCATTAGORIES RS LV 1:30 SHORT STORY CLUB G LV 2:00 KEEP UP THE BALLOON G LV HAPPY HOUR TRAIL MIX AM/G B 4:00 BLACK JACK "21" G B 6:00 BINGO TIME AM B 7:00 MOTION PICTURE HOUR RS M
5 COMMUNION 9:00 SUNDAY SERENADES DA LV 10:00 CHAIR EXERCISES DA LV 10:30 SUNDAY STROLL DA CM 11:00 WORD WATERFALL DA LV 11:30 MUSICAL HANGMAN E B 1:30 URBAN MYTHS E LV 1:30 BOARD GAMES/PUZZLES DA LV 2:00 MIND JOGGERS E 3:00 HAPPY HOUR ICE CREAM DA/E B 4:00 TRIVIA HOUR DA B 6:00 BINGO CALLS E B 7:00 LET'S GO TO THE MOVIES RS M	6 EPIPHANY-ABRAHAM DOG VISIT 9:00 MUSIC IN THE MORNING E LV 9:30 TODAY'S TOP STORIES E LV 11:00 ABRAHAM DOG VISIT V LV 11:00 ONE ON ONE'S D LV 1:00 SCRABBLE CLUB V GR 1:30 WORD IN A WORD D LV 1:30 3 KINGS CRAFT E BI 2:00 UNSCRAMBLE THE LETTERS D LV 3:00 HAPPY HOUR NACHO CHEESE DIP E/D B 4:00 CARDS AT THE BAR E B 6:00 NIGHTTIME BINGO D B 7:00 MOTION PICTURE RS M	7 WINTER TEA PARTY 9:00 FAMOUS HITS FROM THE 50'S D LV 10:30 WALKING CLUB D CM 11:00 WINTER TEA PARTY RS BI 11:00 CROSSWORD D LV 1:00 MANICURES BY APPT DA B 1:30 TRUE OR FALSE D LV 2:00 DECEMBER FACTS D LV 3:00 HAPPY HOUR PIN WHEELS DA/DB 4:00 PUB GAMES D B 6:00 YELL BINGO!! DA B 7:00 MOVIE MANIA RS M	8 ENTERTAINMENT LYZA PARADISE 9:00 MUSIC MEMORIES D LV 10:30 WALKING CLUB D CM 11:00 WORD WATERFALL D LV 11:30 MUSICAL HANGMAN G LV 1:30 ENTERTAINMENT LYZA PARADISE VEN LV 3:00 HAPPY HOUR ICE CREAM FLOATS G/D B 4:00 BOOK CLUB S BI 4:00 SING A LONGS D B 6:00 SPEED BINGO G B 7:00 SILVER SCREEN CLASSICS RS M	9 BUS TRIP-DUNKIN DONUTS 9:00 SONGS THRU THE DECADES D LV 9:30 WHAT'S IN THE NEWS? D LV 11:00 NAME 10..15..20 D LV 11:00 ONE ON ONE'S AM RR 1:30 BUS TRIP-WALMART RS O 1:30 BE CREATIVE WITH PAINTS AM LV 3:00 HAPPY HOUR CUPCAKES AM/D B 4:00 RUMMIKUB D B 6:00 EVENING BINGO AM B 7:00 SUNSET MOVIES RS M	10 POPULAR HITS D SB 9:30 HOROSCOPES & HAPPENINGS D LV 11:00 KNITTING/CROCHET CLUB A LV 11:00 WORD IN A WORD D LV 11:30 WORDS THAT START WITH "N" D B 1:00 SCRABBLE CLUB V GR 1:30 PUZZLES & BOARD GAMES A B 1:30 FILL IN THE BLANK... D BI 2:00 URBAN MYTHS A LV 3:00 HAPPY HOUR FRUIT COCKTAIL A/D B 4:00 JOKES & RIDDLES D B 6:00 LETS PLAY BINGO! A B 7:00 FEATURE FILM RS M	11 NATIONAL MILK DAY 9:00 DOO WOP HITS G LV 9:30 WEEKEND UPDATE G LV 11:00 COFFEE AND CROSSWORDS G LV 11:00 PAINTING FOR FUN AM B 1:30 INTERESTING MILK FACTS AM LV 2:00 FAMILY FEUD AM LV 3:00 HAPPY HOUR CHEESE DOODLES AM/G B 4:00 BAR KARAOKE G B 6:00 CASH BINGO AM B 7:00 WEEKEND MOVIE RS M
12 COMMUNION 9:00 CLASSICAL COMPOSITIONS DA LV 9:30 DAILY NEWS DA LV 10:00 COMMUNION V DR 10:30 STRONG MUSCLES, STRONG MIND DA LV 10:30 SUNDAY STROLL DA CM 11:00 CROSSWORD PUZZLE DA LV 11:00 COFFEE IN THE BISTRO E BI 1:30 AGATHA CHRISTIE BIO E LV 1:30 STRESS RELIEF COLORING DA LV 2:00 30 MINUTE MYSTERIES E LV 3:00 HAPPY HOUR ICE CREAM DA/E B 4:00 WOULD YOU RATHER? DA B 6:00 DID SOMEONE YELL BINGO? E B 7:00 SUNDAY SHOWING RS M	13 BUS TRIP DOLLAR TREE 9:00 SING ALONG TUNES E LV 9:30 TODAY'S NEWS E LV 10:00 WARM UP & WORK OUT E LV 10:30 WALKING CLUB E CM 10:30 BUS TRIP DOLLAR TREE RS 11:00 UNSCRAMBLE THE LETTERS E LV 11:30 A-Z WORD GAME E RR 1:00 SCRABBLE CLUB V GR 1:30 SCAVENGER HUNT D LV 1:30 ONE ON ONE'S E LV 2:00 VETS CHAT V B 3:00 HAPPY HOUR MILLION DOLLAR DIP E/D B 4:00 GAMES AT THE BAR E B 6:00 BINGO D B 7:00 MONDAY MOVIE MANIA RS M	14 MANICURES BY APPT 9:00 MUSIC APPRECIATION D LV 9:30 CURRENT EVENTS D LV 10:00 STRETCH & FLEX D LV 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 V LV 11:30 MATCH GAME D LV 1:00 MANICURES BY APPT DA B 1:30 FINISH THE PHRASE D LV 2:00 WHAT YEAR WAS THAT? DA LV 3:00 HAPPY HOUR PIZZA BITES DA/DB 4:00 WHO AM I? D B 6:00 FUN FILLED BINGO DA B 7:00 NIGHTLY MOVIE RS M	15 TAKE IN LUNCH CHINESE FOOD/WEAR A HAT DAY! 9:00 MUSIC ENJOYMENT 11:00 9:30 TODAY'S NEWS D LV 10:00 KEEP IN SHAPE D LV 10:30 WALKING CLUB D CM 11:00 A-Z WORD GAME D LV 11:30 MUSICAL HANGMAN G LV 11:45 TAKE IN LUNCH CHINESE FOOD RS BI 1:00 SCRABBLE CLUB V GR 1:30 FINISH THE PHRASE D LV 2:00 NAME THE FAMOUS FACE G B 3:00 HAPPY HOUR ICE CREAM FLOATS G/D B 4:00 BOOK CLUB S BI 4:00 BAR TRIVIA D B 6:00 SPEED BINGO G B 7:00 EVENING SHOWING RS M	16 RAIN OR SHINE WITH CAT 9:00 MUSIC IN THE AM D LV 9:30 TODAY'S HEADLINES D LV 10:00 KEEP IN SHAPE D LV 10:30 WALKING CLUB D CM 11:00 WORDS THAT START WITH "Y" AM B 11:30 NAME 10..15..20 AM LV 1:30 RAIN OR SHINE WITH CAT VEN LV 1:30 KEEP UP THE BALLOON D LV 2:00 FAMILY FEUD D 3:00 HAPPY HOUR BANANA BREAD D/AMB 4:00 REMINISCING D B 6:00 EVENING BINGO \$ AM B 7:00 MEET ME AT THE CINEMA RS M	17 ROSARY 9:00 LIGHT N LIVELY MUSIC D LV 9:30 WHAT'S IN THE NEWS? D LV 9:45 ROSARY V M 10:00 MORNING EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:00 KNITTING/CROCHET CLUB A LV 11:30 MATCH GAME D LV 1:00 SCRABBLE CLUB V GR 1:30 YOU BE THE JUDGE D CM 1:30 DESIGN A SNOW FLAKE A LV 2:00 NAME THAT TUNE D B 3:00 HAPPY HOUR FIG NEWTONS D/A B 4:00 CARDS AT THE BAR D B 6:00 EVENING BINGO FOR \$ A B TGIF MOVIES RS M	18 LIGHTHOUSE TABERNACLE 9:00 SWEET MELODIES G LV 9:30 DAILY CHRONICLES G LV 10:00 CHAIR EXERCISES G LV 10:30 WALKING CLUB G CM 11:00 COFFEE AND CROSSWORDS G LV 11:00 ONE ON ONE'S AM RR 1:30 LIGHTHOUSE TABERNACLE V M 1:30 BOARD GAMES & PUZZLES AM B 3:00 HAPPY HOUR GOLDFISH CRACKERS G/AMB 4:00 WHO AM I? G B 6:00 \$SATURDAY NIGHT BINGO\$ AM B 7:00 NIGHTLY MOVIE RS M
19 COMMUNION 9:00 SUNDAY SERENADES E LV 9:30 SUNDAY NEWS E LV 10:00 EXERCISE REGIMEN E LV 10:30 COMMUNION V DR 10:30 WEEKEND STROLL E CM 11:00 WORD-IN-A-WORD DA LV 11:30 A TO Z WORDS E LV 1:30 FINISH THE PHRASE DA LV 1:30 LADDERBALL E B 2:00 WHAT YEAR WAS THAT? DA LV 3:00 HAPPY HOUR ICE CREAM DA/E B 4:00 TRENDING TOPICS DA/E B 6:00 LETS PLAY BINGO DA B 7:00 SUNDAY MOVIE RS M	20 MLK DAY 9:00 SWEET SONGS E LV 9:30 WHAT'S IN THE NEWS? E LV 10:00 SIT AND BE FIT E LV 10:30 WALKING CLUB E CM 11:00 I HAVE A DREAM SPEECH E LV 11:00 1 ON 1'S D RR 1:00 SCRABBLE CLUB V GR 1:30 BIO ON MLK D LV 1:30 COLOR MLK PORTRAIT E B 2:00 LADDERBALL DA LV 3:00 HAPPY HOUR PEPPERONI PIZZA DIP E/D B 4:00 PUB GAMES E B 6:00 EVENING BINGO \$ D B 7:00 MOVIES, MOVIES, MOVIES RS M	21 SNOWMAN CONTEST WITH EAST 9:00 MUSIC TO LOVE D LV 9:30 WHAT'S IN THE NEWS D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 10:30 SNOWMAN CONTEST WITH EAST D LV 11:00 ODD WORD OUT D LV 11:30 NAME 10..15..20 D O 1:00 MANICURES BY APPT DA B 1:30 FACT OR FICTION D LV 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR BRUSCHETTA DA/DB 4:00 BAR TRIVIA D B 6:00 NIGHTTIME \$ BINGO DA B 7:00 MOVIE ENJOYMENT RS M	22 POLKA DOT DAY 9:00 MORNING TUNES D LV 9:30 DAILY NEWS D LV 10:00 KEEP IN SHAPE D LV 10:30 WALKING CLUB D CM 11:00 WORD SCRAMBLE D LV 11:30 A TO Z G LV 1:00 SCRABBLE CLUB V GR 1:30 QUIPPQ QUIZ D LV 1:30 BOARD GAMES G RR 2:00 URBAN MYTHS D LV 3:00 HAPPY HOUR ICE CREAM FLOATS D/G B 4:00 BOOK CLUB S BI 4:00 FINISH THE LYRIC D B 6:00 SPEED BINGO G B MOVIES WE LOVE RS M	23 LECTURE WITH LARRY WOLFF 9:00 MUSIC IN THE AM D LV 9:30 TODAY'S STORIES AND HOROSCOPES D LV 10:00 WARM UP & STRETCH OUT D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D BI 11:00 ONE ON ONE'S AM BI 1:30 MARTIN & LEWIS LECTURE VEN LV 3:00 HAPPY HOUR DONUTS D/AMB 4:00 WHO AM I? D/G B 6:00 CASH BINGO! AM B 7:00 CLASSIC CINEMA RS M	24 PEANUT BUTTER DAY 9:00 MUSIC MUSIC MUSIC D LV 9:30 NEWS & VIEWS D LV 10:00 CHAIR EXERCISES D LV 10:30 WALKING CLUB D CM 11:00 KNITTING/CROCHET CLUB A LV 11:00 WORD WATERFALL D LV 11:30 ODD WORD OUT D LV 1:00 SCRABBLE CLUB V B 1:30 MEDITATIVE COLORING A B 1:30 CHICKEN SOUP FOR THE SOUL D LV 3:00 HAPPY HOUR D/A B 4:00 JOKES & RIDDLES D B 6:00 EVENING BINGO FOR \$ A B FRIDAY SHOWING RS M	25 RABBIT RESCUE VISIT 9:00 ACOUSTIC SUNRISE G LV 9:30 WEEKEND UPDATE G LV 10:00 SWEAT INTO STYLE G LV 10:30 WALKING CLUB G CM 11:00 RABBIT RESCUE VISIT V BI 11:30 ONE ON ONE'S AM RR 1:30 BOARD GAMES & PUZZLES AM B 1:30 MUSICAL HANGMAN G LV 2:00 FILL IN THE BLANK G LV 3:00 HAPPY HOUR CHEX MIX G/AMB 4:00 SHARE A MEMORY G B 6:00 BINGO IN THE EVENING \$ AM B 7:00 MOVIE WEEKEND RS M
26 COMMUNION 9:00 MUSICAL TUNES DA SB 9:30 TODAY'S NEWS DA LV 10:00 COMMUNION V DR 10:00 SIT & BE FIT DA LV 10:30 WEEKEND STROLL DA LV 11:00 A TO Z WORDS DA LV 11:30 MATCH GAME E LV 1:30 PAINT A PENGUIN! DA B 1:30 KEEP UP THE BALLOON E LV 2:00 SHORT STORIES E LV 3:00 HAPPY HOUR ICE CREAM DA/ESB 4:00 WOULD YOU RATHER? DA B 6:00 BINGO E B 7:00 EVENING MOVIE RS M	27 PIZZA TAKE IN 9:00 MUSIC TO ENJOY E LV 9:30 NEWS OF THE DAY E LV 10:00 SHAKE IT & WORK IT E CM 10:30 WALKING CLUB E LV 11:00 DAILY CROSSWORD E LV 11:45 PIZZA TAKE IN RS 1:00 SCRABBLE CLUB V GR 1:30 WHO AM I? JANUARY BIRTHDAYS D BI 1:30 BOARD GAMES & PUZZLES E B 2:00 FAMILY FEUD D 3:00 HAPPY HOUR ARTICHOKE DIP D/E B 4:00 SING ALONG TUNES D 4:00 GRIEF GROUP S B 6:00 BINGO TIME D M 7:00 MOVIE NIGHT RS	28 MANICURES BY APPT 9:00 MORNING MUSIC D LV 9:30 WHAT'S HAPPENING? D LV 10:00 STRETCHING D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D CM 11:30 NAME 10..15..20 DA LLV 1:00 MANICURES BY APPT DA B 1:30 QUIPPQ QUIZ D LV 2:00 TRUE OR FALSE D LV 3:00 HAPPY HOUR FRIED ZUCCHINI DA/DB 4:00 WHO AM I? DA/DM B 6:00 LET'S PLAY SOME BINGO! DA B 7:00 FEATURE FILM RS M	29 ENTERTAINMENT JOHN CIOTTA 9:00 MUSIC MOVEMENT D LV 9:30 TOP STORIES D LV 10:00 TONE UP D LV 10:30 WALKING CLUB D CM 11:00 WORD WATERFALL D LV 11:30 A TO Z WORD GAME G O 1:30 ENTERTAINMENT JOHN CIOTTA VEN GR 1:30 ONE ON ONE'S G B 3:00 HAPPY HOUR ICE CREAM FLOATS D/G B 4:00 ARMCHAIR TRIVIA D B 6:00 WHO YELLED BINGO? G B 7:00 MOVIE AT NIGHT RS M	30 RESIDENT COUNCIL/FOOD COMMITTEE 9:00 SUNRISE SONGS D LV 9:30 DAILY DOSE D LV 10:00 SWEAT NOW, SHINE LATER D LV 10:30 WALKING CLUB D CM 10:30 RESIDENT COUNCIL D BI 11:00 FOOD COMMITTEE RS BI 1:30 SNOWY OWL WINTER CRAFT AM B 1:30 URBAN MYTHS D LV 2:00 FINISH THE PHRASE D LV 3:00 HAPPY HOUR BREAD PUDDING D/AMB B 4:00 WHO AM I? D B 6:00 BINGO FOR \$ AM B 7:00 THURSDAY SHOWING RS M	31 SHABBAT & ROSARY 9:00 CLASSIC SWING TUNES D LV 9:30 DAILY DOSE D LV 9:45 ROSARY V M 10:00 SWEAT, SMILE, REPEAT D LV 10:30 WALKING CLUB D CM 11:00 KNITTING/CROCHET CLUB A LV 11:00 WORD IN A WORD D LV 11:30 MUSICAL HANGMAN D LV 1:30 MATCH GAME A LV 1:30 ONE ON ONE'S D RR 2:00 ODD WORD OUT A LV 3:00 HAPPY HOUR SWEET POTATO FRIES A/D B 4:00 BAR GAMES D B 4:30 SHABBAT SERVICE/DINNER V PDR 6:00 B.I.N.G.O! A B FRIDAY FLICK RS M	

ACTIVITY CALENDAR

