

February 2025

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY
V=Valerie Director
D=Denzel
S=Sarah
DD=Danielle
K=Keara
I=Ice
A=Anne
R=Rahat
IR=Indasia
VEN=Vender
RS=Recreation Staff
RL=Resident Lead

LOCATION KEY
O - Outing
B - Bistro
CY - Courtyard
LO - Lobby
G - Game Room
AC - Activity Channel
IR - In Room
F1 - First Floor
F2 - Second Floor
F3 - Third Floor
DR - Dining Room
M - Media Room
W - West Side
IR - In Room

FOR YOUR DINING PLEASURE
BREAKFAST 8AM
LUNCH 12NOON
DINNER 5PM

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.



1
9:30 TRIVIA TEASERS RS LR
10:00 EXERCISE & HYDRATE RS LR
10:30 SCATERGORIES RS LR
11:00 BASKETBALL SHOOTOUT RS LR
1:15 HOOP TOSS RS LR
2:00 NAME THAT SOUND RS LR
2:30 JUMBO GAMES RS LR
3:00 **HAPPY HOUR BBQ POTATO CHIPS** RS DR
4:00 BINGO RS LR
6:00 MUSICAL SENSATIONS RS LR

2 GROUNDHOG DAY
9:30 **GROUNDHOG DAY HISTORY** I LR
9:30 **COMMUNION WITH JAMES AL** VEN EG
10:00 **CATHOLIC MASS ON TV** I LR
10:00 TABLE ACTIVITIES I LR
10:30 MOVE TO THE BEAT & HYDRATE I LR
11:00 NOODLE TAP I LR
1:15 DICE GAMES K/1 LR
2:00 BOWLING K/1 LR
2:30 A-Z SANDWICHES K/1 LR
3:00 **HAPPY HOUR SUNDAES** K/1 DR
4:00 BINGO K/1 LR
6:00 DANCING ON SCREEN RS LR

3 MARIA MENNITI ENTERTAINMENT
9:30 NAME THE FACE I/IR LR
10:00 STRETCH & REFRESH I/IR LR
10:30 BALLOON VOLLEY I/IR LR
11:00 RHYME TIME I/IR LR
1:30 **MARIA MENNITI ENTERTAINMENT** VEN LR
2:00 BALL GAMES I/IR LR
2:30 TRIVIA TIME I/IR LR
3:00 **HAPPY HOUR GROUNDHOG CHILLI DIP** I/IR DR
4:00 BINGO I/IR LR
6:00 SOUNDS OF NATURE RS LR

4 GREGORY ENTERTAINMENT AL
9:30 WHAT WOULD YOU DO? I/R/D LR
10:00 FITNESS FUN & HYDRATE I/R/D LR
10:30 GUESSING GAME I/R/D LR
11:00 SIMON SAYS I/R/D LR
1:15 DANCE PARTY I/R/D LR
2:00 SONG LIST I/R/D LR
2:30 CHEER FITNESS I/R/D LR
3:00 **HAPPY HOUR MOZARELLA STICKS** I/R/D DR
3:30 **GREGORY ENTERTAINMENT AL** VEN ELO
4:00 BINGO I/R/D LR
6:00 JAZZ MUSIC RS LR

5 HOT COCOA & A DRIVE TRIP
9:30 ELVIS BIOGRAPHY I/D LR
10:00 EXERCISE & REFRESH I/D LR
10:30 ELVIS BIOGRAPHY I/D LR
11:00 RIDDLES I/D LR
1:15 **HOT COCOA & A DRIVE TRIP** A/D O
1:15 A-Z VEGETABLES I/D LR
2:00 SNOWBALL TOSS I/D LR
2:30 FLOWER ARRANGING I/D LR
3:00 **HAPPY HOUR ROOTBEER FLOATS** I/D DR
4:00 BINGO I/D LR
6:00 ELVIS IN CONCERT RS LR

6 VALENTINE CRAFTS
9:30 HOT TOPICS I/R/DD LR
10:00 MOVE TO THE BEAT & HYDRATION STATION I/R/DD LR
10:30 CLUE TRIVIA I/R/DD LR
11:00 BALLOON TAP I/R/DD LR
1:15 **VALENTINE CRAFTS** I/R/DD LR
2:00 PARACHUTE I/R/DD LR
2:30 MOVEMENT TO MUSIC I/R/DD LR
3:00 **HAPPY HOUR CHOCOLATE CHIP COOKIES** I/R/DD DR
4:00 BINGO I/R/DD LR
6:00 SOOTHING MELODIES RS LR

7
9:30 PICTURE BOOKS D/DD LR
10:00 STRETCHING & REFRESHING D/DD LR
10:30 SHORT STORIES D/DD LR
11:00 BASKETBALL SHOOTOUT D/DD LR
1:15 RIDDLES D/DD LR
2:00 ROLL OF THE DICE D/DD LR
2:30 ANIMAL CHARADES D/DD LR
3:00 **HAPPY HOUR FRESH FRUIT** D/DD DR
4:00 BINGO D/DD LR
6:00 FEATURE FILM RS LR

8
9:30 MOVIE TALK RS EDR
10:00 FITNESS FUN & HYDRATION RS LR
10:30 TRUE OR FALSE RS LR
11:00 HIDDEN OBJECTS RS LR
1:15 BEAN BAG TOSS RS LR
2:00 SING A LONG RS LR
2:30 NOODLE TENNIS RS LR
3:00 **HAPPY HOUR COOL RANCH DORITOS** RS DR
4:00 BINGO RS LR
6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR

9 SUPERBOWL SUNDAY
9:30 A-Z ORANGE I LR
9:30 **COMMUNION WITH JAMES AL** VEN EG
10:00 **CATHOLIC MASS ON TV** I LR
10:00 TABLE ACTIVITIES I LR
10:30 EXERCISE & REFRESH I LR
11:00 BALL TOSS I LR
1:15 TRIVIA TEASERS K/1 LR
2:00 BALLOON VOLLEYBALL K/1 LR
2:30 YOU BE THE JUDGE K/1 LR
3:00 **HAPPY HOUR SUNDAES** K/1 DR
4:00 BINGO K/1 LR
6:00 MUSIC FOR THE SOUL RS LR

10
9:30 LETS TALK I/IR LR
10:00 MOVE TO THE BEAT & HYDRATION STATION I/IR LR
10:30 FAMOUS FACES I/IR LR
11:00 DICE GAMES I/IR LR
1:15 **WINTER GUESSING GAME** I/IR LR
2:00 NOODLE TAP I/IR LR
2:30 JUMBO GAMES I/IR LR
3:00 **HAPPY HOUR CHOCOLATE CAKE DIP** I/IR DR
4:00 BINGO I/IR LR
6:00 DANCING WITH THE STARS RS LR

11
9:30 WHO DO YOU KNOW? I/R/D LR
10:00 STRETCHING & REFRESHING I/R/D LR
10:30 BALLOON VOLLEY I/R/D LR
11:00 NAME 10 I/R/D LR
1:15 MULTIPLE CHOICE I/R/D LR
2:00 BALL TOSS I/R/D LR
2:30 INSTRUMENT CHARADES I/R/D LR
3:00 **HAPPY HOUR PIGS IN A BLANKET** I/R/D DR
4:00 BINGO I/R/D LR
6:00 SWEET MELODIES RS LR

12
9:30 CHIT CHAT I/D LR
10:00 FITNESS FUN & HYDRATE I/D LR
10:30 SHORT STORIES I/D LR
11:00 DICE GAMES I/D LR
1:15 TRIVIA TIME I/D LR
2:00 BEAN BAG CHALLENGE I/D LR
2:30 3 LETTER WORDS I/D LR
3:00 **HAPPY HOUR ROOTBEER FLOATS** I/D DR
4:00 BINGO I/D LR
6:00 MUSIC MEDITATION RS LR

13 SNOWFLAKE CREATIONS
9:30 WINTER SCENES I/R/DD LR
10:00 EXERCISE & REFRESH I/R/DD LR
10:30 **HOT COCOA CART** I/R/DD LR
11:00 BOWLING I/R/DD LR
1:15 **WINTER WORD GAMES** I/R/DD LR
2:00 RING TOSS I/R/DD LR
2:30 **SNOWFLAKE CREATIONS** I/R/DD LR
3:00 **HAPPY HOUR PEANUT BUTTER & BANANAS** I/R/DD DR
4:00 BINGO I/R/DD LR
6:00 **COZY WINTER MUSIC** RS LR

14 LYZA ENTERTAINMENT AL/VALENTINES DAY
9:30 **FAMOUS PAIRS** D/DD LR
10:00 MOVE TO THE BEAT & HYDRATE D/DD LR
10:30 BALLOON VOLLEYBALL D/DD LR
11:00 **HEART PAINTING** D/DD LR
1:15 **VALENTINE TRIVIA CHALLENGE** D/DD LR
2:00 MOVEMENT TO MUSIC D/DD DR
2:30 **LYZA ENTERTAINMENT AL** VEN ELO
3:00 **A-Z RED** D/DD LR
3:00 **HAPPY HOUR RED VELVET CUPCAKES** D/DD DR
4:00 **LOVE NOTES** D/DD LR
6:00 **ROMANCE ON THE BIG SCREEN** RS LR

15 WINTER CHARADES
9:30 PICTURE BOOKS RS LR
10:00 STRETCHING & REFRESHING RS LR
10:30 FACT OR FICTION RS LR
11:00 BASKETBALL SHOOTOUT RS LR
1:15 **WINTER Pictionary** RS LR
2:00 JUMBO GAMES RS LR
2:30 **WINTER CHARADES** RS LR
3:00 **HAPPY HOUR STRAWBERRY CREAM CHEX MIX** RS DR
4:00 BINGO RS LR
6:00 GOLDEN OLDIES RS LR

16 COMMUNION WITH JAMES AL
9:30 TALK ABOUT FAVORITES I LR
9:30 **COMMUNION WITH JAMES AL** VEN EG
10:00 **CATHOLIC MASS ON TV** I LR
10:00 TABLE ACTIVITIES I LR
10:30 FITNESS FUN & HYDRATION I LR
11:00 NAME 10 I LR
1:15 BASKETBALL SHOOTOUT K/1 LR
2:00 GUESSING GAME K/1 LR
2:30 BALL GAMES K/1 LR
3:00 **HAPPY HOUR SUNDAES** K/1 DR
4:00 BINGO K/1 LR
6:00 MUSIC MONTAGE RS LR

17 PRESIDENTS DAY
9:30 **NAME THE PRESIDENT** I/IR LR
10:00 EXERCISE & REFRESH I/IR LR
10:30 MATCH GAME I/IR LR
11:00 PRESIDENTIAL TRIVIA I/IR LR
1:15 HANGMAN I/IR LR
2:00 BALLOON VOLLEYBALL I/IR LR
2:30 HIDDEN OBJECTS VEN LR
3:00 **HAPPY HOUR SPINACH ARTICHOKE DIP W/PITA CHIPS** I/IR LR
4:00 BINGO I/IR DR
6:00 **PATRIOTIC TUNES** I/IR LR

18 PET THERAPY
9:30 **WINTER OBJECTS** I/R/D LR
10:00 MOVE TO THE BEAT & HYDRATION STATION I/R/D LR
10:30 **PET THERAPY** I/R/D LR
10:30 TOSS GAMES I/R/D LR
11:00 WORD CHALLENGE I/R/D LR
1:15 **WINTER 20 QUESTIONS** I/R/D LR
2:00 NOODLE TAP I/R/D LR
2:30 JUMBO GAMES I/R/D LR
3:00 **HAPPY HOUR CORN NUGGETS** I/R/D DR
4:00 BINGO I/R/D LR
6:00 SONGS BY THE FIRE RS LR

19 TRIP TO DUNKIN DONUTS
9:30 FAMOUS FOLKS I/D LR
10:00 STRETCHING & REFRESHING I/D LR
10:30 **WINTER TRIVIA** I/D LR
11:00 **WINTER CRAYON CREATIONS** I/D LR
1:15 **TRIP TO DUNKIN DONUTS** A/I O
1:15 KICK BALL I/D LR
2:00 FAMILY FEUD I/D LR
2:30 BALL GAMES I/D LR
3:00 **HAPPY HOUR ROOTBEER FLOATS** I/D DR
4:00 BINGO I/D LR
6:00 **WINTER TUNES** RS LR

20 REMINISCING WINTER
9:30 **REMINISCING WINTER** I/R/DD LR
10:00 SIMON SAYS I/R/DD LR
10:30 TRIVIA TIME I/R/DD LR
11:00 DICE GAMES I/R/DD LR
1:15 DANCE TO THE MUSIC I/R/DD LR
2:00 RING TOSS I/R/DD LR
2:30 SING A LONG I/R/DD LR
3:00 **HAPPY HOUR DONUT HOLES** I/R/DD DR
4:00 BINGO I/R/DD LR
6:00 SOUNDS OF NATURE RS LR

21 YOGA W/RAY
9:30 MUSIC DISCUSSION D/DD LR
10:00 EXERCISE & REFRESH D/DD LR
10:30 TONGUE TWISTERS D/DD LR
11:00 BOWLING D/DD LR
1:15 WORD CHALLENGE D/DD LR
2:00 BALL TOSS D/DD LR
2:30 FLOWER ARRANGING D/DD LR
3:00 **HAPPY CHEESE & CRACKERS** D/DD DR
4:00 BINGO D/DD LR
6:00 EVENING MOVIE RS LR

22
9:30 CURRENT EVENTS RS LR
10:00 MOVE TO THE BEAT & HYDRATION STATION RS LR
10:30 TRIVIA TEASERS RS LR
11:00 BALLOON VOLLEYBALL RS LR
1:15 TRIVIA TEASERS RS LR
2:00 RHYTHM WITH INSTRUMENTS RS LR
2:30 CHAIR EXERCISE RS LR
3:00 **HAPPY HOUR FUNIONS** RS DR
4:00 BINGO RS LR
6:00 SOOTHING MELODIES RS LR

23 COMMUNION WITH JAMES AL
9:30 PICTURE BOOKS I LR
9:30 **COMMUNION WITH JAMES AL** VEN EG
10:00 **CATHOLIC MASS ON TV** I LR
10:00 TABLE ACTIVITIES I LR
10:30 STRETCHING & REFRESHING I LR
11:00 BALLOON VOLLEYBALL I LR
1:15 NAME THAT TUNE K/1 LR
2:00 MINI GOLF K/1 LR
2:30 NAME 10 K/1 LR
3:00 **HAPPY HOUR SUNDAES** K/1 DR
4:00 BINGO K/1 LR
6:00 EASY LISTENING RS LR

24
9:30 CHIT CHAT I/IR LR
10:00 FITNESS FUN & HYDRATION I/IR LR
10:30 NAME THAT SOUND I/IR LR
11:00 BELIEVE IT OR NOT I/IR LR
1:15 ROLL OF THE DICE I/IR LR
2:00 SCATERGORIES I/IR LR
2:30 MOVE TO THE MUSIC I/IR LR
3:00 **HAPPY HOUR FRENCH ONION DIP** I/IR DR
4:00 BINGO I/IR LR
6:00 MUSIC MONTAGE RS LR

25 WINTER WEATHER DISCUSSION
9:30 **WINTER WEATHER DISCUSSION** I/R/D LR
10:00 EXERCISE & REFRESH I/R/D LR
10:30 MATCH GAME I/R/D LR
11:00 MULTIPLE CHOICE I/R/D LR
1:15 **WINTER WORD CHALLENGE** I/R/D LR
2:00 BALLOON VOLLEYBALL I/R/D LR
2:30 HIDDEN OBJECTS I/R/D LR
3:00 **HAPPY HOUR COCKTAIL MEATBALLS** I/R/D DR
4:00 BINGO I/R/D LR
6:00 MUSIC FOR THE SOUL RS LR

26
9:30 WHAT'S HAPPENING I/D LR
10:00 MOVE TO THE BEAT & HYDRATION STATION I/D LR
10:30 FAMOUS FOLKS I/D LR
11:00 DICE GAMES I/D LR
1:15 MULTIPLE CHOICE I/D LR
2:00 NOODLE TAP I/D LR
2:30 JUMBO GAMES I/D LR
3:00 **HAPPY HOUR ROOTBEER FLOATS** I/D DR
4:00 BINGO I/D LR
6:00 WALTZING HOUR RS LR

27 DRAWING WINTER
9:30 CELEBRITY GUESS I/R/DD LR
10:00 STRETCHING & REFRESHING I/R/DD LR
10:30 TRIVIA TIME I/R/DD LR
11:00 **DRAWING WINTER** I/R/DD LR
1:15 KICK BALL I/R/DD LR
2:00 FAMILY FEUD I/R/DD LR
2:30 BALL GAMES I/R/DD LR
3:00 **HAPPY HOUR ICE CREAM SANDWICHES** I/R/DD DR
4:00 BINGO I/R/DD LR
6:00 SWEET MELODIES RS LR

28
9:30 REMINISCING D/DD LR
10:00 FITNESS FUN & HYDRATE D/DD LR
10:30 TRIVIA TEASERS D/DD LR
11:00 DICE GAMES D/DD LR
1:15 DANCE PARTY D/DD LR
2:00 RING TOSS D/DD LR
2:30 SING A LONG D/DD LR
3:00 **HAPPY HOUR PRETZEL BITES** D/DD DR
4:00 BINGO D/DD LR
6:00 FRIDAY FILM RS LR



ACTIVITY CALENDAR