

February 2025

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>STAFF KEY 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 AR=ACTIVITY ROOM 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 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>	<p>DAILY PROGRAMS 9:30 CURRENT EVENTS 10:30 WALKING CLUB 1:15 MOVIE MATINEE 1:30 FRESH AIR CLUB 3:00 HAPPY HOUR 6:00 NIGHTLY BINGO 7:00 NIGHTLY MOVIE</p>			<p>1 CELEBRATE LUNAR NEW YEAR 9:00 MUSIC IN THE MORNING A LV 9:30 WEEKEND UPDATE A LV 10:00 MAKE EVERY MOVE COUNT A LV 10:30 WEEKEND STROLL A LV 11:00 HOT CHOCOLATE & CROSSWORDS SH LV 11:00 ONE ON ONE'S A RR 1:30 LUNAR NEW YEAR DO'S & DON'T'S A LV 1:30 BOARD GAMES AND PUZZLES SH M 3:00 HAPPY HOUR BBQ CHIPS SH/A LV 4:00 JACKPOT BINGO SH/A LV 6:00 SATURDAY NIGHT SHOWING RS LV</p>	
<p>2 GROUNDHOG DAY 9:00 SHOW-TUNES AS LV 9:30 NEWS AND VIEWS AS LV 10:00 FIND YOUR STRENGTH AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL AS LV 11:00 NAME 10.15.20. J LV 11:30 WORD IN A WORD J LV 1:30 BINGO TIME J LV 1:30 DESIGN A GROUNDHOG AS M 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 ARMCHAIR TRIVIA J/AS LV 6:00 EVENING MOVIE RS LV</p>	<p>3 ABRAHAM COMFORT DOG VISIT 9:00 SING ALONG SONGS DA LV 9:30 MORNING NEWS DA LV 10:00 EVERY REP COUNTS DA LV 10:30 WALKING CLUB SE LV 11:00 NAME 10.15.20 DA LV 11:30 ABRAHAM COMFORT DOG VISIT V LV 1:30 SCRABBLE CLUB SE M 1:30 FAMILY FEUD DA LV 2:00 MUSICAL HANGMAN DA LV 3:00 HAPPY HOUR CHILI DIP DA/SE LV 4:00 WORDS THAT START WITH "N" SE LV 6:00 MOVIE AT NIGHT RS LV</p>	<p>4 9:00 MELODIES IN THE AM G LV 9:30 TODAY'S NEWS G LV 10:00 FIT FOR LIFE G LV 10:30 WALKING CLUB G LV 11:00 MATCH GAME G LV 11:30 A TO Z WORD GAME G LV 1:30 MANICURES BY APPT E LV 1:30 KEEP UP THE BALLOON G LV 2:00 IT HAPPENED ON LONG ISLAND G LV 3:00 HAPPY HOUR MOZZARELLA STICKS G/E LV 4:00 WHO AM I? E LV 6:00 NIGHTLY MOVIE RS LV</p>	<p>5 CANDY HISTORY 9:00 ACOUSTIC SUNRISE J LV 9:30 NEWS AND VIEWS J LV 10:00 MORNING STRETCHES J LV 10:30 WALKING CLUB J LV 11:00 FILL IN THE BLANK ENT LV 11:30 WORD WATERFALL E LV 1:30 CANDY HISTORY 30'S & 40'S J LV 1:30 ONE ON ONE'S E RR 2:00 SHARE CHILDHOOD MEMORIES J LV 3:00 HAPPY HOUR ICE CREAM J/E LV 4:00 TRIVIA CHALLENGE J/E LV 6:00 MOVIES AT DUSK RS LV</p>	<p>6 BABE RUTH BIOGRAPHY 9:00 HAPPY MUSIC G LV 9:30 HAPPENINGS & HOROSCOPES G LV 10:00 STRETCH AND FLEX G LV 10:30 WALKING CLUB G LV 11:00 DAILY CROSSWORD E LV 11:00 CARD GAMES G M 1:30 BABE RUTH BIOGRAPHY E LV 1:30 CREATIVE PAINTING G M 2:00 TOSS & TALK BALL E LV 3:00 HAPPY HOUR CHOC CHIP COOKIES E/G LV 4:00 BINGO G LV 6:00 LETS WATCH A MOVIE! RS LV</p>	<p>7 BUBBLE GUM DAY 9:00 MUSICAL MUSINGS G LV 9:30 NEWSDAY G LV 10:00 GET FIT & FEEL GREAT G LV 10:30 WALKING CLUB G LV 11:00 BOARD GAMES & PUZZLES AM M 11:00 A TO Z WORD GAME G LV 1:30 YOU BE THE JUDGE AM LV 1:30 ONE ON ONE'S G RR 2:00 30 MINUTE MYSTERY AM LV 3:00 HAPPY HOUR FRESH FRUIT AM/G LV 4:00 NAME THE FAMOUS FACES G LV 6:00 EVENING MOVIE RS LV</p>	<p>8 THIS DATE IN HISTORY 9:00 MUSIC IN THE MORNING A LV 9:30 WEEKEND IN REVIEW A LV 10:00 EVERY REP COUNTS A LV 10:30 WEEKEND STROLL A LV 11:00 COFFEE AND CROSSWORDS SH LV 11:00 ONE ON ONE'S A RR 1:30 THIS DATE IN HISTORY A LV 1:30 SCRABBLE CLUB SH M 2:00 FAMILY FEUD A LV 3:00 HAPPY HOUR DORITOS SH/A LV 4:00 LETS PLAY BINGO SH/A LV 6:00 SATURDAY SHOWING RS LV</p>
<p>9 SUPERBOWL LIX 9:00 MORNING SONGS AS LV 9:30 WEEKEND NEWS AS LV 10:00 SIT & BE FIT AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB J LV 11:00 SUPERBOWL PREDICTIONS AS LV 11:00 ONE ON ONE'S J RR 1:30 BOARD GAMES & PUZZLES AS M 1:30 FAMILY FEUD J LV 2:00 NAME THE FAMOUS FACE J LV 3:00 HAPPY HOUR ICE CREAM J/AS LV 4:00 WHO AM I? FEB BIRTHDAYS J/AS LV 6:00 SUNDAY SHOWING RS LV</p>	<p>10 SHIRLEY TEMPLE BIO 9:00 MORNING TUNES DA LV 9:30 TODAY'S NEWS DA LV 10:00 WAKE UP, WORK OUT! DA LV 10:30 WALKING CLUB SE LV 11:00 CARD GAMES SE M 11:30 DAILY CROSSWORD DA LV 1:30 KEEP UP THE BALLOON SE LV 1:30 DESIGN VALENTINE'S DAY CARDS DA M 2:00 SHIRLEY TEMPLE BIO SE LV 3:00 HAPPY HOUR CHOC CAKE DIP DA/SE LV 4:00 BINGO BLITZ SE/DA LV 6:00 MOVIES WE LOVE RS LV</p>	<p>11 LIBRARY VISIT 9:00 CROONERS AND SWOONERS G LV 9:30 WHAT'S IN THE NEWS? G LV 10:00 GET FIT DON'T QUIT G LV 10:30 WALKING CLUB G LV 10:45 HAUPPAUGE LIBRARY VISIT V BI 11:00 MUSICAL HANGMAN E LV 11:30 MATCH GAME G LV 1:30 MANICURES BY APPT E LV 1:30 IT HAPPENED ON LONG ISLAND G LV 2:00 SHORT STORIES G LV 2:00 ONE ON ONE'S E RR 3:00 HAPPY HOUR PIGS IN A BLANKET E/G LV 4:00 WHO AM I? G LV 6:00 MOTION PICTURES DA LV</p>	<p>12 ABRAHAM LINCOLN BIRTHDAY 9:00 MORNING MELODIES RS LV 9:30 DAILY NEWS RS LV 10:00 STRETCH AND FLEX RS LV 10:30 WALKING CLUB RS LV 11:00 WORD WATERFALL RS LV 11:30 NAME 10.15.20 RS LV 1:30 SCRABBLE CLUB RS M 1:30 FAMILY FEUD RS LV 2:00 LINCOLN TIDBITS RS LV 3:00 HAPPY HOUR ICE CREAM RS LV 4:00 BINGO CALLS RS LV 6:00 MOVIE TIME RS LV</p>	<p>13 THURSDAY TUNES 9:00 THURSDAY TUNES G LV 9:30 NEWS & VIEWS G LV 10:00 KEEP IN SHAPE G LV 10:30 WALKING CLUB G LV 11:00 WORD IN A WORD G LV 11:00 ONE ON ONE'S E RR 1:30 FACT OR FICTION G LV 1:30 CLAY PROJECT FOR DEXTERITY E M 2:00 QUIPO QUIZ G LV 3:00 HAPPY HOUR PEANUT BUTTER & BANANAS E/G LV 4:00 ARMCHAIR TRIVIA G LV 6:00 MOVIE RS LV</p>	<p>14 ENTERTAINMENT WITH CAROLYN CAVANAUGH 9:00 LOVE SONGS G LV 9:30 VALENTINE'S NEWS G LV 9:45 ROSARY WITH LINDA V M 10:00 GET YOUR HEART PUMPING G LV 10:30 WALKING CLUB AM LV 11:00 PUZZLES & BOARD GAMES AM M 11:00 WHATS RED QUIZ? G LV 11:30 WORDS THAT START WITH "R" G LV 1:30 BINGO AM/G LV 2:45 ENTERTAINMENT W/ CAROLYN CAVANAUGH ENT LV 3:00 HAPPY HOUR RED VELVET CUPCAKES G/AM LV 4:00 ACTS OF LOVE G/AM LV 6:00 MOVIE AT NIGHT RS LV</p>	<p>15 9:00 COUNTRY CONCERTS A LV 9:30 WEEKEND UPDATE A LV 10:00 WAKE UP & WORK OUT A LV 10:30 WEEKEND STROLL A LV 11:00 ONE ON ONE'S SH RR 11:00 DAILY CROSSWORD A LV 1:30 FEBRUARY TRIVIA A LV 1:30 EXPRESSIVE IMAGINATION SH M 2:00 NAME 10.15.20 A LV 3:00 HAPPY HOUR CHEX MIX A/SH LV 4:00 WHO AM I? SH LV 6:00 MOVIE AT NIGHT RS LV</p>
<p>16 SWEETHEART FAMILY BINGO 9:00 FEMALE VOCALS AS LV 9:30 DAILY CHRONICLES AS LV 10:00 WAKE UP & WORK OUT AS LV 10:30 COMMUNION V LV 11:00 WORD IN A WORD J LV 11:00 WALKING CLUB AS LV 11:30 WORD WATERFALL J LV 1:30 SWEETHEART FAMILY BINGO J/AS LV 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 SHOUT OUT TRIVIA J/AS LV 6:00 EVENING MOVIE RS LV</p>	<p>17 PRESIDENTS DAY 9:00 MUSIC IN THE MORNING DA LV 9:30 HOROSCOPES & HAPPENINGS DA LV 10:00 CHAIR EXERCISE DA LV 10:30 WALKING CLUB SE LV 11:00 PRESIDENTIAL HANGMAN DA LV 11:30 A TO Z WORD GAME SE LV 1:30 SCRABBLE CLUB SE M 1:30 PRESIDENTIAL FACTS DA LV 2:00 BALLOON VOLLEYBALL DA LV 3:00 HAPPY HOUR SPINACH/ARTICHOKE DIP DA/SE LV 4:00 30 MINUTE MYSTERY SE LV 6:00 NIGHTTIME MOVIE RS LV</p>	<p>18 ENZO FERRARI BIO 9:00 DOO WOP HITS G LV 9:30 CURRENT EVENTS G LV 10:00 TEAR IT UP TUESDAY G LV 10:30 WALKING CLUB G LV 11:00 FILL IN THE BLANK E LV 11:30 ODD WORD OUT E LV 11:30 CARD GAMES G M 1:30 MANICURES BY APPT G LV 1:30 FAMILY FEUD E LV 2:00 ENZO FERRARI BIO E LV 3:00 HAPPY HOUR CORN NUGGETS E/G LV 4:00 BINGO E/G LV 6:00 NIGHTLY MOVIE RS LV</p>	<p>19 LECTURE BUTTERFLY RAINFOREST 9:00 LOVELY SONGS RS LV 9:30 DAILY DOSE OF NEWS RS LV 10:00 HEALTH IS WEALTH RS LV 10:30 WALKING CLUB RS LV 11:00 DAILY CROSSWORD E LV 11:00 ONE ON ONE'S RS RR 1:30 WORDS THAT START WITH "J" E LV 2:00 QUIPO QUIZ E LV 2:30 BUTTERFLY LECTURE WITH STEVE ENT LV 3:00 HAPPY HOUR ICE CREAM RS/E LV 4:00 FILL IN THE BLANK RS LV 6:00 MOTION PICTURE RS LV</p>	<p>20 HAPPINESS GROUP WITH CAT 9:00 SING-A-LONG SONGS G LV 9:30 DAILY NEWS G LV 10:00 STRONG BODY STRONG MIND G LV 10:30 WALKING CLUB G LV 11:00 ONE ON ONE'S E RR 11:00 WORD SCRAMBLES G LV 11:30 WORD IN A WORD G LV 1:30 KEEP UP THE BALLOON G LV 1:30 HAPPINESS GROUP WITH CAT ENT M 2:00 MATCH GAME G LV 3:00 HAPPY HOUR DONUT HOLES G/E LV 4:00 BINGO FOR FUN E LV 6:00 BIG SCREEN CLASSIC RS LV</p>	<p>21 STICKY BUN DAY 9:00 MELODIC MORNINGS G LV 9:30 BREAKING NEWS G LV 10:00 SHAKE IT & WORK IT OUT G LV 10:30 WALKING CLUB G LV 11:00 CREATIVE COLORING AM LV 11:00 WORDS THAT START WITH "Y" G LV 11:30 NAME 10.15.20 G LV 1:30 SCRABBLE CLUB AM B 1:30 QUIPO QUIZ G B 2:00 CHICKEN SOUP FOR THE SOUL G LV 3:00 HAPPY HOUR CHEESE & CRACKERS AM/G B 4:00 NAME THE FAMOUS FACES AM B 6:00 MOVIE RS B</p>	<p>22 PLAY MORE CARDS DAY 9:00 SATURDAY SONGS A LV 9:30 WEEKEND UPDATE A LV 10:00 STRONG BODY STRONG MIND A LV 10:30 WEEKEND STROLL A LV 11:00 ONE ON ONE'S SH RR 11:00 COFFEE AND CROSSWORDS A LV 1:30 BOARD GAMES AND PUZZLES SH M 1:30 30 MINUTE MYSTERY A LV 2:00 MUSICAL HANGMAN A LV 3:00 HAPPY HOUR FUNIONS A/SH LV 4:00 TRIVIA CHALLENGE SH LV 6:00 MOVIE TIME RS LV</p>
<p>23 COMMUNION 9:00 BIG BAND MELODY AS LV 9:30 WHAT'S IN THE NEWS? AS LV 10:00 TOO FIT TO QUIT AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB J LV 11:00 WORD WATERFALL AS LV 11:30 ODD WORD OUT AS LV 1:30 COOKING CLUB-PIZZA AS M 1:30 FINISH THE PHRASE J LV 2:00 BEAN BAG TOSS J LV 3:00 HAPPY HOUR ICE CREAM J/AS LV 4:00 TRENDING TOPICS J LV 6:00 MOVIE AT NIGHT RS LV</p>	<p>24 9:00 EASY LISTENING DA LV 9:30 TODAY'S TOP STORIES DA LV 10:00 LETS WORKOUT DA LV 10:30 WALKING CLUB DA LV 11:00 UNSCRAMBLE THE LETTERS SE LV 11:30 NAME 10.15.20 SE LV 1:30 ONE ON ONE'S DA RR 1:30 TOSS & TALK BALL SE LV 2:00 CHICKEN SOUP FOR THE SOUL SE LV 3:00 HAPPY HOUR ONION DIP SE/DA LV 4:00 BINGO BLITZ DA LV 6:00 SILVER SCREEN RS LV</p>	<p>25 ENTERTAINMENT MARY PECK 9:00 COUNTRY MUSIC G LV 9:30 WHAT'S IN THE NEWS G LV 10:00 WAKE UP WORK OUT G LV 10:30 WALKING CLUB G LV 11:00 DAILY CROSSWORD G LV 11:00 BOARD GAMES & PUZZLES RS M 1:30 ENTERTAINMENT MARY PECK ENT LV 2:30 MUSICAL HANGMAN G LV 3:00 HAPPY HOUR COCKTAIL MEATBALLS G/RS LV 4:00 ARMCHAIR TRIVIA G LV 6:00 TUESDAY SHOWING RS LV</p>	<p>26 9:00 CROONERS AND SWOONERS D LV 9:30 NEWS FOR ME D LV 10:00 STAY FIT DON'T QUIT D LV 10:30 WALKING CLUB D CM 11:00 WORD WATERFALL D LV 11:30 A TO Z WORD GAME DA LV 1:30 SCRABBLE CLUB V B 1:30 FINISH THE PHRASE D LV 2:00 WHAT YEAR WAS THAT? D LV 3:00 HAPPY HOUR ICE CREAM D/G B 4:00 BINGO CALLS D B 6:00 MOVIES WE LOVE G B 7:00 MOVIES WE LOVE RS M</p>	<p>27 CHEZ ARBORS 9:00 MUSIC MUSIC MUSIC G LV 9:30 NEWS & VIEWS G LV 10:00 LETS WORKOUT! G LV 10:30 WALKING CLUB RS LV 11:00 MATCH GAME G LV 11:30 FILL IN THE BLANKS RS LV 12:45 CHEZ ARBORS RS PDR 1:30 RIDDLES & BRAIN TEASERS G LV 1:30 CARD GAMES RS M 2:00 QUIPO QUIZ G LV 3:00 HAPPY HOUR ICE CREAM SANDWICHES G/RS LV 4:00 FINISH THE LYRICS G/RS LV 6:00 MOVIE MANIA AM LV</p>	<p>28 ROSARY/SHABBAT 9:00 HITS FROM THE 50'S G LV 9:30 TODAY'S NEWS G LV 9:45 ROSARY WITH LINDA V M 10:00 SIT & BE FIT G LV 10:30 WALKING CLUB AM LV 11:00 TOSS & TALK BALL G LV 11:30 NAME 10.15.20 AM LV 1:30 FACT OR FICTION G LV 1:30 ADULT COLORING AM M 2:00 NAME THE FAMOUS FACES G LV 3:00 HAPPY HOUR PRETZEL BITES AM/G LV 4:00 WHO AM I? G LV 4:30 SHABBAT SERVICE/DINNER V PDR 6:00 FRIDAY SHOWING RS LV</p>	

ACTIVITY CALENDAR