

# February 2025

# The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**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.

**LOCATION KEY**  
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

**FOR YOUR DINING PLEASURE**  
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.



**1 CELEBRATE LUNAR NEW YEAR**

9:00	MUSIC IN THE MORNING	G	LV
9:30	WEEKEND UPDATE	G	LV
10:00	MAKE EVERY MOVE COUNT	G	LV
10:30	WEEKEND STROLL	G	CM
11:00	HOT CHOCOLATE & CROSSWORDS	AM	LV
11:00	ONE ON ONE'S	G	RR
1:30	LUNAR NEW YEAR DO'S & DON'T'S	G	LV
1:30	BOARD GAMES AND PUZZLES	AM	B
3:00	HAPPY HOUR BBQ CHIPS	G/AMB	
4:00	CHINESE NEW YEAR PERFORMANCE	ENT	LV
6:00	JACKPOT BINGO	AM	B
7:00	SATURDAY NIGHT SHOWING	RS	M

**2 TOMMY SAX ENTERTAINMENT**

9:00	SHOWTUNES	DA	LV
9:30	NEWS AND VIEWS	DA	LV
10:00	COMMUNION	V	DR
10:00	FIND YOUR STRENGTH	DA	LV
10:30	WEEKEND STROLL	DA	CM
11:00	NAME 10..15..20..	E	LV
11:30	WORD IN A WORD	E	LV
1:30	TOMMY SAX ENTERTAINMENT	ENT	LV
3:00	HAPPY HOUR ICE CREAM	DA/EB	
4:00	ARMCHAIR TRIVIA	DA	B
6:00	BINGO TIME	E	B
7:00	EVENING MOVIE	RS	M

**3 ABRAHAM COMFORT DOG VISIT**

9:00	SING ALONG SONGS	E	LV
9:30	MORNING NEWS	E	LV
10:00	EVERY REP COUNTS	E	LV
10:30	WALKING CLUB	E	LV
11:00	ABRAHAM COMFORT DOG VISIT	V	LV
1:00	SCRABBLE CLUB	V	B
1:30	FAMILY FEUD	D	LV
1:30	COLORING FOR FUN	E	B
2:00	MUSICAL HANGMAN	D	LV
3:00	HAPPY HOUR CHILI DIP	D/E	B
4:00	CARDS AND CHAT AT THE BAR	E	B
6:00	JACKPOT BINGO	D	B
7:00	MOVIE AT NIGHT	RS	M

**4 CREATE SELF CARE JARS**

9:00	MELODIES IN THE AM	D	LV
9:30	TODAY'S NEWS	D	LV
10:00	FIT FOR LIFE	D	LV
10:30	WALKING CLUB	D	LV
11:00	MATCH GAME	D	LV
11:30	A TO Z WORD GAME	D	LV
1:00	MANICURES BY APPT	DA	B
1:30	CREATE SELF CARE JARS	V	LV
1:30	KEEP UP THE BALLOON	D	B
2:00	IT HAPPENED ON LONG ISLAND	D	B
3:00	HAPPY HOUR MOZZARELLA STICKS	DA/DBI	
4:00	WHO AM I?	D	GR
6:00	CASH BINGO	DA	BI
7:00	NIGHTLY MOVIE	RS	M

**5 CANDY HISTORY**

9:00	ACOUSTIC SUNRISE	D	LV
9:30	NEWS AND VIEWS	D	LV
10:00	MORNING STRETCHES	D	LV
10:30	WALKING CLUB	D	LV
11:00	FILL IN THE BLANK	D	LV
11:30	WORD WATERFALL	D	LV
1:00	SCRABBLE CLUB	V	BI
1:30	CANDY HISTORY 30'S & 40'S	D	LV
1:30	CREATIVE PAINTING	G	BI
2:00	SHARE CHILDHOOD MEMORIES	D	LV
3:00	HAPPY HOUR ICE CREAM FLOATS	D/G	BI
4:00	BOOK CLUB	S	BI
4:00	TRIVIA CHALLENGE	D	BI
6:00	NIGHTTIME BINGO	G	B
7:00	MOVIES AT DUSK	RS	MR

**6 ACTIVITY COMMITTEE**

9:00	HAPPY MUSIC	D	LV
9:30	HAPPENINGS & HOROSCOPES	D	LV
10:00	STRETCH AND FLEX	D	LV
10:30	WALKING CLUB	D	LV
11:00	ACTIVITY COMMITTEE	S	LV
1:30	BABE RUTH BIOGRAPHY	D	M
1:30	COLORING FOR FUN	AM	BI
2:00	TOSS & TALK BALL	D	B
3:00	HAPPY HOUR CHOC CHIP COOKIES	D/AM	B
4:00	KARAOKE	D	B
6:00	LETS PLAY BINGO	AM	B
7:00	MEET ME AT THE CINEMA	RS	BI

**7 BUBBLE GUM DAY**

9:00	MUSICAL MUSINGS	D	LV
9:30	NEWSDAY	D	LV
10:00	GET FIT & FEEL GREAT	D	LV
10:30	WALKING CLUB	D	CM
11:00	KNITTING & CROCHET CLUB	A	LV
11:00	A TO Z WORD GAME	D	LV
1:00	SCRABBLE CLUB	V	B
1:30	YOU BE THE JUDGE	A	LV
1:30	ONE ON ONE'S	D	MR
2:00	30 MINUTE MYSTERY	A	LV
3:00	HAPPY HOUR FRESH FRUIT	A/D	B
4:00	RUMMIKUB	D	B
6:00	JACKPOT BINGO	A	B
7:00	MOVIES AT NIGHT	RS	MR

**8 LECTURE AFRICAN MEDICAL PIONEERS**

9:00	MUSIC IN THE MORNING	G	LV
9:30	WEEKEND IN REVIEW	G	LV
10:00	EVERY REP COUNTS	G	LV
10:30	WEEKEND STROLL	G	LV
11:00	COFFEE AND CROSSWORDS	G	LV
11:00	ONE ON ONE'S	AM	RR
1:30	LECTURE AFRICAN MEDICAL PIONEERS	ENT	LV
3:00	HAPPY HOUR DORITOS	G/AM	B
4:00	SHOUT OUT THE ANSWERS	G	B
6:00	CASH BINGO	AM	B
7:00	SATURDAY SHOWING	RS	MR

**9 SUPERBOWL LIX**

9:00	MORNING SONGS	DA	LV
9:30	WEEKEND NEWS	DA	LV
10:00	COMMUNION	V	DR
10:30	SHAPE YOUR FUTURE	DA	FU
10:30	WALKING CLUB	DA	LV
11:00	SUPERBOWL PREDICTIONS	DA	B
11:00	ONE ON ONE'S	E	RR
1:30	BOARD GAMES & PUZZLES	DA	M
1:30	FAMILY FEUD	E	LV
2:00	NAME THE FAMOUS FACE	E	LV
3:00	HAPPY HOUR ICE CREAM	DA/EB	
4:00	CARDS AT THE BAR	DA	B
6:00	SUNDAY SHOWING	RS	MR
6:30	SUPERBOWL WATCH PARTY	RS	GR

**10 BUS TRIP TO MARSHALL'S**

9:00	MORNING TUNES	E	LV
9:30	TODAY'S NEWS	E	LV
10:00	WAKE UP, WORK OUT!	E	B
10:30	WALKING CLUB	E	LV
10:30	BUS TRIP TO MARSHALL'S	RS	O
11:00	DAILY CROSSWORD	E	LV
1:00	SCRABBLE CLUB	V	B
1:30	KEEP UP THE BALLOON	D	MR
1:30	DESIGN VALENTINE'S DAY CARDS	E	B
2:00	WHAT YEAR WAS THAT?	D	LV
3:00	HAPPY HOUR CHOC CAKE DIP	D/E	B
4:00	ARMCHAIR TRIVIA	E	B
6:00	JACKPOT BINGO	D	BI
7:00	MOVIES WE LOVE	RS	MR

**11 LIBRARY VISIT**

9:00	CROONERS AND SWOONERS	D	LV
9:30	WHAT'S IN THE NEWS?	D	LV
10:00	GET FIT DON'T QUIT	D	LV
10:30	WALKING CLUB	D	LV
10:45	HAUPPAUGE LIBRARY VISIT	V	BI
11:00	MUSICAL HANGMAN	D	LV
11:30	MATCH GAME	D	LV
1:00	MANICURES BY APPT	DA	B
1:30	IT HAPPENED ON LONG ISLAND	D	LV
2:00	SHORT STORIES	D	LV
2:00	ONE ON ONE'S	DA	RR
3:00	HAPPY HOUR PIGS IN A BLANKET	DA/DB	
4:00	WHO AM I?	D	B
6:00	BINGO FOR CASH	DA	B
7:00	NIGHT TIME MOVIES	RS	M

**12 ABRAHAM LINCOLN BIRTHDAY**

9:00	MORNING MELODIES	D	LV
9:30	DAILY NEWS	D	LV
10:00	STRETCH AND FLEX	D	LV
10:30	WALKING CLUB	D	LV
11:00	WORD WATERFALL	D	LV
11:30	NAME 10.15.20	D	LV
1:00	SCRABBLE CLUB	V	BI
1:30	FAMILY FEUD	G	MR
2:00	LINCOLN TIDBITS	G	LV
3:00	HAPPY HOUR ICE CREAM FLOATS	D/G	B
4:00	BOOK CLUB	S	BI
4:00	PUB GAMES	D	B
6:00	JACKPOT BINGO	G	BI
7:00	MOVIE NIGHT	RS	MR

**13 HEART HEALTH LECTURE WITH DONNA**

9:00	THURSDAY TUNES	D	LV
9:30	NEWS & VIEWS	D	LV
10:00	KEEP IN SHAPE	D	LV
10:30	WALKING CLUB	D	LV
11:00	HEART HEALTH LECTURE WITH DONNA	VS	BI
11:00	ONE ON ONE'S	AM	RR
1:30	FACT OR FICTION	D	B
1:30	CLAY PROJECT FOR DEXTERITY	AM	MR
2:00	QUIPO QUIZ	D	B
3:00	HAPPY HOUR PEANUT BUTTER & BANANAS	D/AM	B
4:00	TABLE TOP GAMES	D	B
6:00	BINGO AT NIGHT \$	AM	B
7:00	MOVIE	RS	MR

**14 ENTERTAINMENT WITH CAROLYN CAVANAUGH**

9:00	LOVE SONGS	D	LV
9:30	VALENTINE'S NEWS	D	LV
9:45	ROSAERY WITH LINDA	V	MR
10:00	GET YOUR HEART PUMPING	D	B
10:30	WALKING CLUB	D	LV
11:00	KNITTING & CROCHET CLUB	A	LV
11:00	WHAT'S RED QUIZ?	D	LV
11:30	WORDS THAT START WITH "R"	D	B
1:00	SCRABBLE CLUB	V	MR
1:30	ENTERTAINMENT WITH CAROLYN CAVANAUGH	ENT	B
3:00	HAPPY HOUR RED VELVET CUPCAKES	D/A	B
4:00	ACTS OF LOVE	D	B
6:00	CASH BINGO	A	B
7:00	MOVIES AT NIGHT	RS	MR

**15 COUNTRY CONCERTS**

9:00	COUNTRY CONCERTS	G	LV
9:30	WEEKEND UPDATE	G	LV
10:00	WAKE UP & WORK OUT	G	LV
10:30	WEEKEND STROLL	G	E
11:00	ONE ON ONE'S	G	LV
11:00	DAILY CROSSWORD	JO	LV
1:30	FEBRUARY TRIVIA	JO	MR
1:30	EXPRESSIVE IMAGINATION	JO	LV
2:00	NAME 10.15.20	JO	B
3:00	HAPPY HOUR CHEX MIX	JO	B
4:00	WHO AM I?	JO	B
6:00	NIGHTTIME BINGO	JO	BI
7:00	MOVIE AT NIGHT	JO	MR

**16 SWEETHEART FAMILY BINGO**

9:00	FEMALE VOCALS	DA	LV
9:30	DAILY CHRONICLES	DA	LV
10:00	COMMUNION	V	DR
10:00	SIT & BE FIT	DA	LV
11:00	WORD IN A WORD	DA	LV
11:00	ONE ON ONE'S	E	LV
11:30	WORD WATERFALL	DA	M
1:30	SWEETHEART FAMILY BINGO	DA/E	B
3:00	HAPPY HOUR ICE CREAM	DA/E	B
4:00	SHOUT OUT TRIVIA	D	B
6:00	EVENING MOVIE	RS	M

**17 PRESIDENTS DAY-FASHION SHOW**

9:00	MUSIC IN THE MORNING	E	LV
9:30	HOROSCOPES & HAPPENINGS	E	LV
10:00	CHAIR EXERCISE	E	LV
10:30	WALKING CLUB	E	LV
11:00	PRESIDENTIAL HANGMAN	E	LV
11:30	A TO Z WORD GAME	D	LV
1:00	SCRABBLE CLUB	V	B
1:30	WINTER FASHION SHOW	D/E	LV
3:00	HAPPY HOUR SPINACH/ARTICHOKE DIP	D/E	B
4:00	PRESIDENTIAL FACTS	E	B
6:00	JACKPOT BINGO	D	BI
7:00	NIGHTTIME MOVIE	RS	M

**18 LUNCH TRIP BRANCHINELLI'S**

9:00	DOO WOP HITS	D	LV
9:30	CURRENT EVENTS	D	LV
10:00	TEAR IT UP TUESDAY	D	LV
10:30	WALKING CLUB	D	LV
11:00	FILL IN THE BLANK	D	O
11:30	ODD WORD OUT	D	O
11:30	LUNCH TRIP BRANCHINELLI'S	DA	O
1:00	MANICURES BY APPT	RS	B
1:30	FAMILY FEUD	D	LV
2:00	ENZO FERRARI BIO	D	LV
3:00	HAPPY HOUR CORN NUGGETS	D/DAB	
4:00	CARDS AT THE BAR	D	B
6:00	CASH BINGO	DA	B
7:00	NIGHTLY MOVIE	RS	M

**19 LECTURE BUTTERFLY RAINFOREST**

9:00	LOVELY SONGS	D	LV
9:30	DAILY DOSE OF NEWS	D	LV
10:00	HEALTH IS WEALTH	D	LV
10:30	WALKING CLUB	DA	LV
11:00	DAILY CROSSWORD	D	LV
11:00	ONE ON ONE'S	G	RR
1:00	LECTURE BUTTERFLY RAINFOREST	ENT	LV
2:00	QUIPO QUIZ	D	LV
3:00	HAPPY HOUR ICE CREAM FLOATS	D/G	B
4:00	BOOK CLUB	S	BI
4:00	PUB GAMES	D	B
6:00	NIGHTTIME BINGO	G	B
7:00	MOTION PICTURE	RS	M

**20 SING-A-LONG SONGS**

9:00	SING-A-LONG SONGS	D	LV
9:30	DAILY NEWS	D	LV
10:00	STRONG BODY STRONG MIND	D	LV
10:30	WALKING CLUB	D	LV
11:00	WORD SCRAMBLES	D	LV
11:30	WORD IN A WORD	D	B
1:30	KEEP UP THE BALLOON	D	MR
1:30	ARTISTIC COLORING	AM	B
2:00	MATCH GAME	D	LV
3:00	HAPPY HOUR DONUT HOLES	AM/D	B
4:00	RUMMIKUB	D	B
6:00	JACKPOT BINGO	AM	B
7:00	BIG SCREEN CLASSIC	RS	MR

**21 STICKY BUN DAY**

9:00	MELODIC MORNINGS	D	LV
9:30	BREAKING NEWS	D	LV
10:00	SHAKE IT & WORK IT OUT	D	LV
10:30	WALKING CLUB	D	LV
11:00	KNITTING & CROCHET CLUB	A	LV
11:00	WORDS THAT START WITH "Y"	D	LV
11:30	NAME 10.15.20	D	LV
1:00	SCRABBLE CLUB	V	B
1:30	QUIPO QUIZ	D	B
2:00	CHICKEN SOUP FOR THE SOUL	A	LV
3:00	HAPPY HOUR CHEESE & CRACKERS	A/D	B
4:00	GAMES AT THE BAR	D	B
6:00	EVENING BINGO FOR \$	A	B
7:00	MOVIES AT NIGHT	RS	M

**22 SATURDAY SONGS**

9:00	SATURDAY SONGS	G	LV
9:30	WEEKEND UPDATE	G	LV
10:00	STRONG BODY STRONG MIND	G	LV
10:30	WEEKEND STROLL	G	E
11:00	ONE ON ONE'S	G	LV
11:00	COFFEE AND CROSSWORDS	AM	LV
1:30	BOARD GAMES AND PUZZLES	AM	MR
1:30</			