

MARCH 2025

The Arbors At ISLANDIA EAST

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAFF KEY V=Valerie Director S= Sarah G= Gina E=Elissa A= Anne M=Michelle W=Wilfred L=Linda D=Denzel N=Neha 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 7:45am-9:15am LUNCH 11:45am-1:15pm DINNER 4:45pm-6:15pm 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.	WEEKLY TRIPS TO SIGN UP FOR OUR WEEKLY TRIPS OR SPECIAL EVENTS PLEASE GO TO THE CALENDAR AREA BY THE FRONT DESK TO RESERVE YOUR SPOT! *All trips are if weather permits.			1 MARCH IN LIKE A LION PUZZLES 9:30 NEWS FLASH S LO 10:00 SATURDAY WARM UP M M 10:30 WALKING CLUB S LO 11:00 MULTIPLE CHOICE M LO 1:15 MOVIE IN THE CINEMA M M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 MARCH IN LIKE A LION PUZZLES S/M/L LO 3:00 HAPPY HOUR S/M/L B 4:00 NAME 10 S LO 6:15 WEEKEND BINGO L G 7:15 NIGHT AT THE MOVIES L M	
2 R.C. COMMUNION WITH JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D/RS O 10:30 MORNING WARM UP L M 11:00 MULTIPLE CHOICE L LO 1:15 MATINEE D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 WORD SEARCH D/A/L LO 3:00 HAPPY HOUR SUNDAES D/A/L B 4:00 TRIVIA CHALLENGE D LO 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	3 9:30 CURRENT EVENTS G LO 10:00 EXERCISE E LO 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB G LO 11:00 COZY HOT COCOA BAR/TRIVIA G/E LO 1:15 AFTERNOON MOVIE G M 1:15 BINGO! E G 2:00 PENNY POKER CLUB RL G 2:00 WORD PUZZLES G/E LO 3:00 HAPPY HOUR CORN BLACK BEAN SALSA G/E B 4:00 BOGGLE G LO 6:15 AFTER DINNER BINGO N G 7:15 NIGHT FLICK N M	4 RESIDENT COUNCIL/FOOD COUNCIL MEETINGS/MARDI GRAS 9:30 NEWS & VIEWS I LO 10:00 TUESDAY TONING G M 10:30 RESIDENT COUNCIL MEETING RL M 11:00 FOOD COUNCIL MEETING RL M 1:15 MATINEE S M 1:15 BINGO! I G 2:00 MAH JONG CLUB RL G 2:00 MARDI GRAS MASK MAKING G/I/S LO 3:00 HAPPY HOUR MINI TACOS G/I/S B 4:00 MARDI GRAS MASK PHOTO SHOOT G/I/S LO 6:15 BINGO ANYONE? S G 7:15 FEATURE FILM S M	5 ASH WEDNESDAY/LUTHERAN SERVICE VIOLINIST ALBERT MULAD 9:30 WORLD NEWS I LO 10:00 WEDNESDAY WORKOUT E M 10:30 WALKING CLUB I LO 11:00 WHEEL OF FORTUNE E LO 1:15 MOVIE TIME I M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL G 2:00 PENCIL PUZZLES E/I/A LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/I/A B 3:45 VIOLINIST ALBERT MULAD VEN LO 6:15 ALL ABOUT BINGO A G 7:15 EVENING MOTION PICTURE A M	6 TRIP TO MILKY WAYS ICE-CREAM SHOP 9:30 DAILY NEWS D LO 10:00 CHAIR YOGA S M 10:30 WALKING CLUB/BOARD GAMES S/D LO 11:00 SCATERGORIES D LO 1:15 TRIP TO MILKY WAYS ICE-CREAM SHOP S/D O 1:15 MID DAY SHOW L M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 JUMBO GAMES L LO 3:00 HAPPY HOUR BONELESS CHICKEN WINGS L/RS B 4:00 GUESSING GAME D LO 6:15 BINGO! L G 7:15 TONIGHT'S FEATURE FILM L M	7 TAKE-IN LUNCH CHINESE 9:30 GOOD NEWS DAY S LO 10:00 FITNESS FUN M M 10:30 WALKING CLUB S LO 11:00 TRIVIA TID BITS M LO 12:00 TAKE-IN LUNCH CHINESE S/M/L B 1:15 FRIDAY AFTERNOON FLICK L M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 ST. PATRICK'S DAY CRAFT S/M/L LO 3:00 HAPPY HOUR FRUIT YOGURT PARFAIT S/M/L B 4:00 BRAIN BENDERS S LO 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY NIGHT FLICK L M	8 IRISH STEP DANCING PERFORMANCE 9:30 HAPPENINGS M LO 10:00 STRETCHING S M 10:30 WALKING CLUB M LO 11:00 FASCINATING FACTS S LO 1:15 MID DAY MOVIE S M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 IRISH STEP DANCING PERFORMANCE VEN LO 3:00 HAPPY HOUR TRAIL MIX S/M/L B 4:00 FAMILY FEUD M LO 6:15 BINGO ANYONE? L G 7:15 MOVIE IN THE ARBORS THEATER L M
9 R.C. COMMUNION WITH JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D/RS O 10:15 FITNESS FUN L M 11:00 GUESSING GAME L LO 1:15 MOVIE TIME D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 TABLE TOP GAMES D/A/L LO 3:00 HAPPY HOUR SUNDAES D/A/L B 4:00 GROUP CROSSWORD D LO 6:15 BINGO TIME A G 7:15 NIGHT TIME MOVIE A M	10 ROSARY PRAYER SERVICE 9:30 GOOD NEWS TODAY G LO 10:00 MORNING WARM UP E LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB G LO 11:00 MULTIPLE CHOICE E LO 1:15 MATINEE E M 1:15 BINGO! G G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G/E LO 3:00 HAPPY HOUR CHEESY CRAB DIP G/E B 4:00 TRIVIA CHALLENGE E LO 6:15 LATE DAY BINGO N G 7:15 EVENING MOVIE IN THE CINEMA N M	11 LIBRARY VISIT/TRIP TO DOLLAR TREE 9:30 LIBRARY VISIT VEN B 9:30 CURRENT EVENTS I LO 10:00 EXERCISE G M 10:30 WALKING CLUB I LO 11:00 COZY HOT COCOA BAR/WHO AM I? G/I LO 1:15 TRIP TO DOLLAR TREE S/G O 1:15 AFTERNOON MOVIE I M 1:15 BINGO! I G 2:00 MAH JONG CLUB RL G 2:00 WORD PUZZLES I LO 3:00 HAPPY HOUR HOT COCOA CAKE G/I/S B 4:00 BOGGLE I LO 6:15 AFTER DINNER BINGO S G 7:15 NIGHT FLICK S M	12 9:30 NEWS & VIEWS E LO 10:00 SIT AND BE FIT I M 10:30 WALKING CLUB E LO 11:00 GROUP CROSSWORD I LO 1:15 MATINEE E M 1:15 BINGO! I G 2:00 THREE THIRTEEN CLUB RL G 2:00 BALLOON VOLLEYBALL E/I LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/I B 4:00 JEOPARDY E LO 6:15 BINGO ANYONE? A G 7:15 FEATURE FILM A M	13 CASINO OPEN HOUSE 9:30 LAS VEGAS DISCUSSION D LO 10:00 EXERCISE S M 10:30 WALKING CLUB S LO 11:00 CASINO GAMES D/S LO 1:15 MOVIE TIME D M 1:15 BINGO! L G 2:00 CASINO GAMES S/D/L LO 2:00 POKENO RL G 3:00 HAPPY HOUR FRENCH ONION SOUP BOMBS S/D/L B 4:00 CASINO GAMES S/D/L B 6:15 BINGO GAMBLING L G 7:15 CASINO MOTION PICTURE L M	14 THE MARX BROS LECTURE W/LARRY 9:30 DAILY NEWS M LO 10:00 CHAIR YOGA S M 10:30 THE MARX BROS LECTURE W/LARRY VEN M 1:15 MID DAY SHOW S M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 CRAFT CLUB S/M/L LO 3:00 HAPPY HOUR CHEESE & CRACKERS S/M/L B 4:00 GUESSING GAME M LO 6:15 BIG BUCKS BINGO L G 7:15 TONIGHT'S FEATURE FILM L M	15 9:30 GOOD NEWS DAY S LO 10:00 FITNESS FUN M M 10:30 COZY HOT COCOA BAR/FIRESIDE CHAT S/M LO 11:00 BOGGLE M LO 1:15 AFTERNOON MOVIE M M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 BALLOON VOLLEY S/M/L LO 3:00 HAPPY HOUR CHEESE DOODLES S/M/L B 4:00 BRAIN BENDERS S LO 6:15 BINGO TIME L G 7:15 EVENING FILM L M
16 R.C. COMMUNION WITH JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D/RS O 10:15 SWAY TO THE MUSIC L M 11:00 JEOPARDY L LO 1:15 MOVIE IN THE CINEMA D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 WORD CHALLENGE D/A/L LO 3:00 HAPPY HOUR SUNDAES D/A/L B 4:00 MIND BENDERS D LO 6:15 WHO'S PLAYING BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	17 ST. PATRICK'S DAY/LIZA ENTERTAINMENT 9:30 HISTORY OF ST. PATRICK'S DAY G LO 10:00 ROSARY PRAYER SERVICE RL M 10:00 FLEX AND STRETCH E LO 10:30 WALKING CLUB E LO 11:00 IRISH LIMERICKS G LO 1:15 LUCKY MOVIE G M 1:15 BINGO! E G 2:00 PENNY POKER CLUB RL G 2:30 LIZA ENTERTAINMENT VEN LO 3:00 HAPPY HOUR SPINACH & ARTICHOKE DIP G/E B 4:00 GROUP CROSSWORD G LO 6:15 PRESS YOUR LUCK W/BINGO N G 7:15 LUCKY MOVIE N M	18 PET THERAPY 9:30 NEWS AROUND TOWN I LO 10:00 FITNESS FUN G M 10:30 PET THERAPY VEN LO 10:30 WALKING CLUB I LO 11:00 MULTIPLE CHOICE G LO 1:15 AFTERNOON MOVIE I M 1:15 BINGO! G G 2:00 MAH JONG CLUB RL G 2:00 BILLIARD CLUB G/I/S LO 3:00 HAPPY HOUR ONION RINGS G/I/S B 4:00 TRIVIA CHALLENGE G LO 6:15 LATE DAY BINGO S G 7:15 EVENING MOVIE IN THE CINEMA S M	19 LUNCH TRIP TO OCONEE DINER 9:30 CURRENT EVENTS I LO 10:00 EXERCISE E M 10:30 WALKING CLUB I LO 11:00 COZY HOT COCOA BAR/WINTER REMINISC E/I LO 11:15 LUNCH TRIP TO OCONEE DINER A/I O 1:15 MOVIE E M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL G 2:00 TABLE TOP GAMES E LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/RS B 4:00 BOGGLE E LO 6:15 AFTER DINNER BINGO A G 7:15 NIGHT FLICK A M	20 SPRING BEGINS/ACTIVITY PLANNING 9:30 NEWS & VIEWS D LO 10:00 SIT AND BE FIT S M 10:30 ACTIVITY PLANNING V M 11:00 GROUP CROSSWORD D LO 1:15 MATINEE S M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 SPRING PENCIL COLORING S/D/L LO 3:00 HAPPY HOUR POTATO SKINS S/D/L B 4:00 JEOPARDY D LO 6:15 BINGO! L G 7:15 THURSDAY SHOWING L M	21 YOGA CLASS W/RAY 9:30 YOGA CLASS W/RAY VEN LO 10:15 REFRESHMENTS M/S LO 10:30 WALKING CLUB S LO 11:00 WHEEL OF FORTUNE M LO 12:00 TAKE-IN SUBWAY S/M/L B 1:15 AFTERNOON MOVIE L M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:00 CRAFT CLUB S/M/L LO 3:00 HAPPY HOUR APPLES & PEANUT BUTTER S/M/L B 4:00 TRIVIA TIME S LO 6:15 BIG BUCKS BINGO L G 7:15 FRIDAY FILM L M	22 9:30 DAILY NEWS M LO 10:00 SIT AND BE FIT S M 10:30 WALKING CLUB M LO 11:00 ARE YOU SMARTER THAN A 5TH GRADER S LO 1:15 MOVIE TIME S M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 JUMBO GAMES S/M/L LO 3:00 HAPPY HOUR BBQ CHIPS S/M/L B 4:00 WHAT MORE DO YOU KNOW? M LO 6:15 EVENING BINGO L G 7:15 NIGHT MOVIE AT THE CINEMA L M
23/30 R.C. COMMUNION WITH JAMES 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D/RS O 10:15 SUNDAY WORKOUT L M 11:00 MULTIPLE CHOICE L LO 1:00 RECOVERY MEETING (30TH) RL M 1:15 AFTERNOON MOVIE (23RD) D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL G 2:00 DICE GAMES (23RD) D/A/L LO 2:00 MARCH OUT LIKE A LAMB PENCIL COLORING (30TH) D/A/L LO 3:00 HAPPY HOUR SUNDAES D/A/L B 4:00 TRAVEL TRIVIA/ JEOPARDY CHALLENGE D LO 6:15 AFTER DINNER BINGO A G 7:15 MOVIE NIGHT A M	24/31 9:30 WHAT'S UP G LO 10:00 TOTAL FITNESS E LO 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB (24TH) G LO 10:30 CELEBRATING RUTH W/ANDREW ENTERTAINMENT (31ST) VEN LO 11:00 WORD CHALLENGE E LO 1:15 MATINEE E M 1:15 BINGO! G G 2:00 PENNY POKER CLUB RL G 2:00 BILLIARD CLUB G/E LO 3:00 HAPPY HOUR G/E B 4:00 WORD SCRAMBLE E LO 6:15 LATE DAY BINGO N G 7:15 MOVIE TIME N M	25 9:30 HAPPENINGS G LO 10:00 FLEX AND STRETCH I M 10:30 WALKING CLUB G LO 11:00 GUESSING GAME I LO 1:15 MOVIE TIME G M 1:15 BINGO! I G 2:00 MAH JONG CLUB RL G 2:00 WORD PUZZLES G/I/S LO 3:00 HAPPY HOUR CHEESE FRIES G/I/S B 4:00 GROUP CROSSWORD I LO 6:15 BINGO TIME S G 7:15 EVENING MOVIE S M	26 SPRING WORD PUZZLES 9:30 NEWS AROUND TOWN E LO 10:00 FITNESS FUN I M 10:30 WALKING CLUB E LO 11:00 MULTIPLE CHOICE I LO 1:15 AFTERNOON MOVIE E M 1:15 BINGO! I G 2:00 THREE THIRTEEN CLUB RL G 2:00 SPRING WORD PUZZLES E/I LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/I B 4:00 TRIVIA CHALLENGE I LO 6:15 BINGO HOUR A G 7:15 EVENING MOVIE IN THE CINEMA A M	27 TRIP TO WALMART 9:30 CURRENT EVENTS D LO 10:00 EXERCISE S M 10:30 WALKING CLUB S LO 11:00 NAME THE CELEBRITY D LO 1:15 TRIP TO WALMART S/D O 1:15 MOVIE L M 1:15 BINGO! L G 2:00 POKENO RL G 2:00 TABLE TOP GAMES L LO 3:00 HAPPY HOUR STUFFED MUSHROOMS L/RS B 4:00 BOGGLE D LO 6:15 AFTER DINNER BINGO L G 7:15 NIGHT FLICK L M	28 DEBRA TOSCANO ENTERTAINMENT 9:30 NEWS & VIEWS M LO 10:00 SIT AND BE FIT S M 10:30 WALKING CLUB M LO 11:00 GROUP CROSSWORD S LO 1:15 MATINEE S M 1:15 BINGO! L G 2:00 THREE THIRTEEN CLUB RL G 2:30 DEBRA TOSCANO ENTERTAINMENT VEN LO 3:00 HAPPY HOUR BANANA BREAD S/M/L B 4:00 JEOPARDY M LO 4:30 SHABBAT DINNER ON WEST VEN W 6:15 BINGO! L G 7:15 FEATURE FILM L M	29 9:30 NEWS AROUND THE WORLD S LO 10:00 EXERCISE M M 10:30 WALKING CLUB S LO 11:00 WHEEL OF FORTUNE M LO 1:15 AFTERNOON MOVIE M M 1:15 BINGO! L G 2:00 CANASTA CLUB RL G 2:00 WHAT WOULD YOU DO? S/M/L LO 3:00 HAPPY HOUR CHEX MIX S/M/L B 4:00 TRIVIA TEASERS S LO 6:15 ALL ABOUT BINGO L G 7:15 EVENING MOTION PICTURE L M