

MARCH 2025

The Arbors At ISLANDIA EAST SAFECARE

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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</p> <p>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</p>		<p>FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</p> <p>All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Director Valerie will be happy to answer any questions you may have regarding this calendar.</p>				<p>1 9:30 TRIVIA TEASERS RS LR 10:00 EXERCISE & HYDRATE RS LR 10:30 IN LIKE A LION/OUT LIKE A LAMB 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 RS DR 4:00 BINGO RS LR 6:00 MUSICAL SENSATIONS RS LR</p>
<p>2 COMMUNION WITH JAMES AL 9:30 TABLE TALK W LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV W LR 10:00 TABLE ACTIVITIES W LR 10:30 MOVE TO THE BEAT & HYDRATE W LR 11:00 NOODLE TAP W LR 1:15 DICE GAMES K/W LR 2:00 BOWLING K/W LR 2:30 A-Z SANDWICHES K/W LR 3:00 HAPPY HOUR SUNDAES K/W DR 4:00 BINGO K/W LR 6:00 DANCING ON SCREEN RS LR</p>	<p>3 9:30 NAME THE FACE I/W LR 10:00 STRETCH & REFRESH I/W LR 10:30 BALLOON VOLLEY I/W LR 11:00 RHYME TIME I/W LR 1:15 MULTIPLE CHOICE I/W LR 2:00 BALL GAMES I/W LR 2:30 TRIVIA TIME I/W LR 3:00 HAPPY HOUR BLACK BEAN SALSA DIP I/W DR 4:00 BINGO I/W LR 6:00 SOUNDS OF NATURE RS LR</p>	<p>4 MARDI GRAS 9:30 WHAT WOULD YOU DO? D/R LR 10:00 FITNESS FUN & HYDRATE D/R LR 10:30 MAKE A MARDI GRAS MASK D/R LR 11:00 SIMON SAYS D/R LR 1:15 MARDI GRAS DANCE PARTY D/R LR 2:00 SONG LIST D/R LR 2:30 CHEER FITNESS D/R LR 3:00 HAPPY HOUR MINI TACOS D/R DR 4:00 BINGO D/R LR 6:00 ON SCREEN MARDI GRAS PARADE RS LR</p>	<p>5 ASH WEDNESDAY/ALBERT MULAD VIOLINIST AL 9:30 NAME THE INSTRUMENT D/AB LR 10:00 EXERCISE & REFRESH D/AB LR 10:30 FRANK SINATRA BIOGRAPHY D/AB LR 11:00 RIDDLES D/AB LR 1:15 A-Z VEGETABLES D/AB LR 2:00 SNOWBALL TOSS D/AB LR 2:30 FLOWER ARRANGING D/AB LR 3:00 HAPPY HOUR ROOTBEER FLOATS D/AB DR 3:45 ALBERT MULAD VIOLINIST AL VEN ELO 4:00 BINGO D/AB LR 6:00 DANCE MUSIC RS LR</p>	<p>6 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 TRIVIA CHALLENGE I/R/DD LR 2:00 PARACHUTE I/R/DD LR 2:30 MOVEMENT TO MUSIC I/R/DD LR 3:00 HAPPY HOUR BONELESS CHICKEN WINGS I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 SOOTHING MELODIES RS LR</p>	<p>7 9:30 PICTURE BOOKS D/DD/W LR 10:00 STRETCHING & REFRESHING D/DD/W LR 10:30 SHORT STORIES D/DD/W LR 11:00 BASKETBALL SHOOTOUT D/DD/W LR 1:15 RIDDLES D/DD/W LR 2:00 ROLL OF THE DICE D/DD/W LR 2:30 ANIMAL CHARADES D/DD/W LR 3:00 HAPPY HOUR FRUIT YOGURT PARFAIT D/DD/W DR 4:00 BINGO D/DD/W LR 6:00 FEATURE FILM RS LR</p>	<p>8 IRISH STEP DANCERS AL 9:30 MOVIE TALK I/AB EDR 10:00 FITNESS FUN & HYDRATION I/AB LR 10:30 TRUE OR FALSE I/AB LR 11:00 HIDDEN OBJECTS I/AB LR 1:15 BEAN BAG TOSS I/AB LR 2:00 IRISH STEP DANCERS AL VEN ELO 2:00 SING A LONG I/AB LR 2:30 NOODLE TENNIS I/AB LR 3:00 HAPPY HOUR TRAIL MIX I/AB DR 4:00 BINGO I/AB LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR</p>
<p>9 DAYLIGHT SAVINGS SPRING FORWARD 9:30 A-Z GREEN W LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV W LR 10:00 TABLE ACTIVITIES W LR 10:30 EXERCISE & REFRESH W LR 11:00 BALL TOSS W LR 1:15 TRIVIA TEASERS K/W LR 2:00 BALLOON VOLLEYBALL K/W LR 2:30 YOU BE THE JUDGE K/W LR 3:00 HAPPY HOUR SUNDAES K/W DR 4:00 BINGO K/W LR 6:00 MUSIC FOR THE SOUL RS LR</p>	<p>10 MARIA MENITTI MUSIC THERAPY 9:30 LETS TALK I/W LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I/W LR 10:30 FAMOUS FACES I/W LR 11:00 DICE GAMES I/W LR 1:15 WINTER GUESSING GAME I/W LR 1:30 MARIA MENITTI MUSIC THERAPY VEN LR 2:00 NOODLE TAP I/W LR 2:30 JUMBO GAMES I/W LR 3:00 HAPPY HOUR CHEESY CRAB DIP I/W DR 4:00 BINGO I/W LR 6:00 DANCING WITH THE STARS RS LR</p>	<p>11 9:30 WHO DO YOU KNOW? D/R LR 10:00 STRETCHING & REFRESHING D/R LR 10:30 BALLOON VOLLEY D/R LR 11:00 NAME 10 D/R LR 1:15 ST PATRICK'S DÉCOR CRAFT D/R LR 2:00 BALL TOSS D/R LR 2:30 INSTRUMENT CHARADES D/R LR 3:00 HAPPY HOUR HOT COCOA CAKE D/R DR 4:00 BINGO D/R LR 6:00 SWEET MELODIES RS LR</p>	<p>12 MCDONALDS TRIP 9:30 CHIT CHAT D/AB LR 10:00 FITNESS FUN & HYDRATE D/AB LR 10:30 SHORT STORIES D/AB LR 11:00 DICE GAMES D/AB LR 11:30 MCDONALDS TRIP D/A O 1:15 TRIVIA TIME AB LR 2:00 BEAN BAG CHALLENGE AB LR 2:30 3 LETTER WORDS AB LR 3:00 HAPPY HOUR ROOTBEER FLOATS D/AB DR 4:00 BINGO D/AB LR 6:00 MUSIC MEDITATION RS LR</p>	<p>13 CASINO OPEN HOUSE 9:30 CASINO SCENES I/R/DD LR 10:00 CASINO FITNESS & REFRESH I/R/DD LR 10:30 CASINO CARD GAMES I/R/DD LR 11:00 CASINO PHOTOS I/R/DD LR 1:15 CASINO Pictionary I/R/DD LR 2:00 CASINO DICE GAMES I/R/DD LR 3:00 HAPPY HOUR FRENCH ONION SOUP BOMBS I/R/DD DR 4:00 GAMBLERS BINGO I/R/DD LR 6:00 CASINO MUSIC RS LR</p>	<p>14 THE MARX BROTHERS LECTURE W/LARRY 9:30 HOT TOPICS D/DD/W LR 10:00 MOVE TO THE BEAT & HYDRATE D/DD/W LR 10:30 CLUE TRIVIA D/DD/W LR 10:30 THE MARX BROTHERS LECTURE W/LARRY WOLFF-AL VEN EM 11:00 BALLOON TAP D/DD/W LR 1:15 TRIVIA CHALLENGE D/DD/W LR 2:00 PARACHUTE D/DD/W LR 2:30 MOVEMENT TO MUSIC D/DD/W LR 3:00 HAPPY HOUR CHEESE & CRACKERS D/DD/W DR 4:00 BINGO D/DD/W LR 6:00 ROMANCE ON THE BIG SCREEN RS LR</p>	<p>15 9:30 PICTURE BOOKS I/AB LR 10:00 STRETCHING & REFRESHING I/AB LR 10:30 FACT OR FICTION I/AB LR 11:00 BASKETBALL SHOOTOUT I/AB LR 1:15 IRISH Pictionary I/AB LR 2:00 JUMBO GAMES I/AB LR 2:30 WINTER CHARADES I/AB LR 3:00 HAPPY HOUR CHEESE DOODLES I/AB DR 4:00 BINGO I/AB LR 6:00 GOLDEN OLDIES RS LR</p>
<p>16 COMMUNION WITH JAMES AL 9:30 TALK ABOUT FAVORITES W LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV W LR 10:00 TABLE ACTIVITIES W LR 10:30 FITNESS FUN & HYDRATION W LR 11:00 NAME 10 W LR 1:15 BASKETBALL SHOOTOUT K/W LR 2:00 GUESSING GAME K/W LR 2:30 BALL GAMES K/W LR 3:00 HAPPY HOUR SUNDAES K/W DR 4:00 BINGO K/W LR 6:00 MUSIC MONTAGE RS LR</p>	<p>17 ST. PATRICK'S DAY/LIZA ENTERTAINMENT AL 9:30 ST PATRICK'S DAY HISTORY I/W LR 10:00 EXERCISE & REFRESH I/W LR 10:30 LIMERICKS I/W LR 11:00 BALL GAMES I/W LR 1:15 IRISH HANGMAN I/W LR 2:00 GREEN BALLOON VOLLEYBALL I/W LR 2:30 LIZA ENTERTAINMENT AL VEN ELO 2:30 ST PATRICK'S CRAYON CREATIONS I/W LR 3:00 HAPPY HOUR SPINACH & ARTICHOKE DIP I/W DR 4:00 BINGO I/W LR 6:00 IRISH JIGS RS LR</p>	<p>18 PET THERAPY 9:30 WHAT'S UP D/R LR 10:00 MOVE TO THE BEAT & HYDRATION STATION D/R LR 10:30 PET THERAPY VEN LR 10:30 TOSS GAMES D/R LR 11:00 WORD CHALLENGE D/R LR 1:15 GUESSING GAME D/R LR 2:00 NOODLE TAP D/R LR 2:30 JUMBO GAMES D/R LR 3:00 HAPPY HOUR ONION RINGS D/R DR 4:00 BINGO D/R LR 6:00 SONGS THAT MAKE YOU SMILE RS LR</p>	<p>19 9:30 FAMOUS FOLKS D/AB LR 10:00 STRETCHING & REFRESHING D/AB LR 10:30 BALLOON VOLLEY D/AB LR 11:00 20 QUESTIONS D/AB LR 1:15 KICK BALL D/AB LR 2:00 FAMILY FEUD D/AB LR 2:30 BALL GAMES D/AB LR 3:00 HAPPY HOUR ROOTBEER FLOATS D/AB DR 4:00 BINGO D/AB LR 6:00 BIG BANDS RS LR</p>	<p>20 SPRING BEGINS 9:30 REMINISCING SPRING I/R/DD LR 10:00 SIMON SAYS I/R/DD LR 10:30 SPRING 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 POTATO SKINS I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 SPRING SOUNDS OF NATURE RS LR</p>	<p>21 YOGA W/RAY 9:30 MUSIC DISCUSSION D/DD/W LR 10:00 EXERCISE & REFRESH D/DD/W LR 10:15 YOGA W/RAY VEN LR 11:00 BOWLING D/DD/W LR 1:15 WORD CHALLENGE D/DD/W LR 2:00 BALL TOSS D/DD/W LR 2:30 FLOWER ARRANGING D/DD/W LR 3:00 HAPPY APPLES & PEANUT BUTTER D/DD/W DR 4:00 BINGO D/DD/W LR 6:00 EVENING MOVIE RS LR</p>	<p>22 9:30 CURRENT EVENTS I/AB LR 10:00 MOVE TO THE BEAT & HYDRATION STATION I/AB LR 10:30 TRIVIA TEASERS I/AB LR 11:00 BALLOON VOLLEYBALL I/AB LR 1:15 TRIVIA TEASERS I/AB LR 2:00 RHYTHM WITH INSTRUMENTS I/AB LR 2:30 CHAIR EXERCISE I/AB LR 3:00 HAPPY HOUR BBQ CHIPS I/AB DR 4:00 BINGO I/AB LR 6:00 SOOTHING MELODIES RS LR</p>
<p>23/30 COMMUNION WITH JAMES AL 9:30 PICTURE BOOKS W LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV W LR 10:00 TABLE ACTIVITIES W LR 10:30 STRETCHING & REFRESHING W LR 11:00 BALLOON VOLLEYBALL (23RD) W LR 11:00 20 QUESTIONS (30TH) W LR 1:15 NAME THAT TUNE K/W LR 2:00 MINI GOLF K/W LR 2:30 NAME 10 (23RD) K/W LR 2:30 TRIVIA TIME (30TH) K/W LR 3:00 HAPPY HOUR SUNDAES K/W DR 4:00 BINGO K/W LR 6:00 EASY LISTENING/ GOSPEL SONGS RS LR</p>	<p>24/31 9:30 CHIT CHAT I/W LR 10:00 FITNESS FUN & HYDRATION I/W LR 10:30 NAME THAT SOUND (24TH) I/W LR 10:30 ANDREW ENTERTAINMENT AL (31ST) VEN ELO 11:00 BELIEVE IT OR NOT I/W LR 1:15 ROLL OF THE DICE I/W LR 2:00 SCATEGORIES (24TH) I/W LR 2:00 OCCUPATION CHARADES (31ST) I/W LR 2:30 MOVE TO THE MUSIC (24TH) I/W LR 2:30 NAME THAT OBJECT (31ST) I/W LR 3:00 HAPPY HOUR DR 4:00 BINGO I/W LR 6:00 MUSIC MONTAGE RS LR</p>	<p>25 9:30 SPRING THINGS DISCUSSION D/R LR 10:00 EXERCISE & REFRESH D/R LR 10:30 MATCH GAME D/R LR 11:00 MULTIPLE CHOICE D/R LR 1:15 SPRING WORD CHALLENGE D/R LR 2:00 BALLOON VOLLEYBALL D/R LR 2:30 HIDDEN OBJECTS D/R LR 3:00 HAPPY HOUR CHEESE FRIES D/R DR 4:00 BINGO D/R LR 6:00 MUSIC FOR THE SOUL RS LR</p>	<p>26 SPRING SCENIC TRIP 9:30 WHAT'S HAPPENING D/AB LR 10:00 MOVE TO THE BEAT & HYDRATION STATION D/AB LR 10:30 FAMOUS FOLKS D/AB LR 11:00 DICE GAMES D/AB LR 1:15 MULTIPLE CHOICE D/AB LR 1:30 SPRING SCENIC TRIP D/AB LR 2:00 NOODLE TAP D/AB LR 2:30 JUMBO GAMES D/AB LR 3:00 HAPPY HOUR ROOTBEER FLOATS D/AB DR 4:00 BINGO D/AB LR 6:00 WALTZING HOUR RS LR</p>	<p>27 DRAWING SPRING 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 SPRING 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 STUFFED MUSHROOMS I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 SWEET MELODIES RS LR</p>	<p>28 DEBRA TOSCANO ENTERTAINMENT AL 9:30 REMINISCING 1960'S D/DD/W LR 10:00 FITNESS FUN & HYDRATE D/DD/W LR 10:30 TRIVIA TEASERS D/DD/W LR 11:00 DICE GAMES D/DD/W LR 1:15 DANCE PARTY D/DD/W LR 2:00 RING TOSS D/DD/W LR 2:30 DEBRA TOSCANO ENTERTAINMENT AL VEN ELO 2:30 SING A LONG D/DD/W LR 3:00 HAPPY HOUR BANANA BREAD D/DD/W DR 4:00 BINGO D/DD/W LR 6:00 FRIDAY FILM RS LR</p>	<p>29 9:30 MUSIC TALK I/AB LR 10:00 EXERCISE & REFRESH I/AB LR 10:30 FAMOUS DANCERS I/AB LR 11:00 RING TOSS I/AB LR 1:15 WORD GAMES I/AB LR 2:00 KICK BALL I/AB LR 2:30 FLOWER ARRANGING I/AB LR 3:00 HAPPY HOUR CHEX MIX I/AB DR 4:00 BINGO I/AB LR 6:00 MUSICAL STYLINGS OF BRYAN ADAMS RS LR</p>