ACTIVITY CALENDAR

MARCH 2025

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

STAFF KEY
S=STACEY
A=ANGELICA
AM=AMANDA
AS=ASHA
D=DIANE
DA=DEANNA
G=GRACE
J=JACK
SE=SAMANTHA
I= INDEPENDENT
RS=Recreation staff
V=Volunteer
AC=Activity Channel
***=Call 381 for Appt.

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

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.

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

1 NATIONAL PIG DAY
9:00	CLASSICAL MUSIC	A	LV
9:30	WEEKEND UPDATE	A	LV
10:00	WORK IT OUT	A	LV
10:30	WEEKEND STROLL	AM	CM
11:00	DAILY CROSSWORD	A	LV
11:30	MUSICAL HANGMAN	AM	LV
1:30	PIG FACTS	A	LV
1:30	BOARD GAMES OR PUZZLES	AM	M
2:00	FAMILY FEUD	A	LV
3:00	HAPPY HOUR MIXED SNACKS	A/AM	LV
4:00	BINGO CALLS	A/AM	LV
6:00	WEEKEND MOVIE	RS	LV

2 THE OSCARS
9:00	CLASSIC TUNES	A	LV
9:30	TODAY'S TOPICS	A	LV
10:00	SUNDAY STRETCHES	A	LV
10:30	COMMUNION WITH JAMES	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	WORDS THAT START WITH MAR	A	LV
11:30	NAME 10..15..20	A	LV
1:30	VOTE FOR 97TH OSCARS!	A	LV
1:30	TOSS & TALK BALL	J	LV
2:00	FAMILY FEUD	A	LV
3:00	HAPPY HOUR ICE CREAM	A/J	LV
4:00	ARMCHAIR TRIVIA	J	LV
6:00	EVENING MOVIE	E	LV

3 INTERVIEW WITH ANNE HOLLAND
9:00	INSTRUMENTAL ARRANGEMENT	DA	LV
9:30	WHAT'S IN THE NEWS?	DA	LV
10:00	CHAIR EXERCISES	DA	LV
10:30	WALKING CLUB	DA	CM
11:00	WORD IN A WORD	SE	LV
11:00	ONE ON ONE'S	SE	RR
11:30	MATCH GAME	DA	LV
1:30	SCRABBLE CLUB	SE	M
1:30	INTERVIEW WITH ANNE HOLLAND	DA	LV
2:00	WHO AM I?	DA	LV
3:00	HAPPY HOUR CORN/BLACK BEAN SALSA	DA/SE	LV
4:00	LETS PLAY BINGO!	SE	LV
6:00	MONDAY FILM	RS	LV

4
9:00	LYRICAL NUMBERS	RS	LV
9:30	CURRENT EVENTS	RS	LV
10:00	SIT & BE FIT	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	DAILY CROSSWORD	RS	LV
11;30	NAME 10. 15. 20	RS	LV
1:30	MANICURES BY APPT	RS	M
1:30	JEOPARDY	RS	LV
2:00	MUSICAL HANGMAN	RS	LV
3:00	HAPPY HOUR MINI TACOS	RS	LV
4:00	CONVERSATION STARTERS	RS	LV
6:00	FEATURE MOVIE	RS	LV

5 ASH WEDNESDAY
9:00	BEATLES MELODY	RS	LV
9:30	TOP STORIES IN THE NEWS	RS	LV
10:00	WORK IT OUT	RS	LV
10:30	ASH WEDNESDAY SERVICES	V	LV
10:30	WALKING CLUB	RS	CM
11:00	ODD WORD OUT	RS	LV
11:30	FILL IN THE BLANK	RS	LV
1:00	SCRABBLE CLUB	RS	M
1:30	QUIPO QUIZ	RS	LV
2:00	GUESS WHO?	RS	LV
3:00	HAPPY HOUR ICE CREAM	RS	LV
4:00	BINGO BLITZ	D	LV
6:00	MID WEEK MOVIE	E	LV

6 PIZZA TAKE IN LUNCH
9:00	MUSICAL ARIAS	G	LV
9:30	NEWS DISCUSSION	G	LV
10:00	TIME TO EXERCISE	G	LV
10:30	WALKING CLUB	G	CM
11:00	DAILY CROSSWORD	G	LV
11:00	ONE ON ONE'S	RS	RR
11:45	PIZZA TAKE IN LUNCH	RS	
1:30	COLORING FOR FUN	RS	M
1:30	KEEP UP THE BALLOON	G	LV
2:00	TRUE OR FALSE	G	LV
3:00	HAPPY HOUR BONELESS CHICK WINGS	RS	LV
4:00	CHICKEN SOUP FOR THE SOUL	G	LV
6:00	FEATURE FILM	G	LV

7
9:00	MOTOWN SONGS	G	LV
9:30	NEWS FLASH	G	LV
10:00	SENIOR FITNESS	G	LV
10:30	WALKING CLUB	G	CM
11:00	KNITTING/CROCHET CLUB	AM	M
11:00	WORD WATERFALL	G	LV
11:30	NAME 10..15..20	G	LV
1:30	BOARD GAMES/CARDS	AM	M
1:30	SHORT STORY CLUB	G	LV
3:00	HAPPY HOUR FRUIT/YOGURT PARFAIT	G/AM	LV
4:00	BINGO RULES	RS	LV
6:00	FRIDAY FLICK	CC	LV

8 ALAN HALE BIO
9:00	LOVELY TUNES	A	LV
9:30	WHAT'S HAPPENING	A	LV
10:00	WORK IT OUT	A	LV
10:30	WEEKEND STROLL	A	CM
11:00	UNSCRAMBLE THE LETTERS	AM	LV
11:30	MOVIE STAR HANGMAN	AM	LV
1:30	ALAN HALE BIO	AM	LV
1:30	COLOR THE SHAMROCKS	A	M
2:00	FINISH THE PHRASE	A/AM	LV
3:00	HAPPY HOUR TRAIL MIX	A/AM	LV
4:00	TRUE OR FALSE	AM/A	LV
6:00	SATURDAY SHOWING	RS	LV

9 NATIONAL MEATBALL DAY
9:00	BIG BAND ERA	A	LV
9:30	NATIONAL & LOCAL NEWS	A	LV
10:00	MORNING WARM UPS	A	LV
10:30	COMMUNION WITH JAMES	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	DAILY CROSSWORD	A	LV
11:30	ONE ON ONE'S	J	RR
1:30	WHEEL OF FORTUNE	J	LV
1:30	COLORING FUN	A	M
2:00	WHAT YEAR WAS THAT?	J	LV
3:00	HAPPY HOUR ICE CREAM	J/A	LV
4:00	BINGO TIME	J	LV
6:00	SUNDAY NIGHT MOVIE	RS	LV

10 ENTERTAINMENT JOHNNY WHIMPLE
9:00	RHYTHM & BLUES	DA	LV
9:30	CURRENT EVENTS	DA	LV
10:00	WAKE UP, WORK OUT!	DA	LV
10:30	WALKING CLUB	SE	CM
11:00	A TO Z WORD GAME	DA	LV
11:30	ABRAHAM DOG VISIT	V	LV
1:30	ENTERTAINMENT JOHNNY WHIMPLE	ENT	LV
3:00	HAPPY HOUR CHEESY CRAB DIP	DA/SE	LV
4:00	NAME THE FAMOUS FACE	DA	LV
6:00	LETS GO TO THE MOVIES	RS	LV

11 HAUPPAUGE LIBRARY VISIT
9:00	SOOTHING JAZZ MUSIC	RS	LV
9:30	CURRENT EVENTS	RS	LV
10:00	FLEXING & STRETCHING	RS	LV
10:30	WALKING CLUB	RS	LV
10:45	LIBRARY VISIT	V	BI
11:00	WORD IN A WORD	RS	LV
11:30	WORDS THAT START WITH "H"	RS	LV
1:30	MANICURES BY APPT	RS	LV
1:30	QUIPO QUIZ	RS	LV
2:00	NAME THE FAMOUS FACES	RS	LV
3:00	HAPPY HOUR HOT COCOA CAKE	RS	LV
4:00	YELL OUT BINGO!	RS	LV
6:00	WHAT'S IN THE MOVIES?	RS	LV

12 PLANTING SEEDS
9:00	DOO WOP MUSIC	RS	LV
9:30	TOP STORIES IN THE NEWS	RS	LV
10:00	SENIOR FITNESS	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	ANAGRAMS	RS	LV
11:30	A TO Z	RS	LV
1:30	PLANTING SEEDS	RS	M
1:30	30 MINUTE MYSTERY	RS	LV
2:00	MATCH GAME	RS	LV
3:00	HAPPY HOUR ICE CREAM	RS	LV
4:00	WOULD YOU RATHER?	RS	LV
6:00	MID WEEK MOVIE	RS	LV

13 CASINO OPEN HOUSE
9:00	CROONERS & SWOONERS	RS	LV
9:30	BREAKING NEWS	RS	LV
10:00	EXERCISE TIME	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	WORD IN A WORD	RS	LV
11:30	HANGMAN	RS	LV
1:30	ONE ON ONE'S	RS	RR
1:30	CASINO GAMES OPEN HOUSE	RS	B
2:00	CHICKEN SOUP FOR THE SOUL	RS	LV
3:00	HAPPY HOUR ONION SOUP BOMBS	RS	LV
4:00	WHO AM I?	RS	LV
6:00	THURSDAY SHOWING	RS	LV

14 ROSARY
9:00	SWEET MELODIES	G	LV
9:30	NEWS & VIEWS	G	LV
9:45	ROSARY	V	M
10:00	FITNESS EXPRESSIONS	G	LV
10:30	WALKING CLUB	AM	CM
11:00	KNITTING/CROCHET CLUB	AM	LV
11:00	MUSICAL HANGMAN	G	LV
11:30	WORD IN A WORD	G	LV
1:30	SCRABBLE CLUB	G	M
1:30	FAMILY FEUD	AM	LV
2:00	TRUE OR FALSE	AM	LV
3:00	HAPPY HOUR CHEESE/CRACKERS	AM/G	LV
4:00	B I N G O	G/AM	LV
6:00	FRIDAY FILM	RS	LV

15 CRONKITE TRIVIA
9:00	CLASSICAL MUSIC	A	LV
9:30	DAILY NEWS	A	LV
10:00	WORK IT OUT	A	LV
10:30	WEEKEND STROLL	A	CM
11:00	DAILY CROSSWORD	RS	LV
11:00	HOT COCOA IN THE BISTRO	RS	BI
1:30	CRONKITE TRIVIA	A	LV
1:30	FREE STYLE PAINTING	RS	M
2:00	KEEP UP THE BALLOON	A	LV
3:00	HAPPY HOUR CHEESE DOODLES	A/RS	LV
4:00	URBAN MYTHS	RS/A	LV
6:00	WEEKEND MOVIE	RS	LV

16 COMMUNION WITH JAMES
9:00	SUNDAY TUNES	A	LV
9:30	CURRENT EVENTS	A	LV
10:00	LETS WORK OUT	A	LV
10:30	COMMUNION WITH JAMES	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	ODD WORD OUT	A	LV
11:30	WORD WATERFALL	J	LV
1:30	YOU BE THE JUDGE	J	LV
1:30	BOARD GAMES & PUZZLES	A	M
2:00	WHEEL OF FORTUNE	J	LV
3:00	HAPPY HOUR ICE CREAM	A/J	LV
4:00	BINGO BLITZ	J	LV
6:00	SUNDAY SHOWING	RS	LV

17 ST PATRICK'S DAY!
9:00	TRADITIONAL IRISH MUSIC	DA	LV
9:30	LEPRECHAUN NEWS STORIES	DA	LV
10:00	GET YOUR GREEN ON	DA	LV
10:30	MARCHING CLUB	SE	CM
11:00	ISLANDIA MAYOR VISIT	V	LV
11:00	ST PATRICK'S DAY PARADE NYC	SE	LV
1:30	NAME GREEN THINGS	SE	LV
2:30	ENTERTAINMENT WITH DEB TOSCANO	ENT	LV
3:00	HAPPY HOUR SPINACH/ARTICHOKE DIP	SE/DA	LV
4:00	ST PATRICK'S DAY BLESSINGS	DA	LV
6:00	NIGHTTIME MOVIE	RS	LV

18
9:00	LYRICAL NUMBERS	RS	LV
9:30	CURRENT EVENTS	RS	LV
10:00	SIT & BE FIT	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	ODD WORD OUT	RS	LV
11:30	NAME 10..15..20	RS	LV
1:30	MANICURES BY APPT	RS	LV
1:30	DAILY CROSSWORD	RS	LV
3:00	HAPPY HOUR ONION RINGS	RS	LV
4:00	BINGO CALLS	RS	LV
6:00	MOVIE TIME	RS	LV

19 LETS LAUGH DAY
9:00	HARMONIOUS SYMPHONY	RS	LV
9:30	NEWS DISCUSSION	RS	LV
10:00	TIME TO EXERCISE	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	A TO Z	RS	LV
11:30	WORDS THAT START WITH "C"	RS	LV
1:30	SCRABBLE CLUB	RS	M
1:30	JEOPARDY	RS	LV
2:00	MATCH GAME	RS	LV
3:00	HAPPY HOUR ICE CREAM	RS	LV
4:00	WHO AM I?	RS	LV
6:00	MOTION PICTURE	RS	LV

20 FIRST DAY OF SPRING
9:00	MUSICAL ARIAS	G	LV
9:30	NEWS DISCUSSION	G	LV
10:00	TIME TO EXERCISE	G	LV
10:30	WALKING CLUB	G	CM
11:00	WORD IN A WORD	G	LV
11:00	ONE ON ONE'S	RS	RR
11:30	WORD WATERFALL	G	LV
1:30	BOARD GAMES/PUZZLES	RS	M
1:30	URBAN MYTHS	G	LV
3:00	HAPPY HOUR POTATO SKINS	G/RS	LV
4:00	BINGO	RS	LV
6:00	FEATURE FILM	RS	LV

21 TWINKLE & TWINE CLASS
9:00	MOTOWN SONGS	G	LV
9:30	HAPPY NEWS	G	LV
10:00	KEEP IN SHAPE	G	LV
10:30	WALKING CLUB	AM	CM
11:00	MUSICAL HANGMAN	G	LV
11:30	NAME 10..15..20	AM	LV
1:30	TWINKLE & TWINE CLASS	V	M
1:30	FAMILY FEUD	G	LV
2:00	BEAN BAG TOSS	AM	LV
3:00	HAPPY HOUR APPLES/PEANUT BUTTER	AM/G	LV
4:00	ARMCHAIR TRIVIA	G/AM	LV
6:00	FEATURE MOVIE	RS	LV

22
9:00	FOLK SONGS	A	LV
9:30	WHAT'S HAPPENING	A	LV
10:00	WORK IT OUT	A	LV
10:30	WEEKEND STROLL	RS	CM
11:00	RIVERDANCE VIDEO	A	LV
11:30	NAME 10..15..20..	RS	LV
1:30	KEEP UP THE BALLOON	RS	LV
1:30	CREATIVE COLORING	A	M
2:00	YOU BE THE JUDGE	RS	LV
3:00	HAPPY HOUR BBQ CHIPS	A/RS	LV
4:00	BINGO HOUR	A	LV
6:00	MEET ME AT THE CINEMA	RS	LV

23/30 COMMUNION WITH JAMES
9:00	BIG BAND ERA/ MUSIC TO ENJOY	A	LV
9:30	NATIONAL & LOCAL NEWS	A	LV
10:00	MORNING WARM UPS	A	LV
10:30	COMMUNION WITH JAMES	V	LV
11:00	WEEKEND STROLL	J	CM
11:00	DAILY CROSSWORD/WORD IN A WORD	A	LV
1:30	PUPPY TRIVIA	J	LV
1:30	BOARD GAMES & PUZZLES (23RD)	A	M
1:30	CREATIVE CREATIONS (30TH)	A	M
2:00	CHICKEN SOUP FOR THE SOUL	J	LV
3:00	HAPPY HOUR ICE CREAM	A/J	LV
4:00	NAME THE PERSONALITY (23RD)	J	LV
4:00	WHO AM I? BIRTHDAY QUIZ (30TH)	J	LV
6:00	EVENING MOVIE	RS	LV

24/31
9:00	RHYTHM & BLUES/ BEATLES MELODIES	DA	LV
9:30	BREAKING NEWS/ HOROSCOPES	DA	LV
10:00	CHAIR EXERCISES	DA	LV
10:30	WALKING CLUB	SE	CM
11:00	ONE ON ONE'S/ HANGMAN	SE	RR
11:00	UNSCRAMBLE THE LETTERS	DA	LV
11:30	A TO Z/ HOMOPHONE GAME	DA	LV
1:30	SCRABBLE CLUB	SE	M
1:30	WHEEL OF FORTUNE/ EIFFEL TOWER FACTS	DA	LV
2:00	JEOPARDY	DA	LV
3:00	HAPPY HOUR SAUSAGE/PEPPER DIP (24TH)	SE/DA	LV
3:00	HAPPY HOUR BUFFALO CHICK (31ST)	DA/SE	LV
4:00	TIME TO PLAY BINGO	SE	LV
6:00	MOVIES, MOVIES, MOVIES	RS	LV

25
9:00	SOOTHING JAZZ MUSIC	RS	LV
9:30	CURRENT EVENTS	RS	LV
10:00	FLEXING & STRETCHING	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	NAME 10..15..20	RS	RR
11:30	MUSICAL HANGMAN	RS	LV
1:30	MANICURES BY APPT	RS	LV
1:30	NAME THE FAMOUS FACES	RS	LV
2:00	SHOUT OUT TRIVIA	RS	LV
3:00	HAPPY HOUR CHEESE FRIES	RS	LV
4:00	CHICKEN SOUP FOR THE SOUL	RS	LV
6:00	EVENING MOVIE	RS	LV

26 LEONARD NIMOY BIO
9:00	DOO WOP MUSIC	RS	LV
9:30	DAILY NEWS	RS	LV
10:00	SENIOR FITNESS	RS	LV
10:30	WALKING CLUB	RS	CM
11:00	PUZZLES & GAMES	RS	M
11:00	NAME 10..15..20	RS	LV
11:30	WORD IN A WORD	RS	LV
1:30	SCRABBLE CLUB	RS	LV
1:30	LEONARD NIMOY BIO	RS	LV
2:00	MATCH GAME	RS	LV
3:00	HAPPY HOUR ICE CREAM	RS	LV
4:00	GUESS WHO?	RS	LV
6:00	MID WEEK MOVIE	RS	LV

27
9:00	MUSIC IN THE AM	G	LV
9:30	NEWS DISCUSSION	G	LV
10:00	LETS EXERCISE!	G	LV
10:30	WALKING CLUB	G	LV
11:00	A TO Z WORD GAME	G	LV
11:30	ODD WORD OUT	G	LV
1:30	MARCH EVENTS	G	LV
2:00	LETTER "H" QUIZ	G	LV
3:00	HAPPY HOUR STUFFED MUSHROOMS	G	LV
4:00	BINGO	G	LV
6:00	THURSDAY MOVIE	RS	LV

28 ROSARY/SHABBAT
9:00	COUNTRY CLASSICS	G	LV
9:30	NEWSDAY	G	LV
9:45	ROSARY WITH LINDA	V	M
10:00	WORK UP A SWEAT	G	LV
10:30	WALKING CLUB	G	CM
11:00	KNITTING/CROCHET CLUB	AM	LV
11:00	A TO Z	G	LV
11:30	WORD WATERFALL	G	LV
1:30	CREATIVE COLORING	AM	M
1:30	YOU BE THE JUDGE	G	LV
2:00	IT HAPPENED ON LONG ISLAND	G	LV
3:00	HAPPY HOUR BANANA BREAD	G/AM	LV
4:00	NAME 10..15..20	AM	LV
6:00	FRIDAY FILM	RS	LV

29 PLANT A GARDEN
9:00	CLASSICAL MUSIC	A	LV
9:30	DAILY NEWS	A	LV
10:00	WORK IT OUT	A	;V
10:30	WEEKEND STROLL	A	CM
11:00	NAME 10 TRIVIA	A	LV
11:30	MUSICAL HANGMAN	RS	LV
1:30	START A WINDOWSILL GARDEN	A	LV
1:30	POEMS & SHORT STORIES	RS	LV
2:00	FAMILY FEUD	A	LV
3:00	HAPPY HOUR CHEX MIX	RS/A	LV
4:00	BINGO	A	LV
6:00	WEEKEND MOVIE	RS	LV