May 2025

The Arbors At ISLANDIA WEST

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

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

STAFF KEY
S=STACEY
A=ANGELICA
D=DIANE
DA=DEANNA
G=GRACE
AM=AMANDA
AS=ASHA
SE=SAMANTHA
J=JACK
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 ACTIVITY COMMITTEE
9:00 RHYTHM & BLUES D LV
9:30 CURRENT EVENTS D LV
10:00 MOTIVATIONAL WORKOUT D LV
10:30 WALKING CLUB D CY
11:00 ACTIVITY COMMITTEE S BI
11:00 ONE ON ONE VISITS AM RR
1:30 GLENN FORD BIO AM LV
1:30 PAINTING FOR FUN D B
2:00 TRUE OR FALSE AM LV
3:00 HAPPY HOUR TOASTED RAVIOLI D/AM B
4:00 BAR TRIVIA D B
6:00 BINGO FOR MONEY AM B
7:00 EVENING FLICK RS M

2 NATIONAL TRUFFLE DAY
9:00 CLASSIC COUNTRY TUNES D LV
9:30 TODAY'S TOP STORIES D LV
10:00 LETS STAY IN SHAPE D LV
10:30 WALKING CLUB D CY
11:00 CROSSWORD D LV
11:00 KNITTING & CROCHET CLUB A BI
1:00 SCRABBLE CLUB V B
1:30 MATCH GAME D LV
1:30 PUZZLES & BOARD GAMES A B
2:00 WHEEL OF FORTUNE D LV
3:00 HAPPY HOUR CHEESE/CRACKERS D/A B
4:00 WHO AM I? D B
6:00 BINGO TIME A B
7:00 FRIDAY FILM RS M

3
9:00 DOO WOP HITS G LV
9:30 THE WEEKEND REPORT G LV
10:00 SENIOR MOVEMENT G LV
10:30 WEEKEND STROLL G CY
11:00 MUSICAL HANGMAN G LV
11:30 WORD IN A WORD G LV
1:30 ONE ON ONE'S DB B
3:00 HAPPY HOUR CHEX MIX DB/GB
4:00 ARMCHAIR TRIVIA G B
6:00 BINGO AT NIGHT DB B
6:45 KENTUCKY DERBY ON TV RS LV
7:00 SATURDAY SHOWING RS M

4 BUS TRIP WALGREENS
9:00 SUNDAY TUNES DA LV
9:30 CURRENT EVENTS DA LV
10:00 COMMUNION WITH JAMES VC DR
10:00 WORK UP A SWEAT DA LV
10:30 BUS TRIP WALGREENS
10:30 WEEKEND STROLL DA CY
11:00 DAILY CROSSWORD DA LV
1:30 AUDREY HEPBURN BIO DA LV
3:00 HAPPY HOUR SOCIAL Y B
2:00 YOU BE THE JUDGE DA LV
2:30 TOSS & TALK BALL DA LV
3:00 HAPPY HOUR ICE CREAM DA/AP B
4:00 BAR GAMES DA B
6:00 WEEKEND BINGO AP B
7:00 SUNDAY SHOWING RS M

5 ABRAHAM VISIT & CINCO DE MAYO
9:00 MARIACHI MELODIES I LV
9:30 NEWS FLASH I LV
10:00 SHAKE YOUR MARACAS I LV
10:30 CONGA AROUND THE COMMUNITY I CM
11:00 VISIT FROM ABRAHAM V LV
11:30 MATCH GAME D LV
1:00 SCRABBLE CLUB V B
1:30 CINCO DE MAYO FACTS I LV
1:30 GARDEN CLUB D CY
2:00 NAME THE FAMOUS FACE I LV
3:00 HAPPY HOUR I/D B
4:00 TACO TRIVIA I B
6:00 FIESTA BINGO! D B
7:00 MONDAY NIGHT MOVIE RS M

6 LECTURE 1930'S IN BROOKLYN
9:00 DIVA MUSIC DD LV
9:30 WHAT'S IN THE NEWS DD LV
10:00 WAKE UP WORK OUT DD LV
10:30 WALKING CLUB DD LV
11:00 NAME 10.15.20 DD LV
11:30 WORD IN A WORD DA LV
1:30 LECTURE 1930'S IN BROOKLYN ENT LV
1:30 MANICURES BY APPT RS RR
3:00 HAPPY HOUR DEVILED EGGS DD/DA B
4:00 ARMCHAIR TRIVIA DA B
6:00 DID SOMEONE YELL BINGO? DA B
7:00 MEET ME AT THE MOVIES RS M

7 LECTURE THE MARX BROTHERS
9:00 CROONERS & SWOONERS D LV
9:30 NEWS AND VIEWS D LV
10:00 CHAIR WARMUPS D LV
10:30 WALKING CLUB D LV
11:00 HANGMAN D LV
11:30 WORD WATERFALL G LV
1:30 LECTURE THE MARX BROTHERS ENT CY
3:00 HAPPY HOUR ROOTBEER FLOATS D/G B
4:00 BOOK CLUB S BI
4:00 WHO AM I? D B
6:00 SPEED BINGO G B
7:00 SILVER SCREEN CLASSICS RS M

8 NATIONAL COCONUT CREAM PIE DAY
9:00 FEMALE VOCALISTS D LV
9:30 TOP NEWS STORIES D LV
10:00 PROMOTE FITNESS D LV
10:30 WALKING CLUB D CM
11:00 A TO Z D LV
11:30 WORD IN A WORD AM LV
1:30 WHEEL OF FORTUNE AM BI
1:30 PUZZLES OR BOARD GAMES D B
2:00 MATCH GAME AM B
3:00 HAPPY HOUR MEATBALLS AM/D B
4:00 TRENDING TOPICS D B
6:00 LETS PLAY BINGO! AM B
7:00 MOVIE MANIA RS M

9 ROSARY WITH LINDA
9:00 EASY LISTENING D LV
9:30 LOCAL NEWS D LV
9:45 ROSARY V M
10:00 FUNCTIONAL MOVES D LV
10:30 WALKING CLUB D CM
11:00 MUSICAL HANGMAN D LV
11:00 KNITTING & CROCHET CLUB A LV
1:00 SCRABBLE CLUB V B
1:30 FAMILY FEUD A GR
1:30 COURT YARD GAMES D LV
2:00 JEOPARDY A LV
3:00 HAPPY HOUR PEANUT BUTTER/APPLES A/D B
4:00 PUB TRIVIA D B
6:00 JACKPOT BINGO A B
7:00 FRIDAY FEATURE RS M

10
9:00 LOVELY TUNES G LV
9:30 TODAY'S STORIES G LV
10:00 BODY CONDITIONING G LV
10:30 WEEKEND STROLL G LV
11:00 DAILY CROSSWORD G LV
11:00 ONE ON ONE VISITS DB RR
1:30 FACT OR FICTION G CY
1:30 CREATIVE COLORING DB B
2:00 WOULD YOU RATHER? G LV
3:00 HAPPY HOUR PRETZELS G/DB B
4:00 PUB GAMES G B
6:00 WEEKEND BINGO DB B
7:00 SATURDAY SHOWING RS MR

11 MOTHERS DAY
9:00 MOTHERS DAY PLAYLIST DA LV
9:30 REFLECTIVE NEWS DA LV
10:00 COMMUNION VC DR
10:00 MOVE YOUR BODY LOVE YOUR MOM DA LV
10:30 PRESENT MOTHERS DAY FLOWERS
10:30 MOM'S MORNING MARCH DA CM
11:00 MOTHERS DAY TEA DA/AP BI
1:15 ENTERTAINMENT WITH ANNA MARIE VILLA ENT LV
3:00 HAPPY HOUR ICE CREAM AP/DA B
4:00 FUN MOTHERS DAY FACTS DA B
6:00 MOMS DAY BINGO AP B
7:00 IN THE CINEMA RS M

12 BUS TRIP KOHL'S
9:00 BEAUTIFUL MELODIES I LV
9:30 WHAT'S IN THE NEWS? I LV
10:00 STRENGTH TRAINING I LV
10:15 BUS TRIP RS O
10:30 WALKING CLUB I LV
11:00 WORD IN A WORD I LV
11:30 A TO Z D LV
1:00 SCRABBLE CLUB V B
1:30 GARDEN CLUB D CY
1:30 BE CREATIVE WITH PAINTS I B
2:00 URBAN MYTHS D LV
3:00 HAPPY HOUR D/I B
4:00 BAR GAMES I B
6:00 BINGO D B
7:00 MOVIES TO ENJOY RS M

13 LIBRARY VISIT
9:00 SHOWTUNES DD LV
9:30 NEWS & VIEWS DD LV
10:00 STRETCH AND FLEX DD LV
10:00 LIBRARY VISIT V LV
10:30 WALKING CLUB DD LV
11:00 MATCH GAME DD LV
11:00 ONE ON ONE VISITS DA RR
11:30 HANGMAN DD LV
1:00 MANICURES BY APPT DA B
1:30 FINISH THE PHRASE DD LV
2:00 URBAN MYTHS DD LV
3:00 HAPPY HOUR POTATO SKINS DD/DA B
4:00 ARMCHAIR TRIVIA DD B
6:00 BINGO FOR CASH DA B
7:00 EVENING MOVIE RS M

14 HOLTSVILLE ECOLOGY CENTER
9:00 COUNTRY HITS D LV
9:30 HOROSCOPES & HAPPENINGS D LV
10:00 SIT & BE FIT D LV
10:30 WALKING CLUB D LV
11:00 DAILY CROSSWORD E LV
12:45 BUS TRIP HOLTSVILLE ECOLOGY CENTER
1:00 SCRABBLE CLUB V GR
1:30 FRESH AIR CLUB D CY
2:00 TRUE OR FALSE E LV
3:00 HAPPY HOUR ROOTBEER FLOATS E/D B
4:00 WHO AM I? D B
6:00 SPEED BINGO E B
7:00 MOVIE NIGHT RS M

15 SPRING OPEN HOUSE
9:00 MORNING TUNES D LV
9:30 POSITIVE NEWS STORIES D LV
10:00 WAKE UP, WORK OUT D LV
10:30 WALKING CLUB D LV
11:00 CROSSWORD D LV
11:30 ONE ON ONE VISITS AM RR
1:30 ENTERTAINMENT WITH TONY T & MARGARITA ROSE ENT LV
3:00 HAPPY HOUR BONELESS CHICK WINGS D/AM B
4:00 BAR TRIVIA D B
6:00 BINGO FOR FUN AM B
7:00 SUNSET MOVIE RS M

16 NATIONAL PIZZA PARTY DAY
9:00 SING YOUR HEART OUT D LV
9:30 BREAKING NEWS D LV
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB DD LV
11:00 WORD IN A WORD D SB
11:30 PIZZA TAKE IN LUNCH A BI
1:00 SCRABBLE CLUB V GR
1:30 WHEEL OF FORTUNE D LV
2:00 FILL IN THE LYRIC A LV
2:30 MATCH GAME A LV
3:00 HAPPY HOUR CHEESE DOODLES A/D B
4:00 CARDS AT THE BAR D B
6:00 TGIF BINGO A B
7:00 FRIDAY FILM RS M

17 PREAKNESS 150
9:00 SATURDAY SONGS G LV
9:30 WEEKEND UPDATE G LV
10:00 LETS EXERCISE G LV
10:30 WALKING CLUB G CM
11:00 COFFEE AND CROSSWORDS G BI
11:00 ONE ON ONE'S DB LV
1:30 URBAN MYTHS DB LV
1:30 GARDEN CLUB G CY
2;00 WOULD YOU RATHER? DB LV
3:00 HAPPY HOUR DB/GB
4:00 ARMCHAIR TRIVIA G B
6:00 BINGO FOR CASH DB B
7:00 MOVIE AT NIGHT RS M

18 LECTURE ON JEWISH WOMEN UNSUNG HEROS
9:00 EASY LISTENING DA LV
9:30 LOCAL NEWS DA LV
10:00 COMMUNION VC DR
10:00 MOVEMENT FOR STABILITY DA LV
10:30 SUNDAY STROLL DA CY
11:00 WORD IN A WORD AP LV
11:30 A TO Z AP M
1:30 LECTURE ON JEWISH WOMEN UNSUNG HEROS ENT B
1:30 ONE ON ONE VISITS RS RR
3:00 HAPPY HOUR ICE CREAM DA/AP B
4:00 TRIVIA CHALLENGE DA B
6:00 LETS PLAY BINGO! AP B
7:00 SUNDAY SHOWING RS M

19 PICNIC LUNCH LAKE RONKONKOMA
9:00 SUNRISE SONGS I LV
9:30 CURRENT EVENTS I LV
10:00 LETS EXERCISE I LV
10:30 WALKING CLUB I CY
11:00 WORD WATERFALL D O
11:30 ODD WORD OUT D LV
11:30 PICNIC LUNCH LAKE RONKONKOMA I O
1:00 SCRABBLE CLUB V GR
1:30 GARDEN CLUB D CY
2:00 URBAN MYTHS D LV
3:00 HAPPY HOUR I/D B
4:00 BAR GAMES I B
6:00 JACKPOT BINGO D B
7:00 AT THE MOVIES RS M

20 HAPPINESS GROUP WITH CAT
9:00 SOULFUL BLUES DD LV
9:30 WHA'T'S IN THE NEWS DD LV
10:00 SENIOR FITNESS DD LV
10:30 WALKING CLUB DD CY
11:00 DAILY CROSSWORD DD LV
1:00 MANICURES BY APPT DA B
1:30 HAPPINESS GROUP WITH CAT ENT B
1:30 FAMILY FEUD DA LV
3:00 HAPPY HOUR MINI HOT DOGS DA/DD B
4:00 BOARD GAMES DD B
6:00 BINGO TIME DA B
7:00 CLASSIC CINEMA RS M

21 GAMES IN THE COURTYARD
9:00 FOLK SONGS D LV
9:30 DAILY DOSE D LV
10:00 STRETCHING TO FLEXING D LV
10:30 WALKING CLUB D CM
11:00 UNSCRAMBLE THE LETTERS D LV
11:30 HANGMAN D LV
1:00 SCRABBLE CLUB V GR
1:30 COURTYARD GAMES WITH EAST G CY
2:00 QUIPO QUIZ D LV
3:00 HAPPY HOUR ROOTBEER FLOATS D/G B
4:00 GAMES AT THE BAR D B
4:00 BOOK CLUB S BI
6:00 SPEED BINGO G B
7:00 FEATURE FILM RS M

22 NY YOUTH ORCHESTRA
9:00 DOO WOP HITS D LV
9:30 NEWS & VIEWS D LV
10:00 HUSTLE FOR THE MUSCLE D LV
10:30 WALKING CLUB D LV
11:00 WORD IN A WORD D LV
11:30 MEMORIAL DAY BBQ D/AM LV
1:30 FRESH AIR CLUB AM MR
2:00 REMINISCING D LV
3:00 HAPPY HOUR RICE BALLS AM/D B
4:00 TRIVIA D B
6:00 LETS PLAY BINGO AM B
7:00 NY YOUTH ORCHESTRA RS MR

23 ROSARY
9:00 EASY LISTENING D LV
9:30 FRIDAY FACTS D LV
10:00 PHYSICAL FITNESS D LV
10:30 WALKING CLUB D LV
11:00 MUSICAL HANGMAN D LV
11:00 KNITTING & CROCHET CLUB A LV
1:00 SCRABBLE CLUB V GR
1:30 WHAT YEAR WAS THAT? D LV
2:00 FRESH AIR CLUB D/A CY
3:00 HAPPY HOUR TUNA SALAD/CRACKERS A/D B
4:00 CARDS AT THE BAR D B
6:00 SHOUT OUT BINGO A B
7:00 TGIF MOVIE RS M

24 NATIONAL ASPARAGUS DAY
9:00 COUNTRY MUSIC G LV
9:30 WEEKEND UPDATE G LV
10:00 SIT & BE FIT G LV
10:30 SATURDAY STROLL G CM
11:00 ONE ON ONE VISITS DB BI
11:00 WORD IN A WORD "ASPARAGUS" G LV
11:30 WORD WATERFALL G LV
1:30 NATURE FACTS G LV
1:30 CREATIVE HOUR DB B
2:00 FINISH THE LYRIC G LV
3:00 HAPPY HOUR POPCORN DB/GB
4:00 BAR TRIVIA G B
6:00 WEEKEND BINGO DB B
7:00 SATURDAY SHOWING RS M

25 COMMUNION
9:00 BIG BAND ERA DA LV
9:30 LOCAL NEWS STORIES DA LV
10:00 COMMUNION V DR
10:00 WORK IT OUT DA LV
10:30 WEEKEND STROLL DA B
11:00 FAMILY FEUD DA M
11:30 LADDERBALL AP B
1:30 FRESH AIR CLUB DA
1:30 PAINTING BY THE BAR AP
3:00 HAPPY HOUR ICE CREAM AP/DA B
4:00 PUB TRIVIA DA SB
6:00 BINGO BLITZ! AP B
7:00 EVENING FILM RS M

26 MEMORIAL DAY
9:00 PATRIOTIC TUNES I LV
9:30 NEWS & VIEWS I LV
10:00 WAVE THOSE ARMS! I LV
10:30 MEMORIAL MARCH I LV
11:00 MEMORIAL DAY FACTS I LV
11:30 HONORING OUR VETERANS D LV
1:30 MEMORIAL DAY PARADE ON TV D B
1:30 MEMORIAL DAY WREATH DEDICATION D CY
2:00 WORD IN A WORD "MEMORIAL DAY" D LV
3:00 HAPPY HOUR I/D B
4:00 MEMORIAL DAY MEMORIES I B
6:00 MEMORIAL DAY BINGO! D B
7:00 MOVIES, MOVIES, MOVIES RS M

27
9:00 MUSIC FROM THE 1940'S DD LV
9:30 WHAT'S IN THE NEWS DD LV
10:00 CHAIR EXERCISES DD LV
10:30 WALKING CLUB DD CM
11:00 DAILY CROSSWORD DD LV
11:00 ONE ON ONE VISITS DA RR
1:00 MANICURES BY APPT DA B
1:30 FINISH THE PHRASE DD LV
2:00 JEOPARDY DD LV
3:00 HAPPY HOUR MINI TACOS DD/DA B
4:00 WHO AM I? DD B
6:00 B.I.N.G.O. DA B
7:00 MOTION PICTURE RS M

28 BUS TRIP JAKES 58
9:00 MORNING MUSIC D LV
9:30 DAILY NEWS D LV
10:00 WEDNESDAY WORKOUT D LV
10:30 WALKING CLUB D CM
11:00 MATCH GAME D LV
11:30 WORD WATERFALL D BI
1:00 SCRABBLE CLUB V M
1:00 BUS TRIP JAKES 58 RS CY
1:30 FACT OR FICTION D B
2:00 FAMILY FEUD D
3:00 HAPPY HOUR ROOTBEER FLOATS D/G B
4:00 BOOK CLUB S BI
4:00 CONVERSATION STARTERS D B
6:00 SPEED BINGO G B
7:00 CINEMA CLASSIC RS M

29 RESIDENT COUNCIL & FOOD COMMITTEE
9:00 RHYTHM & BLUES D LV
9:30 HAPPENINGS & HOROSCOPES D LV
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB D CM
10:30 RESIDENT COUNCIL S BI
11:00 FOOD COMMITTEE M BI
11:00 ONE ON ONE VISITS AM RR
1:30 SPRING SCAVENGER HUNT D CM
1:30 TOSS & TALK BALL AM LV
2:00 MUSICAL HANGMAN AM LV
3:00 HAPPY HOUR SOFT PRETZELS AM/DB
4:00 BAR TRIVIA D B
6:00 BINGO TIME AM B
7:00 MOVIES WE LOVE RS M

30 SHABBAT DINNER/SERVICE
9:00 SONGS FROM THE 60'S D LV
9:30 NEWSDAY D LV
10:00 FRIDAY WORKOUT D LV
10:30 WALKING CLUB D CM
11:00 KNITTING & CROCHET CLUB A
11:00 WORD IN A WORD D LV
11:30 MATCH GAME D LV
1:00 SCRABBLE CLUB V GR
1:30 TRUE OR FALSE D LV
1:30 BOARD GAMES & PUZZLES A BI
2:00 MATCH GAME D LV
3:00 HAPPY HOUR FRUIT COCKTAIL D/A B
4:00 PUB GAMES D B
4:30 SHABBAT DINNER/SERVICE V PDR
6:00 TGIF BINGO A B
7:00 FRIDAY FEATURE RS M

31 NATIONAL SMILE DAY
9:00 MUSIC TO ENJOY G LV
9:30 TOP STORIES G LV
10:00 GET INTO SHAPE G LV
10:30 WALKING CLUB G E
11:00 DAILY CROSSWORD G LV
11:00 COFFEE CHATTER IN THE BISTRO DB LV
1:30 FRESH AIR CLUB G LV
1:30 ONE TO ONE VISITS DB B
2:00 CARD GAMES G
3:00 HAPPY HOUR FRUIT COCKTAIL G/DBB
4:00 WHO AM I? G B
6:00 YELL BINGO! DB BI
7:00 COMEDY CLASSIC JOJOM