

ACTIVITY CALENDAR

JULY 2025

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday							
STAFF KEY V=Valerie Director D= Denzel I=Indasia W=Wilfred DD=Danielle D K=Keara A=Anne R=Rahat T=Tatiana F=Frank DS=Danielle S VEN= Vender RS= Recreation Staff RL= Resident Lead				LOCATION KEY O-Outing B-Bistro P-Patio LR- Living Room DR-Dining Room ELO- East Lobby PDR- Private Dining Room W- West Side EM-East Media Room ECY=East Court Yard EG=East Game Room				FOR YOUR DINING PLEASURE Breakfast 8am-9pm Lunch 12pm-1pm Dinner 5pm-6pm 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.				1 9:30 WHAT WOULD YOU DO? I/R/W LR 10:00 CHEER FITNESS & HYDRATE I/R/W LR 10:30 WORD TEASERS I/R/W LR 11:00 SIMON SAYS I/R/W LR 1:15 SCATERGORIES I/R/W LR 2:00 BEAN BAG CHALLENGE I/R/W LR 2:30 GUESSING GAME I/R/W LR 3:00 HAPPY HOUR JAMAICAN BEEF PATTIES I/R/W DR 4:00 BINGO I/R/W LR 6:00 MOTOWN MUSIC RS LR				2 ALEX ALEXANDER ENTERTAINMENT 9:30 FAVORITE VEGGIES T/I LR 10:00 EXERCISE & REFRESH T/I LR 10:30 ALEX ALEXANDER ENTERTAINMENT VEN LR 11:00 BASKETBALL SHOOTOUT T/I LR 1:15 DICE GAMES T/I P 1:15 ROLL OF THE DICE T/I P 2:00 BRAIN BENDERS T/I P 2:30 BALL TOSS T/I P 3:00 HAPPY HOUR ICE-CREAM T/I P 4:00 DICE GAMES T/I LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR				3 BBQ ON THE PATIO 9:30 HOT TOPICS I/R/DD LR 10:00 SCARF DANCING & HYDRATION I/R/DD LR 10:30 CLUE TRIVIA I/R/DD LR 11:00 BALLOON VOLLEYBALL I/R/DD LR 12:00 BBQ ON THE PATIO RS P 1:15 LAWN GAMES I/R/DD P 2:00 SONGS TO SING I/R/DD P 2:30 KICKBALL I/R/DD P 3:00 HAPPY HOUR WARM CHOC CHIP COOKIES I/R/DD P 4:00 BINGO I/R/DD LR 6:00 HAPPY SONGS RS LR				4 JULY 4TH 9:30 INDEPENDENCE DAY SCENES W/DD/DS LR 10:00 FLAG FITNESS W/DD/DS LR 10:30 FUN FACTS ABOUT AMERICA W/DD/DS LR 11:00 ALL THINGS AMERICAN LIST W/DD/DS LR 1:15 PATRIOTIC SING A LONG W/DD/DS LR 2:00 RED WHITE & BLUE PAINTING W/DD/DS LR 2:30 BALLOONS AFLOAT W/DD/DS LR 3:00 HAPPY HOUR BERRIES & WHIPPED CREAM W/DD/DS DR 4:00 DICE GAMES W/DD/DS LR 6:00 FIREWORKS TO MUSIC RS LR				5 9:30 MOVIE TALK W/I LR 10:00 FITNESS FUN &HYDRATION W/I LR 10:30 TRUE OR FALSE W/I LR 11:00 HIDDEN OBJECTS W/I LR 1:15 MUSIC & DANCING W/I LR 2:00 TRIVIA CHALLENGE W/I LR 2:30 NOODLE TENNIS W/I LR 3:00 HAPPY HOUR CHEESE DOODLES W/I DR 4:00 BINGO W/I LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR			
6 9:30 FILL IN THE BLANK K/RS LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/RS LR 10:00 TABLE ACTIVITIES K/RS LR 10:30 EXERCISE & REFRESH K/RS LR 11:00 REMINISCING K/RS LR 1:15 SING A LONG K/RS LR 2:00 BALLOON VOLLEY K/RS LR 2:30 WORD POWER K/RS LR 3:00 HAPPY HOUR SUNDAES K/RS DR 4:00 DICE GAMES K/RS LR 6:00 MUSIC FOR THE SOUL RS LR				7 MUSIC THERAPY W/MARIA MENNITI 9:30 LETS TALK I/DS/W LR 10:00 SCARF DANCING & HYDRATION I/DS/W LR 10:30 20 QUESTIONS I/DS/W LR 11:00 NOODLE TAP I/DS/W LR 1:15 ROLL OF THE DICE I/DS/W LR 1:30 MUSIC THERAPY W/MARIA MENNITI VEN LR 2:30 BALL GAMES I/DS/W LR 3:00 HAPPY HOUR PIZZA DIP & CHIPS I/D/SW DR 4:00 BINGO I/DS/W LR 6:00 MUSICAL STYLINGS OF TONY BENNET RS LR				8 9:30 WHO DO YOU KNOW? I/R/W LR 10:00 STRETCHING & REFRESHING I/R/W LR 10:30 BRAIN GAMES I/R/W LR 11:00 BALLOON VOLLEY I/R/W LR 1:15 COLOR WITH MUSIC I/R/W LR 2:30 TOSS GAMES I/R/W LR 3:00 HAPPY HOUR CHICKEN NUGGETS I/R/W DR 4:00 DICE GAMES I/R/W LR 6:00 SWEET MELODIES RS LR				9 ANIMAL SENSORY TRIP 9:30 CHIT CHAT T/I LR 10:00 CHEER FITNESS & HYDRATE T/I LR 10:30 FAMILY FEUD T/I LR 11:00 SIMON SAYS T/I LR 1:15 ANIMAL SENSORY TRIP A/RS O 1:15 MULTIPLE CHOICE T/I LR 2:00 BEAN BAG CHALLENGE T/I LR 2:30 A-Z ANIMALS AT THE ZOO T/I LR 3:00 HAPPY HOUR ICE-CREAM T/I DR 4:00 BINGO T/I LR 6:00 ON SCREEN ZOO RS LR				10 9:30 SIT AND TALK I/R/DD LR 10:00 EXERCISE & REFRESH I/R/DD LR 10:30 A-Z ON THE FARM I/R/DD LR 11:00 WALK TO THE BISTRO I/R/DD B 1:15 ROLL OF THE DICE I/R/DD LR 2:00 BRAIN BENDERS I/R/DD LR 2:30 BALL TOSS I/R/DD LR 3:00 HAPPY HOUR PINA COLADA DAY I/R/DD DR 4:00 DICE GAMES I/R/DD LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR				11 ALL AMERICAN PET PHOTO DAY 9:30 DISCUSS SUMMER W/DD/DS LR 10:00 SCARF DANCING & HYDRATION W/DD/DS LR 10:30 TRIVIA TEASERS W/DD/DS LR 11:00 BALLOON VOLLEY W/DD/DS LR 1:15 JUMBO GAMES W/DD/DS LR 2:00 MOVEMENT TO MUSIC W/DD/DS LR 2:30 KICKBALL W/DD/DS LR 3:00 HAPPY HOUR BLUEBERRY MUFFIN DAY W/DD/DS DR 4:00 ALL AMERICAN PET PHOTOS ON SCREEN W/DD/DS LR 6:00 FRIDAY FLICK RS LR				12 MARY PECK ENTERTAINMENT AL 9:30 PICTURE BOOKS W/I LR 10:00 STRETCHING & REFRESHING W/I LR 10:30 FACE THE FACTS W/I LR 11:00 NAME 10 W/I LR 1:15 SUMMER CRAFT W/I LR 2:00 HOOP TOSS W/I LR 2:30 Pictionary W/I LR 2:30 MARY PECK ENTERTAINMENT AL VEN ELO 3:00 HAPPY HOUR TRAIL MIX W/I DR 4:00 DICE GAMES W/I LR 6:00 GOLDEN OLDIES RS LR							
13 COMMUNION WITH JAMES 9:30 TALK ABOUT FAVORITES K/RS LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/RS LR 10:00 TABLE ACTIVITIES K/RS LR 10:30 FITNESS FUN & HYDRATE K/RS LR 11:00 NAME 10 K/RS LR 1:15 MULTIPLE CHOICE K/RS LR 2:00 JUMBO GAMES K/RS ECY 2:30 GUESSING GAME K/RS LR 3:00 HAPPY HOUR SUNDAES K/RS DR 4:00 BINGO K/RS LR 6:00 MUSIC MONTAGE RS LR				14 WALK TO THE PATIO 9:30 WALK TO THE PATIO I/DS/W P 10:00 GARDENING TALK I/DS/W P 10:30 EXERCISE & REFRESH I/DS/W P 11:00 REMINISCING I/DS/W P 1:15 SING A LONG I/DS/W LR 2:00 BALLOON VOLLEY I/DS/W LR 2:30 IN THE PAST I/DS/W LR 3:00 HAPPY HOUR PEANUT BUTTER DIP I/DS/W DR 4:00 DICE GAMES I/DS/W LR 6:00 MUSIC FOR THE SOUL RS LR				15 PET THERAPY 9:30 PLACES TO GO? I/R/W LR 10:00 SCARF DANCING & HYDRATION I/R/W LR 10:30 20 QUESTIONS I/R/W LR 11:00 PET THERAPY VEN LR 1:15 ROLL OF THE DICE I/R/W LR 2:00 TRIVIA CHALLENGE I/R/W LR 2:30 BALL GAMES I/R/W LR 3:00 HAPPY HOUR LOADED POTATO SKINS I/R/W DR 4:00 BINGO I/R/W LR 6:00 MUSICAL STYLINGS OF THE BEATLES RS LR				16 9:30 CELEBRITY GUESS T/I LR 10:00 STRETCHING & REFRESHING T/I LR 10:30 GARDEN CARE ON THE PATIO T/I P 11:00 BALLOON VOLLEY T/I P 1:15 COLOR WITH MUSIC T/I LR 2:00 TABLE GAMES T/I LR 2:30 BALL GAMES T/I LR 3:00 HAPPY HOUR ICE-CREAM T/I DR 4:00 DICE GAMES T/I LR 6:00 SWEET MELODIES RS LR				17 CARNIVAL OPEN HOUSE 9:30 TABLE TALK I/R/DD LR 10:00 CHEER FITNESS & HYDRATE I/R/DD LR 10:30 FAMILY FEUD I/R/DD LR 11:00 WALK TO THE PATIO I/R/DD P 12:00 BBQ RS P 1:30 CARNIVAL OPEN HOUSE I/R/DD CY TO GAMES/ANIMALS/ENTERTAINMENT VEN CY 4:30 CARNIVAL SNACKS I/R/DD CY 6:00 CARNIVAL MUSIC RS LR				18 YOGA RAY 9:30 SIT AND TALK W/DD/DS LR 10:15 YOGA RAY VEN LR 11:00 SUMMER WORDS W/DD/DS LR 1:15 ROLL OF THE DICE W/DD/DS LR 2:00 A-Z AT THE BEACH W/DD/DS LR 2:30 BEACH BALL TOSS W/DD/DS LR 3:00 HAPPY HOUR CARROTS & CELERY STICKS W/DD/DS DR 4:00 DICE GAMES W/DD/DS LR 6:00 FEATURE FILM RS LR				19 9:30 CURRENT EVENTS W/I LR 10:00 SCARF DANCING & HYDRATION W/I LR 10:30 GARDEN CARE ON THE PATIO W/I P 11:00 BALLOON VOLLEY W/I P 1:15 TRIVIA TEASERS W/I LR 2:00 JUMBO GAMES W/I LR 2:30 KICKBALL W/I LR 3:00 HAPPY HOUR SOUR CREAM & ONION CHIPS W/I DR 4:00 BINGO W/I LR 6:00 SOOTHING MELODIES RS LR							
20 COMMUNION WITH JAMES 9:30 PICTURE BOOKS K/RS LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/RS LR 10:00 TABLE ACTIVITIES K/RS LR 10:30 SUNDAY STRETCH & REFRESH K/RS LR 11:00 BALLOON VOLLEY K/RS LR 1:15 TRIVIA TEASERS K/RS LR 2:00 1960'S MUSIC K/RS LR 2:30 20 QUESTIONS K/RS LR 3:00 HAPPY HOUR SUNDAES K/RS DR 4:00 DICE GAMES K/RS LR 6:00 ON SCREEN TAP DANCING RS LR				21 PATIO GAMES 9:30 WALK TO THE PATIO I/DS/W P 10:00 FITNESS FUN & HYDRATE I/DS/W P 10:30 PATIO GAMES I/DS/W P 11:00 BALLOON VOLLEY I/DS/W P 1:15 MULTIPLE CHOICE I/DS/W LR 2:00 JUMBO GAMES I/DS/W LR 2:30 GUESSING GAME I/DS/W LR 3:00 HAPPY HOUR FRENCH ONION DIP & CHIPS I/DS/W DR 4:00 BINGO I/DS/W LR 6:00 MUSIC MONTAGE RS LR				22 LEMONADE STAND AL 9:30 CHIT CHAT I/R/W LR 10:00 LEMONADE STAND AL VEN ELO 10:00 WALK TO THE LEMONADE STAND I/R/W ELO 10:30 EXERCISE & REFRESH I/R/W LR 11:00 BACK IN TIME I/R/W LR 1:15 SING A LONG I/R/W LR 2:00 BALLOON VOLLEY I/R/W LR 2:30 WORD POWER I/R/W LR 3:00 HAPPY HOUR PRETZEL BITES I/R/W DR 4:00 DICE GAMES I/R/W LR				23 DANCE PARTY FORMAL 9:30 WHERE IN THE WORLD T/I LR 10:00 SCARF DANCING & HYDRATION T/I LR 10:30 20 QUESTIONS T/I LR 11:00 NOODLE TAP T/I LR 1:15 ROLL OF THE DICE T/I LR 2:00 DANCE PARTY FORMAL T/I LR 2:30 BALL GAMES T/I LR 3:00 HAPPY HOUR ICE-CREAM T/I DR 4:00 BINGO T/I LR 6:00 MUSIC STYLINGS OF DEAN MARTIN RS LR				24 MARY PECK ENTERTAINMENT 9:30 REMEMBERING TV SHOWS I/R/DD LR 10:00 STRETCHING & REFRESHING I/R/DD LR 10:30 BALLOON VOLLEY I/R/DD LR 11:00 WALK TO THE PATIO I/R/DD P 12:00 BBQ ON THE PATIO RS P 1:15 PATIO GAMES I/R/DD P 2:00 BALL GAMES I/R/DD P 2:45 MARY PECK ENTERTAINMENT VEN LR 3:00 HAPPY HOUR SUGAR COOKIES I/R/DD DR 4:00 DICE GAMES I/R/DD LR 6:00 SWEET MELODIES RS LR				25 TRIP TO THE LAKE 9:30 OUTDOOR SPORTS TALK W/DD/DS LR 10:00 TRIP TO THE LAKE S/RS O 10:00 CHEER FITNESS & HYDRATE W/DD/DS LR 10:30 HIDDEN OBJECTS W/DD/DS LR 11:00 BASKETBALL SHOOTOUT W/DD/DS LR 1:15 BEACH SCENES CRAFT W/DD/DS LR 2:00 ROLL OF THE DICE W/DD/DS LR 2:30 CLUE TRIVIA W/DD/DS LR 3:00 HAPPY HOUR FRUIT SALAD W/DD/DS DR 4:00 BINGO W/DD/DS LR 6:00 MOVIE TIME RS LR				26 FAMILY PHOTO DAY 9:30 POETRY READING W/I LR 10:00 EXERCISE & REFRESH W/I LR 10:30 WORD GAMES W/I LR 11:00 WALK TO THE BISTRO W/I B 1:15 Pictionary W/I LR 2:00 TOSS GAMES W/I LR 2:30 FAMILY PHOTO DAY W/I LR 3:00 HAPPY HOUR DORITOS W/I DR 4:00 BINGO/DICE GAMES W/I LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR							
27 BUGS BUNNY'S BIRTHDAY 9:30 MORNING CHAT K/RS LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/RS LR 10:00 TABLE ACTIVITIES K/RS LR 10:30 NOODLE FITNESS & REFRESHMENTS K/RS LR 11:00 BUGS BUNNY & FRIENDS GUESSING GAME K/RS LR 1:15 TOSS GAMES K/RS LR 2:00 SUNDAY SING A LONG K/RS LR 2:30 BRAIN GAMES K/RS LR 3:00 HAPPY HOUR SUNDAES K/RS DR 4:00 BINGO K/RS LR 6:00 MUSICAL STYLINGS OF ANDREA BOCCELLI RS LR				28 9:30 PICTURE BOOKS I/DS/W LR 10:00 STRETCH & REFRESH I/DS/W LR 10:30 CLUE TRIVIA I/DS/W LR 11:00 BALLOON VOLLEY I/DS/W LR 1:15 TRIVIA TEASERS I/DS/W LR 2:00 DANCE PARTY I/DS/W LR 2:30 NAME 10 I/DS/W LR 3:00 HAPPY HOUR HUMMUS & CHIPS I/DS/W DR 4:00 DICE GAMES I/DS/W LR 6:00 BROADWAY TUNES RS LR				29 JOHN CIOTA ENTERTAINMENT AL 9:30 WALK TO THE PATIO I/R/W P 10:00 FITNESS FUN & HYDRATE I/R/W P 10:30 SCATERGORIES I/R/W P 11:00 RELAX & CHAT I/R/W P 1:15 MULTIPLE CHOICE I/R/W LR 2:00 JUMBO GAMES I/R/W LR 2:30 GUESSING GAME I/R/W LR 2:30 JOHN CIOTA ENTERTAINMENT AL VEN ELO 3:00 HAPPY HOUR BAGEL BITES I/R/W DR 4:00 BINGO I/R/W LR 6:00 MUSIC MONTAGE RS LR				30 9:30 CHIT CHAT T/I LR 10:00 EXERCISE & REFRESH T/I LR 10:30 REMINISCING T/I LR 11:00 SUMMER SCENES T/I LR 1:15 SING A LONG SUMMER SONGS T/I LR 2:00 BALLOON VOLLEY T/I LR 2:30 SUMMER WORDS T/I LR 3:00 HAPPY HOUR ICE-CREAM T/I DR 4:00 DICE GAMES T/I LR 6:00 MUSIC FOR THE SOUL RS LR				31 ALEX ALEXANDER ENTERTAINMENT 9:30 TRAVEL TALK I/R/DD LR 10:00 SCARF DANCING & HYDRATION I/R/DD LR 10:30 ALEX ALEXANDER ENTERTAINMENT VEN LR 1:15 ROLL OF THE DICE I/R/DD LR 2:00 TRIVIA CHALLENGE I/R/DD LR 2:30 BALL GAMES I/R/DD LR 3:00 HAPPY HOUR I/R/DD DR 4:00 BINGO I/R/DD LR 6:00 MUSICAL STYLINGS OF THE BEACH BOYS RS LR															