

August 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
AS=ASHA
D=DIANE
DA=DEANNA
DD=DONNA
IS=ISABEL
DB=DIANA
AP=ALAYNA
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
10:00 DAILY EXERCISE
10:30 WALKING CLUB
3:00 HAPPY HOUR
4:00 DAILY GAME
6:00 EVENING MOVIE



1 ROSARY

9:00 LIVELY TUNES DB LV
9:15 DAILY CHRONICLES DB LV
9:45 ROSARY V M
10:00 LETS EXERCISE! DB LV
10:30 WALKING CLUB RS CM
11:00 WORD IN A WORD RS LV
11:30 UNSCRAMBLE THE LETTERS DB LV
1:30 SCRABBLE CLUB RS M
1:30 NAME THAT TUNE DB LV
2:00 FAMILY FEUD DB LV
3:00 HAPPY HOUR DB/RS LV
4:00 SHOUT OUT BINGO! RS LV
6:00 SUMMER MOVIE RS LV

2 NATIONAL ICE CREAM DAY

9:00 MORNING MUSIC LV LV
9:15 WEEKEND UPDATE A LV
10:00 WAKE UP, WORK OUT ALL LV
10:30 WEEKEND STROLL RS CM
11:00 DAILY CROSSWORD ALL LV
11:00 REMINISCING RS LV
1:30 CREATIVE COLORING ALL M
1:30 MATCH GAME RS LV
2:00 WHEEL OF FORTUNE RS LV
3:00 HAPPY HOUR A/RS LV
4:00 GUESS WHO? RS LV
6:00 SATURDAY SHOWING RS LV

3 DANCE PARTY

9:00 AM TUNES AS LV
9:15 NEWS AND VIEWS AS LV
10:00 COMMIT TO FITNESS AS LV
10:30 COMMUNION V LV
11:00 WEEKEND STROLL AS CM
11:00 WORD IN A WORD J LV
11:30 NAME 10.15.20 J LV
1:30 DANCE PARTY AS LV
1:30 ONE ON ONE VISITS J RR
2:30 KARAOKE J LV
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 SUNDAY BINGO J LV
6:00 AT THE MOVIES RS LV

4 MUSIC THERAPY WITH MARIA MENNETI

9:00 SING A LONG SONGS DA LV
9:15 MORNING NEWS DA LV
10:00 POWER UP! DA LV
10:30 WALKING CLUB SD CM
11:00 MUSICAL HANGMAN DA LV
11:30 WORDS THAT START WITH "G" SD LV
1:30 TABLE TOP GAMES DA M
1:30 JEOPARDY SD LV
2:00 FACT OR FICTION SD LV
2:30 MUSIC THERAPY WITH MARIA MENNETI E LV
3:00 HAPPY HOUR VEGGIE STICKS/RANCH DIP DA/SD LV
4:00 SHARE SUMMERTIME MEMORIES SD LV
6:00 MOTION PICTURE RS LV

5 MANICURES BY APPT

9:00 RHYTHM & BLUES D LV
9:15 TODAY'S HEADLINES D LV
10:00 MORNING WORK OUT D LV
10:30 WALKING CLUB D CM
11:00 ODD WORD OUT DB LV
11:30 UNSCRAMBLE THE LETTERS D LV
1:30 NAME THE FAMOUS FACE D LV
1:30 MANICURES BY APPT DB M
2:00 MATCH GAME D LV
3:00 HAPPY HOUR CHICK NUGGETS D/DB LV
4:00 BINGO DB LV
6:00 SILVER SCREEN CLASSIC RS LV

6 COFFEE IN THE BISTRO

9:00 ACOUSTIC SUNRISE DD LV
9:15 CURRENT EVENTS DD LV
10:00 EXERCISE WITH SCARVES DD LV
10:30 WALKING CLUB DD CM
11:00 DAILY CROSSWORD I LV
1:30 WHEEL OF FORTUNE DD LV
1:30 COFFEE IN THE BISTRO I BI
2:00 SPOT THE DIFFERENCE DD LV
3:00 HAPPY HOUR ICE CREAM DD/I LV
4:00 WHO AM I? I LV
6:00 MOTION PICTURE RS LV

7 PURPLE HEART BBQ

9:00 HAPPY MUSIC DD LV
9:15 HAPPENINGS AND HOROSCOPES DD LV
10:00 FLAG EXERCISES DD LV
10:30 WALKING CLUB DD CM
11:00 WORD IN A WORD I LV
11:30 WORDS THAT START WITH "G" I LV
11:45 PURPLE HEART BBQ I/DD CY
1:30 TRUE OR FALSE DD LV
1:30 ARTS AND CRAFTS HOUR I M
2:00 FAMILY FEUD DD LV
3:00 HAPPY HOUR SOFT PRETZELS DD/I LV
4:00 KARAOKE I LV
6:00 EVENING MOVIE RS LV

8 CAT DAY

9:00 MEOW MUSICALS DB LV
9:15 TODAY IN HISS-TORY DB LV
10:00 PURR-FECT WORKOUT DB LV
10:30 CAT WALK RS CM
11:00 KITTY LETTER JUMBLES RS LV
11:30 WORDS THAT HAVE LETTERS CAT RS LV
1:30 FLOWER ARRANGING RS M
1:30 ANIMAL HANGMAN DB LV
2:00 FAMILY FEUD DB LV
3:00 HAPPY HOUR WATERMELON RS/DB LV
4:00 CONVERSATION STARTERS RS LV
6:00 TGIF MOVIE RS LV

9 NATIONAL BOWLING DAY

9:00 BIG BAND ERA A LV
9:15 WEEK IN REVIEW A LV
10:00 COMMIT TO FIT A LV
10:30 WEEKEND STROLL RS CM
11:00 DAILY CROSSWORD RS LV
1:30 BOWLING RS LV
1:30 BOARD GAMES & PUZZLES A M
2:00 NAME THAT TUNE RS LV
3:00 HAPPY HOUR DORITOS RS/A LV
4:00 BINGO FUN RS LV
6:00 WEEKEND FILM RS LV

10 COMMUNION

9:00 MOTOWN HITS AS LV
9:15 WEEKEND NEWS AS LV
10:00 CHAIR EXERCISES AS LV
10:30 COMMUNION V LV
11:00 WEEKEND STROLL AS CM
11:00 A-Z WORD GAME J LV
11:30 MUSICAL HANGMAN J LV
1:30 BIO ON EDDIE FISHER J LV
1:30 NON COOKING CLASS AS M
2:00 WHEEL OF FORTUNE J LV
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 WEEKEND BINGO J LV
6:00 MOTION PICTURE RS LV

11

9:00 DOO WOP CLASSICS I LV
9:15 TODAY'S NEWS I LV
10:00 WAKE UP AND WORK OUT I BI
10:30 WALKING CLUB I LV
11:00 WORD IN A WORD I CM
11:30 NAME 10.15.20 D LV
1:30 TABLE TOP GAMES V B
1:30 QUIPO QUIZ D BI
2:00 FAMILY FEUD I CY
3:00 HAPPY HOUR CHIPS & SALSA D/I GR
4:00 GUESS WHO? I LV
6:00 MOVIES WE LOVE D B

12 MARY KAY VENDER

9:00 FOLK MUSIC D LV
9:15 WHAT'S IN THE NEWS? D LV
9:15 MARY KAY VENDER V BI
10:00 VITALITY VIBES D LV
10:30 WALKING CLUB D CM
11:00 WORDS STARTING WITH "A" QUIZ DB LV
11:30 WORD WATERFALL GAME D LV
1:30 NAME THE FAMOUS FACE D LV
1:30 MANICURES BY APPT DB M
2:00 TOSS & TALK BALL D LV
3:00 HAPPY HOUR TERIYAKI MEATBALLS D/DB LV
4:00 SHOUT OUT TRIVIA DB LV
6:00 SILVER SCREEN CLASSIC RS LV

13 TAKE IN LUNCH PIZZA

9:00 LOVE SONGS DD LV
9:15 NEWS AND VIEWS DD LV
10:00 EXERCISE WITH SCARVES DD LV
10:30 WALKING CLUB DD CM
11:00 DAILY CROSSWORD I LV
11:45 PIZZA PARTY DD M
1:30 TABLE TOP GAMES DD M
1:30 MATCH GAME I LV
2:00 NAME THE FAMOUS LEFTIES I LV
3:00 HAPPY HOUR ICE CREAM I/DD LV
4:00 BINGO I LV
6:00 EVENING MOVIE DD LV

14

9:00 MORNING TUNES DD LV
9:15 NEWS & VIEWS DD LV
10:00 SIMON SAYS DD LV
10:30 WALKING CLUB DD CM
11:00 NAME 10.15.20 RS LV
11:30 MOVIE HANGMAN RS LV
1:30 DANCE PARTY DD LV
1:30 BOARD GAMES & PUZZLES RS M
2:00 TRUE OR FALSE DD LV
3:00 HAPPY HOUR BROWNIES DD/RS LV
4:00 REMINISCING RS LV
6:00 THURSDAY FLICK RS LV

15 ROSARY

9:00 SING YOUR HEART OUT DB LV
9:15 HOROSCOPES DB LV
9:45 ROSARY V M
10:00 STRETCHING IN THE AM DB LV
10:30 WALKING CLUB RS CM
11:00 WORD IN A WORD RS LV
11:30 UNSCRAMBLE THE LETTERS DB LV
1:30 SCRABBLE CLUB RS M
1:30 BALLOON VOLLEYBALL DB LV
2:00 MATCH GAME RS LV
3:00 HAPPY HOUR PEACHES/CREAM RS/DB LV
4:00 BINGO RS LV
6:00 FRIDAY FILM RS LV

16 TELL A JOKE DAY

9:00 SONGS FOR ALL A LV
9:15 WEEKEND UPDATE A LV
10:00 STAY ACTIVE, STAY YOUNG A LV
10:30 WEEKEND STROLL RS CM
11:00 COFFEE AND CROSSWORD RS LV
1:30 FAMILY FEUD RS LV
1:30 CREATIVE COLORING A M
2:00 WHEEL OF FORTUNE RS LV
3:00 HAPPY HOUR CHEX MIX A/RS LV
4:00 RIDDLES & JOKES RS LV
6:00 WEEKEND MOVIE RS LV

17 MARY PECK ENTERTAINER

9:00 SUNDAY SERENADES AS LV
9:15 DAILY CHRONICLES AS LV
10:00 CHAIR EXERCISES AS LV
10:30 COMMUNION V LV
11:00 WEEKEND STROLL AS CM
11:00 WORD IN A WORD J LV
11:30 MULTIPLE CHOICE GAME J LV
1:30 BIRTHDAY PARTY WITH MARY PECK E LV
1:30 ONE ON ONE VISITS J RR
3:00 HAPPY HOUR ICE CREAM J/AS LV
4:00 LETS PLAY BINGO! J LV
6:00 MOVIE SHOWING RS LV

18 BUS TRIP CARVEL

9:00 OPERATIC MELODIES DA LV
9:15 NEWS & HOROSCOPES DA LV
10:00 CHAIR EXERCISES DA LV
10:30 WALKING CLUB SD CM
11:00 ODD WORD OUT SD LV
11:30 WORDS THAT START WITH "T" DA LV
1:15 BUS TRIP CARVEL DA O
1:30 FACT OR FICTION SD LV
2:00 MATCH GAME SD LV
3:00 HAPPY HOUR CHIPS & ONION DIP SD/DA LV
4:00 YELL OUT TRIVIA SD LV
6:00 MOVIES WE LOVE RS LV

19 ART THERAPY WITH CAT

9:00 MELODIC MORNING D LV
9:15 TODAY'S HEADLINES D LV
10:00 STRONGER FOR LIFE D LV
10:30 WALKING CLUB D CM
11:00 SPELLING BEE D LV
11:30 MUSICAL HANGMAN DB LV
1:30 ART THERAPY WITH CAT E M
1:30 MANICURES BY APPT DB LV
3:00 HAPPY HOUR STUFFED MUSHROOMS D/DB LV
4:00 NAME THAT TUNE DB LV
6:00 WHAT'S PLAYING AT THE MOVIES RS LV

20 VENDER HAROLYN

9:00 SUMMER SONGS DD LV
9:00 VENDER HAROLYN V LV
9:15 DAILY DOSE DD LV
10:00 KEEP MOVIN & GROOVIN DD LV
10:30 WALKING CLUB DD CM
11:00 ONE ON ONE VISITS DD RR
11:00 DAILY CROSSWORD I LV
1:30 SPOT THE DIFFERENCE DD LV
1:30 ARTISTIC ENDEAVOR I M
2:00 WHO AM I? DD LV
3:00 HAPPY HOUR ICE CREAM DD/I LV
4:00 ARMCHAIR TRIVIA I LV
6:00 SILVER SCREEN CLASSIC RS LV

21 LUAU BBQ

9:00 SING-A-LONG SONGS DD LV
9:15 DAILY NEWS DD LV
10:00 SIT & GET FIT DD LV
10:30 WALKING CLUB DD CM
11:00 HANGMAN RS LV
11:30 ODD WORD OUT RS LV
11:45 LUAU BBQ RS/DD CY
1:15 HULA DANCER CHANTAL E CY
3:00 HAPPY HOUR PIZZA BITES RS/DD LV
4:00 BINGO RS LV
7:00 THURSDAY FILM RS LV

22 SHABBAT SERVICE

9:00 COUNTRY TUNES DB LV
9:15 BREAKING NEWS DB LV
10:00 ACTIVE MINDS HAPPY HEARTS DB LV
10:30 WALKING CLUB DB CM
11:00 WORD IN A WORD RS LV
11:30 NAME 10.15.20 RS LV
1:30 BOARD GAMES & PUZZLES DB M
1:30 FAMILY FEUD RS LV
2:00 CONVERSATION STARTERS RS LV
3:00 HAPPY HOUR BERRY PARFAIT RS/DB LV
4:00 SHABBAT SERVICE V PDR
4:00 NAME THE FAMOUS FACE RS LV
6:00 AT THE MOVIES RS LV

23 VALENTINO DAY

9:00 AM JAZZ RS LV
9:15 SATURDAY NEWS RS LV
10:00 WEEKEND WORKOUT RS LV
10:30 WEEKEND STROLL RS CM
11:00 DAILY CROSSWORD RS LV
1:30 VALENTINO FACTS RS LV
1:30 ART CLASS A M
2:00 MATCH GAME RS LV
3:00 HAPPY HOUR PRETZELS A/RS LV
4:00 SHOUT OUT TRIVIA RS LV
6:00 MOVIE TIME RS LV

24/31 COMMUNION

9:00 MUSIC IN THE MORNING AS LV
9:15 NEWS & VIEWS AS LV
10:00 WORK IT OUT AS LV
10:30 COMMUNION V LV
11:00 WALKING CLUB AS CM
11:00 A TO Z WORD GAME J LV
11:30 ODD WORD OUT J LV
1:30 TOSS AND TALK BALL (24TH) J LV
1:30 JAMES COBURN BIO (31ST) J LV
1:30 BOARD GAMES & PUZZLES AS M
2:00 JEOPARDY J LV
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 B.I.N.G.O. J LV
6:00 AT THE MOVIES RS LV

25

9:00 SWEET MELODIES DA LV
9:15 CURRENT EVENTS DA LV
10:00 LOOK GOOD FEEL GOOD DA LV
10:30 WALKING CLUB SD CM
11:00 UNSCRAMBLE THE LETTERS DA LV
11:30 WORD WATERFALL SD LV
1:30 SCRABBLE CLUB SD M
1:30 KEEP UP THE BALLOON DA LV
2:00 GUESSING GAME DA LV
3:00 HAPPY HOUR BREAD STICKS WITH DIP DA/SD LV
4:00 MATCH GAME SD LV
6:00 MOVIES, MOVIES, MOVIES RS LV

26

9:00 COUNTRY MUSIC D LV
9:15 WHAT'S IN THE NEWS D LV
10:00 FLAG EXERCISES D LV
10:30 WALKING CLUB D CM
11:00 NAME 10.15.20 DB LV
11:30 A TO Z WORD GAME DB LV
1:30 WHEEL OF FORTUNE D LV
1:30 MEDITATION PAINTING DB M
2:00 MATCH GAME D LV
3:00 HAPPY HOUR PIGS IN BLANKET D/DB LV
4:00 BINGO DB LV
6:00 EVENING MOVIE RS LV

27 NATIONAL PEACH DAY

9:00 70'S SONGS DD LV
9:15 TOP STORIES DD LV
10:00 STRETCH & FLEX DD LV
10:30 WALKING CLUB DD CM
11:00 WORD IN A WORD I LV
11:30 MUSICAL HANGMAN DD LV
1:30 BALLOON VOLLEYBALL DD LV
1:30 ARTS N CRAFT CORNER I M
2:00 SPOT THE DIFFERENCE DD LV
3:00 HAPPY HOUR ICE CREAM DD/I LV
4:00 KARAOKE I LV
6:00 WEDNESDAY FLICK RS LV

28

9:00 EASY LISTENING DD LV
9:15 NEWS DISCUSSION DD LV
10:00 WAKE UP & WORK OUT DD LV
10:30 WALKING CLUB DD CM
11:00 NAME 10.15.20 DD LV
11:30 WORDS THAT START WITH "T" RS LV
1:30 BOARD GAMES & PUZZLES RS M
1:30 TRUE OR FALSE DD LV
2:00 FILL IN THE BLANK DD LV
3:00 HAPPY HOUR PB BANANA ROLL UP RS/DD LV
4:00 CONVERSATION STARTERS RS LV
6:00 MEET ME AT THE CINEMA RS LV

29

9:00 SOFT JAZZ DB LV
9:15 NEWSDAY DB LV
9:45 ROSARY V M
10:00 MOVIN & GROOVIN DB LV
10:30 WALKING CLUB RS CM
11:00 A TO Z WORD GAME RS LV
11:30 WORD WATERFALL RS LV
1:30 SCRABBLE CLUB RS M
1:30 IT HAPPENED ON LI DB LV
2:00 WHAT YEAR WAS THAT? DB LV
3:00 HAPPY HOUR LEMON COOKIES DB/RS LV
4:00 WHO AM I? RS LV
6:00 MOTION PICTURE RS LV

30 BEACH DAY

9:00 RELAXING TUNES A LV
9:15 NEWDAY A LV
10:00 SWEAT, SMILE, REPEAT A LV
10:30 WALKING CLUB RS CM
11:00 COFFEE AND CROSSWORDS A LV
1:30 PAINT SHELLS A M
1:30 FAMILY FEUD RS LV
2:00 TRUE OR FALSE RS LV
3:00 HAPPY HOUR CHEESE DOODLES RS/A LV
4:00 BINGO RS LV
6:00 MOVIE TIME RS LV

ACTIVITY CALENDAR