September 2025 The Arbors At ISLANDIA WESTTRANSITIONS Tel: 631-582-3600 www.thearborsassistedliving.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	STAFF KEY S=STACEY AR=ACTIVITY ROOM LV=LIVING ROOM D=DIANE D=DEANNA D=DEANNA D=DEANNA D=DIANE L=LOUNGE AREA BI=BISTRO DD=DONNA M=MEDIA ROOM LI=LIBRARY UP=UPPER PARLOR AP=ALAYNA J=JACK SE=SAMANTHA L=INDEPENDENT RS=RECreation staff V=Volunteer AC=Activity Channel LOCATION KEY AR=ACTIVITY ROOM LV=LIVING ROOM L=LIVING RAFA BI=BISTRO M=EDIA ROOM L=LIBRARY UP=UPPER PARLOR RR=RESIDENT'S ROOM SF=3RD FLOOR CM=COMMUNITY CY=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING	9:00 GOLDEN OLDIES DA LV 9:15 CURRENT EVENTS DA LV 10:00 LABOR DAY PARADE NYC RS M 10:00 WORK IT OUT DA LV 10:30 WALKING CLUB DA CM 11:00 WORDS THAT START WITH "L" SD LV 11:30 ABRAHAM COMFORT DOG VISIT V LV 1:30 SCRABBLE CLUB DA M 1:30 RED, WHITE & BLUE BEAN BAG TOSS DA LV 2:00 FINISH THE LYRICS DA LV 3:00 HAPPY HOUR BANANA PUDDING DIP DA/SD LV 4:00 LABOR DAY TRIVIA SD LV 6:00 EVENING FILM RS LV	2 LABOR DAY BBQ 9:00 SUNRISE SONGS D LV 9:15 NEWSDAY D LV 10:00 HUSTLE & MUSCLE D LV 10:30 WALKING CLUB D CM 11:00 HANGMAN ELVIS SONGS D LV 11:30 LABOR DAY BBQ RS CY 1:30 MULTIPLE CHOICE D LV 1:30 MANICURES BY APPT RS M 2:00 FILL IN THE BLANK RS LV 3:00 HAPPY HOUR CHOC CHIP COOKIES RS/DM LV 4:00 GUESS WHO? RS LV	3 WALL OF APPRECIATION 9:00 CROONERS AND SWOONERS DM LV 9:15 NEWS DISCUSSION DM LV 10:00 GET FIT DM LV 10:30 WALKING CLUB DM CM 11:00 DAILY CROSSWORD I LV 1:30 TABLE TOP GAMES DM M 1:30 DANCE PARTY! I LV 2:00 MATCH GAME I LV 4:00 SHOUT OUT RIVIA I LV	4 NATIONAL WILDLIFE DAY 9:00 SING-A-LONG SONGS DM LV 9:15 NEWS & VIEWS DM LV 10:00 EXERCISE WITH SCARFS DM LV 10:30 WALKING CLUB DM CM 11:00 NAME ANIMALS IN THE WILD RS LV 11:30 WORDS THAT START WITH "B" RS LV 1:30 CRAFT CORNER RS M 1:30 KARAOKE RS LV 3:00 HAPPY HOUR RICE BALLS RS/DM LV 4:00 BINGO RS LV	5 BOB NEWHART BIRTHDAY 9:00 LIVELY TUNES RS LV 9:15 DAILY CHRONICLES RS LV 10:00 YOGA RS LV 10:30 WALKING CLUB RS CM 11:00 WORD IN A WORD RS LV 11:30 ODD WORD OUT RS LV 1:30 TABLE TOP GAMES RS M 1:30 OLYMPICS TRAINING RS LV 2:00 IT HAPPENED IN SEPTEMBER RS LV 4:00 WHO AM I? BIRTHDAY QUIZ RS LV	6 COFFEE ICE CREAM DAY 9:00 MORNING MUSIC RS LV 9:15 WEEKEND UPDATE RS LV 10:00 WAKE UP & WORK OUT RS LV 10:30 SATURDAY STROLL RS CM 11:00 NAME 10.15.20 RS LV 11:30 WORDS THAT START WITH "S" RS LV 1:30 WHEEL OF FORTUNE RS LV 1:30 PUZZLES/BOARD GAMES RS M 2:00 JEOPARDY RS LV 3:00 HAPPY HOUR POTATO CHIPS RS LV 4:00 ARMCHAIR TRIVIA RS LV
	***=Call 381 for Appt. 7	8	6:00 MOVIE RS LV 9:00 OPERA D LV 9:15 TODAY'S HEADLINES D LV 10:00 HAND GESTURE WORKOUT D LV 10:30 HIKE THE AMALFI COAST D LV 10:30 LIBRARY VISIT VS BI 11:00 WORDS THAT START WITH "I" D LV 11:30 MAME TOWNS IN ITALY D LV 1:30 MANICURES BY APPT D M 1:30 ITALIAN FACTS D LV 2:00 VIRTUAL TOUR TO THE COLOSSEUM D LV 3:00 HAPPY HOUR DOUGHNUT HOLES D/RS LV 4:00 CIAO TRIVIA DD LV 6:00 SILVER SCREEN CLASSICS D LV	6:00 MOTION PICTURE RS LV 10 OLYMPICS 10-3PM 9:00 ACOUSTIC SUNRISE DM LV 9:15 NEWS AND VIEWS DM LV 10:15 OLYMPICS DM CY 10:30 BATTLE AXE THROWING DM CY 11:00 LADDER BALL DM CY 12:00 BBQ LUNCH DM CY 1:00 HOT SHOT BASKETBALL DM CY 1:30 CORN HOLE CHALLENGE DM CY 2:45 CLOSING CEREMONIES/TROPHY DM CY 4:00 NAME THAT TUNE RS LV 6:00 MOVIETIME RS LV	6:00 FEATURE FLICK RS LV 11 PATRIOT DAY 9:00 MARIACHI SONGS DM LV 9:15 HAPPENINGS DM LV 10:00 STRETCH AND FLEX DM LV 10:30 SALSA AROUND THE COMMUNITY DM LV 11:00 MARCHING CLUB DM CM 11:00 WORD IN A WORD "TEQUILA" RS LV 11:30 UNSCRAMBLE THE LETTERS RS LV 1:30 CREATIVE PAINTING RS M 2:00 LEARN BASIC SPANISH RS LV 3:00 HAPPY HOUR TUNA SALAD RS LV 4:00 CELEBRITY TRIVIA RS LV 6:00 MOTION PICTURE RS LV	6:00 TGIFFILM RS LV 12 ROSARY 9:00 POP/ROCK RS LV 9:15 NEWSDAY RS LV 9:45 ROSARY V M 10:00 BEND YOUR BEES KNEES RS LV 10:30 RAMBLING TO EAST RS CM 11:00 WORD WATERFALL WITH "BUCKINGHAM" RS LV 11:00 ONE ON ONE VISITS RS RS LV 11:30 ODD WORD OUT RS LV 1:30 TRIVIA SHOWDOWN RS LV 1:30 FRIDAY COLORING RS M 2:00 FUNNY BRITISH SAYINGS RS LV 3:00 HAPPY HOUR FRUIT PARFAIT RS LV 4:00 TGIF BINGO RS LV 6:00 EVENING MOVIE RS LV	6:00 SATURDAY SHOWING RS LV 13 UNCLE SAM DAY 9:00 SATURDAY SONGS RS LV 9:15 WEEKEND REVIEW RS LV 10:00 WORK IT OUT RS LV 10:30 WEEKEND STROLL RS CM 11:00 DAILY CROSSWORD RS LV 1:30 UNCLE SAM TIDBITS RS LV 1:30 TABLE ACTIVITIES RS M 2:00 WHEEL OF FORTUNE RS LV 4:00 FAMOUS QUOTES-WHO SAID THAT RS LV 6:00 SATURDAY FILM RS LV
	14 FTROOP PREMIERES 1965 9:00 QUEEN OF SOUL MUSIC AS LV 9:15 NEWSDAY AS LV 10:00 MOVEMENT FOR AGILITY AS LV 10:30 COMMUNION V 11:00 WALKING CLUB J CM 11:00 JEWELRY VENDER LISA LV 11:00 UNSCRAMBLE THE LETTERS AS LV 11:30 MUSICAL HANGMAN J LV 1:30 FTROOP TRIVIA J LV 1:30 TABLE TOP GAMES AS M 2:00 FAMILY FEUD J LV 4:00 SUNDAY BINGO J LV 4:00 SUNDAY BINGO J LV 6:00 MOVIES, MOVIES, MOVIES RS LV	9:00 MORNING TUNES DA LV 9:30 TODAY'S NEWS DA LV 10:00 WAKE UP, WORK OUT! DA LV 10:30 WALKING CLUB SE CM 11:00 TABLE ACTIVITIES SD M 11:00 NAME 10.15.20 DA LV 11:30 WORD IN A WORD SE LV 1:30 EGG DROP CHALLENGE SE M 1:30 TRUE OR FALSE DA LV 2:00 WHEEL OF FORTUNE DA LV 4:00 WHO AM I? SE LV 6:00 MOVIES WE LOVE RS LV	9:00 MORNING MUSIC D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 FITNESS GOAL D LV 10:30 WALKING CLUB D CM 11:00 UNSCRAMBLE THE LETTERS D LV 11:30 A-Z WORD GAME: FALL THEME D LV 1:30 ARTS AND CRAFT CORNER RS M 1:30 MANICURES BY APPT D LV 2:00 FACT OR FICTION D LV 3:00 HAPPY HOUR BRIE CHEESE/PUFFS RS/DM LV 4:00 BAR TRIVIA RS LV 6:00 EVENING MOVIE RS LV	9:00 CLASSIC OLDIES DM LV 9:15 NEWS AND VIEWS DM LV 10:00 STRETCH AND FLEX DM LV 10:30 WALKING CLUB I CM 11:00 DAILY CROSSWORD I LV 11:00 ONE ON ONE VISITS DM RR 1:30 SCRABBLE CLUB DM M 1:30 GUESSING GAME I LV 2:00 KEEP UP THE BALLOON I LV 3:00 HAPPY HOUR ICE CREAM I/DM LV 4:00 MATCH GAME I LV 6:00 MOVIETIME RS LV	9:00 1950'S SINGLES DM LV 9:15 CURRENT EVENTS DM LV 10:00 SENIOR EXERCISE DM LV 10:30 WALKING CLUB DM CM 11:00 WRITE NOTES 11:00 MOVIE HANGMAN RS LV 11:30 NAME 10.15.20 RS LV 1:30 NAME THAT TUNE DM LV 1:30 DESIGN A COLLAGE RS M 2:00 NAME THE FAMOUS FACE RS LV 3:00 HAPPY HOUR BROWNIES RS/DM LV 4:00 BINGO RS LV 6:00 MID WEEK MOVIE RS LV	9:00 SING YOUR HEART OUT RS LV 9:15 HOROSCOPES & HAPPENINGS RS LV 10:00 STRETCHING IN THE AM RS LV 10:30 WALKING CLUB RS CM 11:00 WORD WATERFALL RS LV 11:00 MAD LIBS RS M 11:30 NAME 10.15.20 RS LV 1:30 SPOT THE DIFFERENCE RS LV 1:30 INNOVATIVE COLORING RS M 2:00 BRAIN GAMES RS LV 3:00 HAPPY HOUR PEANUT BUTTER/APPLES RS LV 4:00 MULTIPLE CHOICE RS LV 6:00 EVENING SHOW RS LV	20 FRIED RICE DAY 9:00 SONGS FOR ALL RS LV 9:15 WEEKEND UPDATE RS LV 10:00 EXERCISE TO MUSIC RS LV 10:30 SATURDAY STROLL RS LV 11:00 DAILY CROSSWORD RS LV 11:00 ONE ON ONE VISITS RS RR 1:30 TOSS & TALK BALL RS LV 1:30 CRAFTY CREATIONS RS M 2:00 FAMILY FEUD RS LV 3:00 HAPPY HOUR POPCORN RS LV 4:00 BINGO RS LV 6:00 MOVIE AT NIGHT RS LV
	21 TEXACO STAR THEATER 9:00 SUNDAY SERENADES AS LV 9:15 DAILY CHRONICLES AS LV 10:00 FITNESS AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB AS CM 11:00 WORD-IN-A-WORD J LV 11:30 MUSICALS HANGMAN J LV 1:30 KEEP UP THE BALLOON J LV 1:30 TABLE TOP GAMES AS M 2:00 TEXACO STAR THEATER WITH MILTON BERLEJ LV 3:00 HAPPY HOUR ICE CREAM AS/J LV 4:00 GUESS WHO? J LV 6:00 MOVIE TIME RS LV	22 AUTUMN STARTS 9:00 MUSIC IN THE MORNING DA LV 9:30 WHAT'S NEWS? DA LV 10:00 SWEAT NOW SHINE LATER DA LV 10:30 WALKING CLUB DA CM 11:00 FLORAL ARRANGEMENT SD M 11:00 A-Z WORD GAME SD LV 11:30 ANAGRAMS SD LV 1:30 SCRABBLE CLUB SD M 1:30 BRAIN GAMES DA LV 2:00 URBAN MYTHS DA LV 3:00 HAPPY HOUR COOKIE DOUGH DIP DA/SD LV 4:00 SENIOR ADVICE SD LV 6:00 MEET ME IN THE CINEMA RS LV	23 FALL TEA PARTY 9:00 MELODIC MORNING D LV 9:15 TODAY'S HEADLINERS D LV 10:00 SCARF EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 FALL TEA PARTY RS BI 1:30 MANICURES BY APPT RS LV 1:30 MAGAZINE SCAVENGER HUNT RS M 2:00 JEOPARDY D LV 3:00 HAPPY HOUR SWEDISH MEATBALLS RS/D LV 4:00 NAME THAT TUNE RS LV 6:00 TUESDAY FILM RS LV	Page	9:00 SING-A-LONG SONGS DM LV 9:15 DAILY NEWS DM LV 10:00 SIT & BE FIT DMD LV 10:30 WALKING CLUB DM LV 11:00 SIMON SAYS DM M 11:00 TOSS & TALK BALL RS LV 1:30 GUESSING GAME RS LV 1:30 TABLE TOP GAMES DM M 2:00 MATCH GAME RS LV 3:00 HAPPY HOUR SOFT PRETZELS RS/DM LV 4:00 NAME THAT TUNE RS LV 6:00 MOVIE RS LV	26 ROSARY 9:00 COUNTRY HITS RS LV 9:30 BREAKING NEWS RS LV 9:45 ROSARY V M 10:00 WORK IT OUT RS LV 10:30 WALKING CLUB RS CM 11:00 ODD WORD OUT RS LV 1:30 A TO Z GAME RS LV 1:30 SCRABBLE CLUB RS M 1:30 QUIPO QUIZ RS LV 2:00 FAMILY FEUD RS LV 3:00 HAPPY HOUR HUMMUS/CRACKERS RS LV 4:00 WHO AM I? RS LV 6:00 FRIDAY FILM RS LV	27 NATIONAL SCARF DAY 9:00 AM JAZZ RS LV 9:15 HAPPY NEWS RS LV 10:00 FLEX & STRETCH RS LV 10:30 WALKING CLUB RS CM 11:00 CROSSWORD PUZZLE RS LV 11:00 ONE ON ONE VISITS RS RR 1:30 KEEP UP THE BALLOON RS LV 1:30 SCATTAGORIES RS M 2:00 WHEEL OF FORTUNE RS LV 3:00 HAPPY HOUR DORITOS RS LV 4:00 ARMCHAIR TRIVIA RS LV 6:00 SILVER SCREEN CLASSIC RS LV
A Mark	9:00 MUSIC IN THE MORNING AS LV 9:15 NEWS & VIEWS AS LV 10:00 COMMIT TO FITNESS V LV 10:30 COMMUNION AS LV 11:00 WALKING CLUB J CM	29 GREER GARSON BIRTHDAY/BIO 9:00 ELVIS HITS DA LV 9:15 DAILY NEWS DA LV 10:00 WORK IT OUT DA LV 10:30 WALKING CLUB DA CM 11:00 NAME 10.15.20 SD LV 11:30 MOVIE HANGMAN DA LV	30 VANCE BRESCIA ENTERTAINMENT 9:00 COUNTRY MUSIC D LV 9:15 WHAT'S IN THE NEWS D LV 10:00 WAKE UP WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 NAME 10.15.20 D LV	FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM *All trips are if weather permits.	DAILY PROGRAMS 9:30 CURRENT EVENTS 10:00 DAILY EXERCISE 10:30 WALKING CLUB		

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.

3:00 HAPPY HOUR

4:00 DAILY GAME

6:00 EVENING MOVIE

DA LV

SD M

DA LV

SD LV

11:30 UNSCRAMBLE THE LETTERS

1:30 VANCE BRESCIA ENTERTAINMENT

3:00 HAPPY HOUR STUFFED MUSHROOMS D/RS LV

1:30 MANICURES BY APPT

4:00 CHARADES

6:00 MOVIETIME

D LV

RS LV

E LV

RS LV

RS LV

1:30 ARTISTIC CREATIONS

2:00 FINISH THE LYRICS

4:00 WHO AM I?

1:30 GREER GARSON BIRTHDAY/BIO

6:00 MOVIES, MOVIES, MOVIES

3:00 HAPPY HOUR TURTLE CHEESECAKE DIP SD/DA LV

AS LV

E CY

RS RR

AS/J LV

MONET CALENDA

11:00 WORD-IN-A-WORD

1:30 ONE ON ONE VISITS

6:00 MOVIES WE LOVE

3:00 HAPPY HOUR ICE CREAM

4:00 MULTIPLE CHOICE GAMES

1:30 NOW & THEN ENTERTAINMENT