OCTOBER 2025 The Arbors At ISLANDIA WESTTRANSITIONS Tel: 631-582-3600 www.thearborsassistedliving.com Sunday **Friday Tuesday** Wednesday **Thursday** Monday Saturday LUNCH BUS TRIP BURGER KING FALL FOAM CRAFTS RHYTHM OF THE MIND WORKSHOP GOOD BUDDY DAY FOR YOUR DINING PLEASURE S=STACEY AR=ACTIVITY ROOM **DAILY PROGRAMS** 9:00 EASY LISTENING 9:00 CLASSIC HITS OF THE 70'S RS 9:00 ELVIS HITS 9:00 MORNING MELODIES RS LV **BREAKFAST 8AM** AS=ASHA 9:15 NEWS DISCUSSION DD LV DD 9:15 CURRENT EVENTS RS 9-15 NEWSDAY RS D=DIANE L=LOUNGE AREA 9:30 CURRENT EVENTS LUNCH 12NOON 10:00 MOVE GROOVE & IMPROVE DD LV 10:00 FIT & FABULOUS DD 10:00 SWEAT WITH STYLE RS IV 10:00 FITNESS BEYOND LIMITS BI=BISTRO RS DA=DEANNA DINNER 5PM 10:00 DAILY EXERCISE 10:30 WALKING CLUB DD 10:30 WALKING CLUB 10:30 WALKING CLUB RS WEEKEND STROLL RS DD=DONNA M=MFDIA ROOM 10:30 BRAIN GAMES LI=LIBRARY 10:30 ODD WORD OUT 10:30 RHYTHM OF THE MIND WORKSHOP 10:30 KEEP UP THE BALLOON RS IS=ISABFI 10:30 WALKING CLUB UP=UPPFR PARI OF 11:00 WORD IN A WORD LV 11:00 HANGMAN NAMES DB=DIANA 11:00 NAME 10. 15. 20 *All trips are if weather permits. RS 11:00 MUSICAL HANGMAN RS 11:30 A TO Z WORD GAME RR=RESIDENT'S ROOM 11:30 SIMON SAYS RS AP=ALAYNA 3:00 HAPPY HOUR 11:30 WORDS THAT START WITH "O" RS All programs are subject to change 11:30 WORD IN A WORD RS LUNCH RUS TRIP BURGER KIN RS RS 1.30 TRUE OR FALSE I=IACK 1:30 TABLE ACTIVITIES All changes will be reflected on the Daily Board. RS 1:30 TRUE OR FALSE RS CM=COMMUNIT 4:00 DAILY GAME 1:30 SCRABBLECLUB SE=SAMANTHA 1:30 FALL FOAM CRAFTS RS 1:30 JOHNNY CARSON BIO 1:30 INNOVATIVE COLORING CY=COURTYARD 1:30 MATCH GAME RS LV 2:00 JEOPARDY RS I= INDEPENDENT Your Recreation Director Stacey Conroy will be 6:00 EVENING MOVIE 2:00 NAME THE FAMOUS FACE RS IV 2:00 LONG ISLAND TIDBITS RS DR=DINING ROOM 2:00 FAMILY FELID LV 2:30 WHEEL OF FORTUNE RS RS=Recreation staff RS happy to answer any questions you may have 3:00 HAPPY HOUR RICE PUDDING LV 3:00 HAPPY HOUR CHEEZ IT RS ES=EAST SIDE 3:00 HAPPY HOUR ICE CREAM DD/RS 3:00 HAPPY HOUR ONION RINGS DD/RS IV 4:00 MULTIPLE CHOICE S=SALON regarding this calendar. RS 4:00 BINGO! RS 4:00 WHO AM I? DD LV 4.00 RINGO RS AC=Activity Channel 0=OUTING RS 6:00 FRIDAY FLICK 6:00 WEEKEND MOVIE RS RS 6:00 MOVIE TIME 6:00 THURSDAY SHOWING RS ***=Call 381 for Appt **MUSIC THERAPY** 10 ROSARY COMMUNION 9:00 BROADWAY TUNES 9:00 MUSIC FEEDS THE SOUL 9:00 SOFT ROCK DD 9:00 BIG BAND MEDLEY 9:00 COUNTRY MUSIC RS DA 9:00 MUSIC N MOTION DD 9:00 MUSIC TO ENJOY RS 9-15 NEWS FOR ALL 9:15 NEWS & HOROSCOPES 9:15 LOCAL NEWS 9:15 ALL THE NEWS DA 9:15 BEST NEWS OF THE DAY DD 9:15 CURRENT EVENTS AS LV 9:15 WHAT'S IN THE NEWS? DD IV 10:00 STRONG BODY, STRONG MIND 9:45 ROSARY 10:00 COMMIT TO BE FIT 10:00 SENIOR EXERCISES DD 10:00 GET FIT & STAY FIT AS LV 10:00 FITNESS EXPRESS DD 10:00 WORK IT OUT 10:30 WALKING CLUB 10:30 WALKING CHIR 10:30 WALKING CLUB DD 10:30 WALKING CLUB 10:30 COMMUNION WITH JAMES V IV 10:30 WALKING CLUB 10:30 WALKING CLUB 10:30 WORDS THAT START WITH "B" 10:30 BRAIN GAMES RS 10:30 MATCH GAME 10:30 CARD GAMES 11:00 STROLL AROUND COMMUNITY AS CM 10:30 GUESSING GAME RS RS 10:30 FINISH THE LYRIC 11:00 WORD WATERFALL 11:00 MOVIE TITLES HANGMAN 11:00 WORD IN A WORD 11:00 MOVIE TITLES HANGMAN 11:00 DAILY CROSSWORD RS 11:00 WORDS THAT START WITH "T" 11:00 DAILY CROSSWORD J LV 11:30 ARRAHAM DOG VISIT 11:30 NAME 10..15..20 11:30 NAME 10..15..20 11:30 WORD WATERFALL 1:30 NAME THAT TUNE LV 1:30 SCRABBLE CLUB DD 11:30 UNSCRAMBLE THE LETTERS 1:30 HOT POTATO 1.30 MANICURES 1:30 CREATE HALLOWEEN DESIGN 1:30 SCRABBLE CLUB 1:30 FALL DÉCOR CLASS AS M 1:30 WHEEL OF FORTUNE 1:30 MATCH GAME RS 1:30 KEEP UP THE BALLOON 1:30 MAGAZINE SCAVENGER HUNT 1:30 PASS THE PUMPKIN 1:30 GROUCHO MARX BIO 2:00 FAMILY FELID 2:00 WHAT YEAR WAS THAT? 2:00 JEOPARDY RS I IV 2:00 SPELLING BEE 2:00 OCTOBER FACTS 2:00 FINISH THE PHRASE 2:00 MATCH GAME 2:30 MUSIC THERAPY WITH MARIA 3:00 HAPPY HOUR ICE CREAM J/AS LV 3:00 HAPPY HOUR ICE CREAM RS/DD LV 3:00 HAPPY HOUR DONUTS 3:00 HAPPY HOUR SWEET POTATO FRIES RS/DD LV 3:00 HAPPY HOUR TERIYAKI MEATBALLS RS/DD LV 3:00 HAPPY HOUR APPLES & CARAMEL HAPPY HOUR APPLES & PUMPKIN PIE DIP SD/DA LV 4:00 NAME THAT TUNE RS 4:00 BINGO 4:00 SING A LONGS 4:00 BINGO 4:00 GUESS WHO? RS RS 4:00 TGIF BINGO 4.00 FINISH THE PHRASE 6:00 AT THE CINEMA 6:00 SUNDAY MOVIE RS LV RS 6:00 SILVER SCREEN CLASSICS RS 6:00 MID WEEK MOVIE RS 6:00 EVENING MOVIE RS 6:00 CLASSIC MOTION PICTURE RS 6:00 EVENING SHOWING 12 COMMUNION 13 COLUMBUS DAY 15 SCENIC BUS RIDE 16 17 BUSTER KEATON BIO 14 MANICURES 18 SINGER MARY PECK 9:00 MUSIC ENJOYMENT 9:00 MUSIC APPRECIATION 9:00 SONGS FOR ALL AS IV 9:00 CLASSICTUNES DA IV 9:00 MORNING MELODIES 9:00 COUNTRY HITS DD RS LV 9:00 MUSIC TO ENJOY DD 9:15 TODAY'S NEWS 9:15 TODAY'S TOPICS AS LV 9:15 DAILY CHRONICLES 9:15 TODAY'S HEADLINERS 9:15 WEEKEND UPDATE DA IV 9:15 WHATS IN THE NEWS? DD RS LV 9:15 NEWS AND VIEWS DD 10:00 FLEX & STRETCH AS LV 10:00 STRETCHING IN THE AM 10.00 FIT & FARILLOUS DA IV 10:00 SIT & GET FIT DD 10:00 GET IN SHAPE RS LV 10:00 EXERCISE WITH SCARVES IV 10:00 STRETCH AND FLEX DD 10:30 COMMUNION WITH IAMES 10:30 WALKING CHIR CM V IV 10:30 WALKING CLUB DA CM 10:30 WALKING CLUB 10:30 WALKING CLUB RS 10:30 WALKING CLUB DD AS CM 10:30 JOKES & RIDDLES 11:00 WFFKFND STROLL 10:30 MAD LIBS SD LV 10:30 MAD LIBS RS IV RS 10:30 WOULD YOU RATHER? RS LV 10-30 SIMON SAYS RS 10:30 HOME SCHOOL KIDS VISIT 11:00 DAILY CROSSWORD ٧ IV SD LV 11:00 DAILY CROSSWORD 11:00 ODD WORD OUT 11:00 ACTORS NAME HANGMAN RS 11:00 A TO 7 WORD GAME IV 11:00 MUSICAI HANGMAN RS LV 11:30 ONE ON ONE'S AS RR 11:30 UNSCRAMBLE THE LETTERS 11:30 NAME 10..15..20 1:30 SCENIC BUS RIDE DD 11:30 NAME 10.15.20 IV 11:00 TABLE ACTIVITIES 11:30 WORD IN A WORD RS LV 1:30 FAMILY FEUD IV 1.30 TRAVEL TO CONEY ISLAND 1.30 SCRARRIFCILIR DA M DD 1:30 RUSTER KEATON BIO 1-30 SINGER MARY PECH 1.30 MANICURES RS 1:30 BRAIN GAMES RS 1:30 COLOR PUMPKINS AS M 1:30 FACTS ABOUT COLUMBUS SD LV 1:30 FLORAL ARRANGING 1:30 ONE ON ONE VISITS RS 1:30 MATCH GAM 1:30 FALL COLORING 2:00 FAMILY FEUD RS 2:00 WHFFI OF FORTUNE IIV 2:00 PLACES THAT START WITH "C" SD LV 2:00 DANCE PARTY 2:30 NAME THAT TUNE RS LV 2:00 IFOPARDY 2:00 FACT OR FICTION RS/DD LV 3:00 HAPPY HOUR ICE CREAM J/AS LV 3:00 HAPPY HOUR FRENCH ONION DIP SD/DA IV 3:00 HAPPY HOUR GARLIC BREAD STICKS D/RS LV 3:00 HAPPY HOUR WITH FRIEND CORN NUGGE RS/DD IV 3:00 HAPPY HOUR BAR MIX RS 3:00 HAPPY HOUR FRESH FRUIT 4:00 BINGO J LV 4:00 SHOUT OUT TRIVIA SD LV 4:00 GUESS WHO? 4:00 BINGO RS 4:00 WHO AM I? RS 4:00 FILL IN THE BLANK RS LV RS LV 4:00 BINGO FUN RS 6:00 SUNDAY SHOWING 6:00 MOVIETIME 6:00 EVENING MOVIE 6:00 SATURDAY SHOWING 6:00 EVENING MOVIE RS LV RS RS LV 6:00 SILVER SCREEN CLASSIC RS 6:00 MOTION PICTURE RS 19 ARMCHAIR TRAVEL TO ALASKA **20** MICKEY MANTLE BIRTHDAY 24 ROSARY **21** HAPPINESS GROUP WITH CAT **23** MAKE PIZZA BAGELS DD 9:00 SONGS FOR ALL 9:00 SUNDAY SERENADES 9:00 ACOUSTIC SUNRISE 9:00 MUSIC, MUSIC, MUSIC 9:00 TUNES FROM 70'S RS AS LV DA 9:00 MUSICAL MEDIATION 9:00 HITS FROM THE 50'S DD RS 9:15 WEEK IN REVIEW 9:15 DAILY DOSE DA 9:15 NEWS OF THE DAY DD 9:15 TODAY'S NEWS DD 9:15 FRONT PAGE NEWS RS 9:15 NEWSDAY AS LV 9:15 NEWS OF THE DAY 10:00 CHAIR EXERCISES 10:00 COMMIT TO BE FIT DA 10:00 TONE UP & WORK OUT DD 10:00 LETS WORK OUT 9:45 ROSARY 10:00 KEEP IN SHAPE AS LV LV 10:00 SHAKE IT & WORK IT OUT LV DD LV SD 10:30 COMMUNION WITH JAMES 10:30 A TO Z 10:30 WALKING CLUB DD 10:30 WALKING CLUB CM 10:00 SIT & BE FIT RS 10:30 WEEKEND STROL RS 10:30 WALKING CLUB DA RS 11:00 WEEKEND STROLL CM 10:30 WALKING CLUB 10:30 WORDS THAT START WITH "E" 10:30 NAME 10.15.20 10:30 WALKING CLUB RS RS 10-30 WORD WATERFALL RS 11:00 WORD IN A WORD 11:00 UNSCRAMBLE THE LETTERS 11:00 A TO Z WORD GAME 11:00 WORD IN A WORL LV SD LV 11:00 MOVIE HANGMAN 11:00 ODD WORD OUT 10-30 WOLLD YOURATHER RS 11:30 WORD WATERFALL DD 11:30 ODD WORD OUT 11:30 NAME 10..15..20 11:30 WORDS THAT START WITH "C" 11:30 HOMONYMS 11:00 DAILY CROSSWORD RS 11:30 NAME 10.15.20 1:30 ARMCHAIR TRAVEL TO ALASKA 1:30 MINDFIII COLORINA SD 1.30 AUTUMN CRAFTS DD 1:30 MAKE PIZZA BAGELS RS 1:30 TRUE OR FALSE RS IV 1:30 MANICURES RS 1:30 LADDERBALL 1:30 FALL DÉCOR CLASS 1:30 FACT OR FICTION DA LV 1:30 OUIPO OUIZ RS 1:30 WHEEL OF FORTUNE DD 1:30 BOARD GAMES & PUZZLES RS 1:30 HAPPINESS GROUP WITH CAT 1:30 ADULT COLORING RS 2:30 ALASKAN SNIPPETS 2:00 MATCH GAME DA LV 2:00 CHARADES 2:00 FILL IN THE BLANK 2:00 WHAT YEAR WAS THAT RS LV 2:30 JEOPARDY 2:00 WHEEL OF FORTUNE RS 3:00 HAPPY HOUR ICE CREAM J/AS LV 3:00 HAPPY HOUR CHILL CHEESE DIP DA/SD\ LV 3:00 HAPPY HOUR BROWNIES 3:00 HAPPY HOUR ICE CREAM RS/DD 3.00 HAPPY HOUR SOFT PRETZELS DD/RS 3:00 HAPPY HOUR DORITOS RS D/RS 3:00 HAPPY HOUR CINNAMON SQUARES RS 4:00 WHO AM I? BINGO FEVER SD LV 4:00 WHO AM I RS 4:00 BINGO ANYONE? RS 4:00 WALK DOWN MEMORY LANI 4:00 SHOUT OUT TRIVIA RS 4:00 MULTIPLE CHOICE RS 6:00 WHAT'S IN THE MOVIES? 6:00 MOVIE SHOWING RS LV RS 6:00 MOVIES TO FNIO RS 6:00 LETS GO TO THE MOVIES RS 6.00 MOVIETIME RS RS 6:00 TGIF MOVIES 29 NATIONAL CAT DAY 30 31 SINGER JOHN WALTERS/SHABBAT 26 BIRD FEEDER JARS **27** DECORATE WALKERS 9:00 HAUNTING MELODIES RS 9:00 BIG BAND MELODY 9:00 MUSIC IN THE MORNING 9:00 MOTOWN HITS DA LV 9:00 COUNTRY MUSIC DD 9:00 EASY LISTENING AS IV 9:15 WHAT'S IN THE NEWS DD LV 9:15 CURRENT EVENTS 9:15 SPOOKY NEWS RS 9:15 DAILY CHRONICLES AS LV 9:15 DAILY NEWS DA LV 9:15 NEWSDAY 10:00 STAY STRONG 10:00 FITTER, HEALTHIER, HAPPIER DD LV 10:00 STAY FIT DON'T QUIT AS LV 10:00 SWEAT WITH STYLE 10:00 MOVE GROOVE & IMPROVE 10:00 DARE TO BE FIT RS IV 10:30 WALKING CLUB 10:30 WALKING CLUE 10:30 COMMUNION WITH JAMES 10:30 WALKING CLUB V LV 10:30 WALKING CLUB DA CM 10:30 MONSTER MASH WALK RS 10:30 MAD LIBS RS 10:30 ODD WORD OUT LV 11:00 WEEKEND STROLL 10:30 21 OUESTIONS 10:30 WORDS THAT START WITH "R 10:30 PASS THE BROOMSTICK RS IV 11:00 21 QUESTIONS 11:00 LINSCRAMBLE THE LETTERS 11:00 WORD IN A WORD SD IV 11:00 WORD IN A WORD IV IV 11:00 CARDGAMES 11:00 FERIF CROSSWORD 11:00 PUZZLES 11:30 NAME THE SINGER HANGMAN DD LV 11:30 MOVIE HANGMAN LV 11:30 NAME 10..15..20 11:00 DAILY CROSSWORD 1:30 BEST COSTUME PRIZE 11:30 NAME 10.15.20 1:30 TABLE TOP GAMES RS 1:30 DESIGN IAR BIRD FEFDER AS M 1:30 FAMILY FEUD DA LV 1:30 MANICURES BY APPT 1.30 CHARADES 1:30 NAME THE FAMOUS FACE DD IV 1.30 30 MINUTE MYSTERY LV 1:30 DECORATE WALKERS SD M 1:30 NAME THE PETI 1:30 TABLE TOP GAMES DD 2:00 FINISH THE LYRIC'S LV 2:00 NAME THAT TUNE 2:00 SHARF PET MEMORIES 2:00 OUIPO OUI7 4:00 SHABBAT SERVICE 3:00 HAPPY HOUR ICE CREAM 3:00 HAPPY HOUR ICE CREAM J/AS LV 3:00 HAPPY HOUR OUFSO DI DA/SD IV 3.00 HAPPY HOUR SUGAR COOKIES RS/DD IV 3:00 HAPPY HOUR PIGS IN BLANKET DD/RS RS LV 4:00 GHOULISH BINGO 4:00 BINGO RS

6:00 MOVIES

RS

4:00 NAME THE FAMOUS FACE

6:00 SILVER SCREEN CLASSIC

6:00 FRIDAY FILM

RS

RS

4:00 BINGO WAS HIS NAME O

4:00 TRIVIA CHALLENGE

6:00 EVENING SHOWING

SD LV

4:00 NAME THAT TUNE

6:00 NIGHTLY MOVIE