

ACTIVITY CALENDAR

OCTOBER 2025

The Arbors At ISLANDIA WEST

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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<div>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.</div> <div>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</div>		<div>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.</div>		<div>1 LUNCH BUS TRIP BURGER KING 9:00 EASY LISTENING D LV 9:15 NEWS DISCUSSION D LV 10:00 MOVE GROOVE & IMPROVE D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:30 A TO Z WORD GAME D LV 11:45 LUNCH BUS TRIP BURGER KING IS O 1:00 SCRABBLE CLUB V B 1:30 MATCH GAME D LV 2:00 FAMILY FEUD G LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/IS B 4:00 WHO AM I? D B 6:00 SPEED BINGO IS B 7:00 GAMES IN THE BISTRO RS BI</div>		<div>2 ACTIVITY COMMITTEE 9:00 ELVIS HITS D LV 9:15 DAILY NEWS D LV 10:00 FIT & FABULOUS D LV 10:30 WALKING CLUB D LV 11:00 ACTIVITY COMMITTEE SC LV 11:00 ONE ON ONE'S RS RR 1:30 TRUE OR FALSE D LV 1:30 FALL FOAM CRAFTS RS B 2:00 JEOPARDY D LV 2:30 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR ONION RINGS D/RS B 4:00 BAR TRIVIA D B 6:00 BINGO ANYONE? RS B 7:00 THURSDAY SHOWING RS M</div>		<div>3 JOHNNY CARSON BIO 9:00 CLASSIC HITS OF THE 70'S D LV 9:15 CURRENT EVENTS D LV 10:00 SWEAT WITH STYLE D M 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 D LV 11:30 WORDS THAT START WITH "O" D LV 1:00 SCRABBLE CLUB V B 1:30 JOHNNY CARSON BIO D LV 1:30 ONE ON ONE VISITS RS RR 2:00 FACT OR FICTION D LV 3:00 HAPPY HOUR RICE PUDDING D/JS B 4:00 MULTIPLE CHOICE D B 6:00 KEEP CALM & BINGO ON JS B 7:00 FRIDAY FLICK RS M</div>		<div>4 GOOD BUDDY DAY 9:00 MORNING MELODIES RS LV 9:15 NEWSDAY RS LV 10:00 FITNESS BEYOND LIMITS RS LV 10:30 WEEKEND STROLL RS LV 11:00 MUSICAL HANGMAN RS BI 11:30 WORD IN A WORD RS LV 1:30 TRUE OR FALSE RS B 1:30 TABLE TOP GAMES DB B 2:00 LONG ISLAND TIDBITS RS LV 3:00 HAPPY HOUR CHEEZ ITS RS/DB B 4:00 SHOUT OUT TRIVIA RS B 6:00 JACKPOT BINGO DB B 7:00 GAMES IN THE BISTRO RS BI</div>	
<div>5 COMMUNION 9:00 MUSIC FEEDS THE SOUL DA LV 9:15 LOCAL NEWS DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 GET FIT STAY FIT DA LV 10:30 WEEKEND STROLL DA DR 11:00 DAILY CROSSWORD DA LV 11:00 ONE ON ONE VISITS AP LV 1:30 NAME THAT TUNE DA LV 1:30 COLORING COORDINATION AP B 2:00 WHAT YEAR WAS THAT? DA LV 3:00 HAPPY HOUR ICE CREAM DA/APB 4:00 TRENDING TOPICS DA B 6:00 WON IT AT BINGO AP LV 7:00 SUNDAY MOVIE RS CM</div>		<div>6 ABRAHAM DOG VISIT 9:00 BIG BAND MEDLEY I LV 9:15 ALL THE NEWS I LV 10:00 STRONG BODY, STRONG MIND I LV 10:30 WALKING CLUB I CM 11:00 ABRAHAM DOG VISIT V LV 11:30 WORDS THAT START WITH "C" D BI 1:00 SCRABBLE CLUB V B 1:30 CONVERSATION STARTERS I LV 1:30 SHOOT SOME POOL D GR 2:00 FAMILY FEUD I LV 3:00 HAPPY HOUR APPLES & PUMPKIN PIE DIP D/I B 4:00 FINISH THE PHRASE I B 6:00 BORN TO YELL BINGO D B 7:00 GAMES IN THE BISTRO VR BI</div>		<div>7 BUS TRIP HOBBY LOBBY 9:00 COUNTRY MUSIC DD LV 9:15 NEWS FOR ALL DD LV 10:00 HEALTH IS WEALTH DD LV 10:30 WALKING CLUB DD CM 10:30 BUS TRIP HOBBY LOBBY RS O 11:00 MOVIE TITLES HANGMAN DD LV 11:30 NAME 10..15..20 DD LV 1:00 MANICURES BY APPT DD B 1:30 KEEP UP THE BALLOON RS LV 2:00 OCTOBER FACTS RS LV 3:00 HAPPY HOUR SWEET POTATO FRIES J/DOB 4:00 ARMCHAIR TRIVIA DD B 6:00 BINGO ANYONE? J B 7:00 SILVER SCREEN CLASSICS RS M</div>		<div>8 LECTURE HUMPHREY BOGART 9:00 SOFT ROCK D LV 9:15 BEST NEWS OF THE DAY D LV 10:00 SENIOR EXERCISES D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D LV 1:00 SCRABBLE CLUB V B 1:15 LECTURE HUMPHREY BOGART WITH LARRY WOLFF E LV 1:30 ONE ON ONE VISITS RS RR 3:00 HAPPY HOUR ROOTBEER FLOATS D/IS B 4:00 NAME THAT TUNE D B 6:00 SPEED BINGO IS B 7:00 GAMES IN THE BISTRO RS BI</div>		<div>9 9:00 MUSIC N MOTION D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 FITNESS EXPRESS D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:30 WORD WATERFALL D LV 1:30 CREATE HALLOWEEN DESIGN RS B 1:30 PUMPKIN BOWLING D LV 2:00 FINISH THE PHRASE D LV 3:00 HAPPY HOUR TERIYAKI MEATBALLS D/RS B 4:00 GUESS WHO? RS B 6:00 BINGO FOR CASH RS B 7:00 NIGHTLY MOVIE RS M</div>		<div>10 ROSARY 9:00 BROADWAY TUNES D LV 9:15 NEWS & HOROSCOPES D LV 9:45 ROSARY V M 10:00 EXERCISE BASICS D LV 10:30 WALKING CLUB D CM 11:00 WORDS THAT START WITH "T" D LV 11:30 UNSCRAMBLE THE LETTERS D LV 1:00 SCRABBLE CLUB V B 1:30 PLAY POOL D GR 1:30 GROUCHO MARX BIO RS LV 2:00 MATCH GAME RS LV 3:00 HAPPY HOUR APPLES & CARAMEL RS/DB 4:00 ARMCHAIR TRIVIA D B 6:00 TGIF BINGO JS B 7:00 FRIDAY FILM RS M</div>		<div>11 ENTERTAINMENT WITH LYZA PARADISE 9:00 SING A LONGS RS LV 9:15 CURRENT EVENTS RS LV 10:00 COMMIT TO BE FIT RS LV 10:30 WALKING CLUB RS LV 11:00 MOVIE TITLES HANGMAN RS LV 11:30 NAME 10..15..20 RS CY 1:30 LYZA PARADISE SINGER E LV 1:30 ONE ON ONE VISITS RS B 3:00 HAPPY HOUR DONUTS RS B 4:00 REMINISCE FAMILY MEMORIES RS B 6:00 HAPPINESS IS YELLING BINGO RS B 7:00 GAMES IN THE BISTRO RS M</div>	
<div>12 COMMUNION 9:00 MUSIC ENJOYMENT DA LV 9:15 TODAY'S TOPICS DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 MOVE GROOVE & IMPROVE DA DR 10:30 WEEKEND STROLL DA LV 11:00 DAILY CROSSWORD DA LV 11:00 ONE ON ONE'S DA RR 1:30 FAMILY FEUD AP BI 1:30 COLOR PUMPKINS DA B 2:00 WHEEL OF FORTUNE AP LV 3:00 HAPPY HOUR ICE CREAM AP/DAB 4:00 BAR GAMES DA B 6:00 BINGO TIME AP B 7:00 SUNDAY MOVIE RS M</div>		<div>13 COLUMBUS DAY 9:00 CLASSIC TUNES IS LV 9:15 DAILY CHRONICLES IS BI 10:00 FIT & FABULOUS IS LV 10:30 WALKING CLUB IS CM 11:00 ODD WORD OUT IS LV 11:30 UNSCRAMBLE THE LETTERS IS B 1:00 SCRABBLE CLUB V CY 1:30 CARD GAMES RS B 1:30 FACTS ABOUT COLUMBUS D BI 2:00 PLACES THAT START WITH "C" IS GR 3:00 HAPPY HOUR FRENCH ONION DIP IS/D LV 4:00 SHOUT OUT TRIVIA IS M 6:00 AFTER DINNER BINGO D M 7:00 GAMES IN THE BISTRO RS BI</div>		<div>14 LUNCH TRIP NY BAGEL 9:00 MUSIC TO ENJOY DD LV 9:15 WHAT'S IN THE NEWS? DD LV 10:00 HEALTH IS WEALTH DD LV 10:30 WALKING CLUB DD CM 11:00 ACTORS NAME HANGMAN DD LV 11:30 LUNCH TRIP NY BAGEL RS O 1:00 MANICURES BY APPT RS B 1:30 MATCH GAME RS LV 2:00 JEOPARDY RS LV 3:00 HAPPY HOUR GARLIC BREAD STICKS RS/DOB 4:00 PUB TRIVIA DD B 6:00 BINGO FOR CASH RS B 7:00 NIGHT TIME MOVIES RS M</div>		<div>15 HOME SCHOOL KIDS VISIT 9:00 MORNING MELODIES D LV 9:15 NEWS AND VIEWS D LV 10:00 STRETCH AND FLEX D LV 10:00 HOME SCHOOL KIDS VISIT V LV 1:00 SCRABBLE CLUB V B 1:30 TOSS & TALK BALL D LV 1:30 PUZZLES & BOARD GAMES RS B 2:00 FAMILY FEUD RS LV 3:00 HAPPY HOUR ROOTBEER FLOATS RS/D B 4:00 KARAOKE D B 6:00 SPEED BINGO RS B 7:00 GAMES IN THE BISTRO RS B</div>		<div>16 SINGERS TONY T & MARGARITA ROSE 9:00 COUNTRY HITS D LV 9:15 TODAY'S HEADLINERS D LV 10:00 SIT & GET FIT D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 NAME 10.15.20 D LV 1:30 SINGERS TONYT & MARGARITA ROSE E LV 1:30 ONE ON ONE VISITS RS RR 3:00 HAPPY HOUR WITH FRIEND CORN NUGGETS RS/DB 4:00 TRIVIA D B 6:00 BINGO AT NIGHT \$ RS B 7:00 EVENING MOVIE RS M</div>		<div>17 BUSTER KEATON BIO 9:00 MUSIC APPRECIATION D LV 9:15 TODAY'S NEWS D LV 10:00 STRETCHING IN THE AM D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D B 11:00 CARDS AT THE BAR RS LV 1:00 SCRABBLE CLUB V BI 1:30 BUSTER KEATON BIO RS O 1:30 FALL COLORING RS LV 2:00 FACT OR FICTION RS CY 3:00 HAPPY HOUR FRESH FRUIT RS/DB 4:00 GUESS WHO? D B 6:00 BINGO FUN JS B 7:00 MOVIES AT NIGHT RS M</div>		<div>18 CHOCOLATE CUPCAKE DAY 9:00 SONGS FOR ALL RS LV 9:15 WEEKEND UPDATE RS LV 10:00 GET IN SHAPE RS CM 10:30 WALKING CLUB RS CM 11:00 MUSICAL HANGMAN RS LV 11:30 WORD IN A WORD RS LV 1:30 ARTS N CRAFTS CORNER RS O 1:30 20 QUESTIONS RS CY 2:00 WHAT YEAR WAS THAT RS CY 3:00 HAPPY HOUR BAR MIX RS B 4:00 PUB TRIVIA RS B 6:00 WEEKEND BINGO RS B 7:00 GAMES IN THE BISTRO RS M</div>	
<div>19 ARMCHAIR TRAVEL TO ALASKA 9:00 SUNDAY SERENADES DA LV 9:15 WEEK IN REVIEW DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 STRONG BODY, STRONG MIND DA LV 10:30 WEEKEND STROLL DA CM 11:00 WORD IN A WORD DA LV 11:30 NAME 10.15.20 DA LV 1:30 ARMCHAIR TRAVEL TO ALASKA AP LV 1:30 ONE ON ONE'S DA RR 2:30 ALASKAN SNIPPETS AP LV 3:00 HAPPY HOUR ICE CREAM AP/DAB 4:00 WHO AM I? DA B 6:00 LETS PLAY BINGO AP B 7:00 MOVIE SHOWING RS M</div>		<div>20 BUS TRIP TARGET 9:00 ACOUSTIC SUNRISE IS LV 9:15 DAILY DOSE IS BI 10:00 COMMIT TO BE FIT IS LV 10:15 BUS TRIP TARGET RS CM 10:30 WALKING CLUB IS LV 11:00 UNSCRAMBLE THE LETTERS IS LV 11:30 NAME 10..15..20 D B 1:00 SCRABBLE CLUB V CY 1:30 MINDFUL COLORING RS B 1:30 FACT OR FICTION D LV 2:00 MATCH GAME DD/RS B 3:00 HAPPY HOUR CHILI CHEESE DIP IS/D B 4:00 PUB GAMES IS B 6:00 EVENING BINGO D M 7:00 GAMES IN THE BISTRO RS BI</div>		<div>21 9:00 MUSICAL MEDIATION DD LV 9:15 NEWS OF THE DAY DD LV 10:00 SHAKE IT & WORK IT OUT! DD LV 10:30 WALKING CLUB DD CM 11:00 MOVIE HANGMAN DD LV 11:30 WORDS THAT START WITH "C" DD LV 1:00 MANICURES BY APPT DD B 1:30 FAMILY FEUD RS LV 2:00 JEOPARDY RS LV 3:00 HAPPY HOUR BROWNIES DD/RS B 4:00 SHOUT OUT TRIVIA DD B 6:00 BINGO CALLS RS B 7:00 LETS GO TO THE MOVIES RS M</div>		<div>22 BUS TRIP JAKES 58 CASINO 9:00 HITS FROM THE 50'S D LV 9:15 NEWS OF THE DAY D LV 10:00 TONE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 ODD WORD OUT G LV 11:30 HOMONYMS G LV 1:15 BUS TRIP JAKES 58 CASINO RS O 1:30 QUIPO QUIZ D LV 2:00 CONVERSATION STARTERS RS LV 3:00 HAPPY HOUR ROOTBEER FLOATS RS/D B 4:00 WHO AM I? D B 6:00 SPEED BINGO RS B 7:00 GAMES IN THE BISTRO RS BI</div>		<div>23 MAKE PIZZA BAGELS 9:00 MUSIC, MUSIC, MUSIC D LV 9:15 TODAY'S NEWS D LV 10:00 LETS WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 WORD WATERFALL RS LV 1:30 MAKE PIZZA BAGELS RS B 1:30 SONG BURST RS LV 2:00 FILL IN THE BLANK RS LV 3:00 HAPPY HOUR SOFT PRETZELS RS/DB 4:00 LETS PLAY TRIVIA D B 6:00 BINGO ANYONE? DB B 7:00 MOVIES TO ENJOY RS M</div>		<div>24 ROSARY 9:00 TUNES FROM 70'S D LV 9:15 FRONT PAGE NEWS D LV 9:45 ROSARY V M 10:00 SIT & BE FIT D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D LV 1:00 SCRABBLE CLUB V B 1:30 LADDERBALL D LV 1:30 ADULT COLORING A B 2:00 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR CINNAMON SQUARES D/A B 4:00 MULTIPLE CHOICE D B 6:00 BINGO A B 7:00 TGIF MOVIES RS M</div>		<div>25 9:00 SONGS FOR ALL RS LV 9:15 NEWSDAY RS LV 10:00 KEEP IN SHAPE RS LV 10:30 WEEKEND STROLL RS CM 11:00 WORD IN A WORD RS LV 11:30 NAME 10.15.20 RS LV 1:30 TRUE OR FALSE RS LV 1:30 BOARD GAMES & PUZZLES RS B 2:00 WHAT YEAR WAS THAT RS LV 3:00 HAPPY HOUR DORITOS RS B 4:00 WALK DOWN MEMORY LANE RS B 6:00 WEEKEND BINGO RS B 7:00 GAMES IN THE BISTRO RS BI</div>	
<div>26 BIRD FEEDER JARS 9:00 MUSIC IN THE MORNING DA LV 9:15 DAILY CHRONICLES DA LV 10:00 COMMUNION WITH JAMES V LV 10:00 STAY FIT DON'T QUIT DA LV 10:30 WEEKEND STROLL DA CM 11:00 UNSCRAMBLE THE LETTERS DA CM 11:30 MOVIE HANGMAN AP LV 1:30 DESIGN JAR BIRD FEEDERS AP B 1:30 30 MINUTE MYSTERY DA LV 2:00 NAME THAT TUNE DA LV 3:00 HAPPY HOUR ICE CREAM AP/DAB 4:00 CONVERSATION STARTERS DA B 6:00 BINGO WAS HIS NAME O AP B 7:00 SUNSET MOVIE RS M</div>		<div>27 DECORATE WALKERS 9:00 MOTOWN HITS IS LV 9:15 DAILY NEWS IS LV 10:00 SWEAT WITH STYLE IS LV 10:30 WALKING CLUB IS BI 11:00 WORD IN A WORD IS LV 11:30 NAME 10..15..20 IS B 1:00 SCRABBLE CLUB V LV 1:30 FAMILY FEUD D LV 1:30 DECORATE WALKERS IS B 2:00 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR QUESO DIP IS/D B 4:00 TRIVIA CHALLENGE IS B 6:00 BINGO FEVER D B 7:00 GAMES IN THE BISTRO RS BI</div>		<div>28 9:00 COUNTRY MUSIC DD LV 9:15 NEWSDAY DD LV 10:00 MOVE GROOVE & IMPROVE DD LV 10:30 WALKING CLUB DD CM 11:00 DAILY CROSSWORD DD LV 1:00 MANICURES BY APPT RS B 1:15 BUS TRIP TO BURLINGTON RS O 2:00 SHARE PET MEMORIES RS LV 3:00 HAPPY HOUR SUGAR COOKIES RS/DOB 4:00 NAME THAT TUNE RS B 6:00 LETS PLAY BINGO JS B 7:00 NIGHTLY MOVIE RS M</div>		<div>29 BUS TRIP BURLINGTON 9:00 BIG BAND MELODY D LV 9:15 WHAT'S IN THE NEWS D LV 10:00 FITTER, HEALTHIER, HAPPIER D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:30 NAME THE SINGER HANGMAN IS LV 1:00 SCRABBLE CLUB V B 1:15 BUS TRIP BURLINGTON RS O 1:30 NAME THE FAMOUS FACE IS LV 2:00 FINISH THE LYRIC'S IS LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/IS B 4:00 PUB QUIZ D B 6:00 SPEED BINGO IS B 7:00 GAMES IN THE BISTRO RS BI</div>		<div>30 RESIDENT COUNCIL/FOOD COMMITTEE 9:00 EASY LISTENING D LV 9:15 CURRENT EVENTS D LV 10:00 STAY STRONG D LV 10:30 RESIDENT COUNCIL SC LV 11:00 FOOD COMMITTEE RS LV 1:30 CHARADES RS LV 1:30 TABLE TOP GAMES RS B 2:00 QUIPO QUIZ RS LV 3:00 HAPPY HOUR PIGS IN BLANKET RS/DB 4:00 ARMCHAIR TRIVIA D B 6:00 ITS BINGO TIME JS B 7:00 EVENING MOVIE RS M</div>		<div>31 SINGER JOHN WALTERS/SHABBAT 9:00 HAUNTING MELODIES D LV 9:15 SPOOKY NEWS D LV 10:00 DARE TO BE FIT D LV 10:30 MONSTER MASH WALK D CM 11:00 EERIE CROSSWORD RS LV 1:00 JOHN WALTERS SINGER E LV 2:00 BEST COSTUME PRIZE RS LV 3:00 HAPPY HOUR PUMPKIN BREAD & COFFEE JS/DB 4:00 DANCE PARTY D B 6:00 GHOULISH BINGO JS B 7:00 FRIDAY FILM RS M</div> 			