

DECEMBER 2025

The Arbors At ISLANDIA EAST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STAFF KEY V=Valerie Director S= Sarah G= Gina E=Elissa A= Anne I=Indasia D=Denzel VEN= Vender RS= Recreation Staff RL= Resident Lead	LOCATION KEY O- Outing B-Bistro CY- Courtyard LO- Lobby G- Game Room DR- Dining Room M- Media Room W- West Side PDR- Private Dining Room	1 ROSARY PRAYER SERVICE 9:30 NEWS & VIEWS G G 10:00 SIT & BE FIT E G 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB/REFRESHMENTS G LO 11:00 FAMILY FEUD E G 1:15 MATINEE G M 1:15 BINGO! D G 2:00 PENNY POKER CLUB RL WH 2:00 DOMINOES G/E/D G 3:00 HAPPY HOUR BUFFALO CHICKEN DIP W/TORTILLAS G/E/D B 4:00 JEOPARDY G G 6:15 BINGO TIME D G 7:15 FEATURE FILM D M	2 RESIDENT COUNCIL/FOOD COUNCIL MEETINGS 9:30 WORLD NEWS G G 10:00 WORKOUT TUESDAY D G 10:30 RESIDENT COUNCIL MEETING RL G 11:00 FOOD COUNCIL MEETING RL G 1:15 MOVIE TIME G M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL 2F 2:00 SNOWMAN DRAWING CONTEST G/D/S G 3:00 HAPPY HOUR MOZZARELLA STICKS G/D/S B 4:00 TRIVIA TEASERS D G 6:15 ALL ABOUT BINGO S G 7:15 EVENING MOTION PICTURE S M	3 LUTHERAN SERVICE W/PASTOR ZACHARY 9:30 DAILY NEWS IR G 10:00 CHAIR YOGA E G 10:30 LUTHERAN SERVICE W/PASTOR ZACHARY VEN G 10:30 WALKING CLUB/REFRESHMENTS E LO 11:00 BRAIN BENDERS IR G 1:15 MID DAY SHOW E M 1:15 BINGO! A G 2:00 THREE THIRTEEN CLUB RL WH 2:00 JUMBO GAMES E G 3:00 HAPPY HOUR ROOTBEER FLOATS E/IR/A B 4:00 MULTIPLE CHOICE E G 6:15 BINGO! A G 7:15 ROCKEFELLER CENTER TREE LIGHTING ON TV A M	4 DOLLAR TREE TRIP 9:30 DOLLAR TREE TRIP S/D O 9:30 GOOD NEWS DAY RS G 10:00 FITNESS FUN RS G 10:30 WALKING CLUB/COZY HOT COCOA BAR RS LO 11:00 GROUP CROSSWORD RS G 1:15 AFTERNOON FLICK D M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 HOLIDAY WREATH CRAFTING S/D/I G 3:00 HAPPY HOUR DONUT HOLES S/D/I B 4:00 BRAIN BENDERS D G 6:15 BINGO TIME I G 7:15 EVENING FLICK I M 7:30 WORD PUZZLES RL G	5 9:30 HAPPENINGS J G 10:00 STRETCHING S G 10:30 WALKING CLUB/REFRESHMENTS J LO 11:00 TRIVIA CHALLENGE S G 1:15 MID DAY MOVIE S M 1:15 BINGO! J G 2:00 THREE THIRTEEN CLUB RL WH 2:00 ACTIVE GAMES S/J/I G 3:00 HAPPY HOUR FRESH FRUIT S/J/I B 4:00 FAMILY FEUD J G 6:15 BINGO ANYONE? I G 7:15 MOVIE IN THE ARBORS THEATER I M	6 HOLIDAY CARD WRITING 9:30 NEWS FLASH S G 10:00 SATURDAY WARM UP J G 10:30 WALKING CLUB/REFRESHMENTS S LO 11:00 FILL IN THE BLANK J G 1:15 MOVIE IN THE CINEMA M M 1:15 BINGO! S G 2:00 POKENO CLUB RL WH 2:00 HOLIDAY CARD WRITING S/J/I G 3:00 HAPPY HOUR DORITOS S/J/I B 4:00 NAME 10 S G 6:15 WEEKEND BINGO I G 7:15 NIGHT AT THE MOVIES I M
7 CRAFTS CAROLING & COCOA W/CUBSCOUT PACK 80 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D O 10:15 MORNING WARM UP I M 11:00 MULTIPLE CHOICE I M 1:15 MATINEE D M 1:15 CRAFTS CAROLING & COCOA W/ CUBSCOUTS VEN LO 2:00 KINGS IN THE CORNER CLUB RL WH 3:00 HAPPY HOUR SUNDAES A/D/I B 4:00 TRIVIA CHALLENGE D G 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	8 9:30 CURRENT EVENTS G G 10:00 EXERCISE E G 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB/COZY HOT COCOA BAR G LO 11:00 TRIVIA CHALLENGE E G 1:15 AFTERNOON MOVIE G M 1:15 BINGO! D G 2:00 PENNY POKER CLUB RL WH 2:00 WORD PUZZLES G/E/D G 3:00 HAPPY HOUR CRANBERRY WHIPPED FETA DIP & PITA CHIPS G/E/D B 4:00 BOGGLE G G 6:15 AFTER DINNER BINGO D G 7:15 NIGHT FLICK D M 7:30 PENCIL PICTURES RL G	9 HOLIDAY LIGHT SHOW TRIP TO JONES BEACH 9:30 3 SISTERS VENDOR G G 9:30 NEWS & VIEWS G G 10:00 TUESDAY TONING D G 10:30 WALKING CLUB/REFRESHMENTS G LO 11:00 FAMILY FEUD D G 1:15 MATINEE G M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL 2F 2:00 BALLOON VOLLEYBALL G/D/S LO 3:00 HAPPY HOUR PIGS IN A BLANKET G/D/S B 4:00 JEOPARDY D G 6:15 HOLIDAY LIGHT SHOW TRIP TO JONES BEACH S/V O 6:15 FEATURE FILM S M	10 HOLIDAY WORD PUZZLES 9:30 WORLD NEWS D G 10:00 WEDNESDAY WORKOUT E G 10:30 WALKING CLUB/REFRESHMENTS E LO 11:00 WHEEL OF FORTUNE D M 1:15 MOVIE TIME E M 1:15 BINGO! D G 2:00 THREE THIRTEEN CLUB RL WH 2:00 HOLIDAY WORD PUZZLES E/D/A G 3:00 HAPPY HOUR ROOTBEER FLOATS E/D/A B 4:00 TRIVIA TEASERS D G 6:15 ALL ABOUT BINGO A G 7:15 EVENING MOTION PICTURE A M 7:30 BOGGLE RL G	11 TAKE-IN CHINESE LUNCH 9:30 DAILY NEWS S G 10:00 CHAIR YOGA D G 10:30 WALKING CLUB/REFRESHMENTS S LO 11:00 SCATERGORIES D G 12:00 TAKE-IN CHINESE LUNCH S/D/I B 1:15 MID DAY SHOW I M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 JUMBO GAMES S/D/I G 3:00 HAPPY HOUR RICE PUDDING WITH CINNAMON STICKS S/D/I B 4:00 GUESSING GAME I G 6:15 MOVIE NIGHT I M	12 LIVE NATIVITY DRIVE THROUGH TRIP 9:30 GOOD NEWS DAY J G 10:00 FITNESS FUN S G 10:30 WALKING CLUB/COZY HOT COCOA BAR J LO 11:00 GROUP CROSSWORD S G 1:15 FRIDAY AFTERNOON FLICK S M 1:15 BINGO! J G 2:00 THREE THIRTEEN CLUB RL WH 2:00 PENCIL PICTURE COLORING S/J/I G 3:00 HAPPY HOUR APPLES & CARAMEL S/J/I B 4:00 BRAIN BENDERS S G 6:15 LIVE NATIVITY DRIVE-THROUGH TRIP S/RS O 6:15 BIG BUCKS BINGO I G 7:15 EVENING FLICK I M 7:30 COFFEE SOCIAL IN THE BISTRO RL B	13 \$5 HOLIDAY BOUTIQUE 9:30 HAPPENINGS S G 10:00 STRETCHING J G 10:30 WALKING CLUB/REFRESHMENTS S LO 11:00 FASCINATING FACTS J G 1:15 MID DAY MOVIE J M 1:15 BINGO! S G 2:00 POKENO CLUB RL WH 2:00 HOLIDAY GIFT CRAFTING S/J/I G 3:00 HAPPY HOUR CRANBERRIES & NUT MIX S/J/I B 4:00 FAMILY FEUD S G 6:15 BINGO ANYONE? I G 7:15 MOVIE IN THE ARBORS THEATER I M	
14 RECOVERY MEETING/HOLIDAY CAROLERS 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D O 10:15 FITNESS FUN I M 11:00 GUESSING GAME I M 1:00 RECOVERY MEETING RL M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL WH 2:30 HOLIDAY CAROLING W/CALVARY LUTHERAN CHURCH VEN LO 3:00 HAPPY HOUR SUNDAES A/I/D B 4:00 GROUP CROSSWORD D G 6:15 EVENING BINGO A G 7:15 NIGHT TIME MOVIE A M	15 HANNUKKAH 9:30 THE HANNUKKAH STORY G G 10:00 MORNING WARM UP E G 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB/REFRESHMENTS G LO 11:00 MULTIPLE CHOICE E G 1:15 MATINEE G M 1:15 BINGO! D G 2:00 PENNY POKER CLUB RL WH 2:00 DREIDEL GAMES G/E/D G 3:00 HAPPY HOUR APPLESAUCE & PANCAKES G/E/D B 4:00 TRIVIA CHALLENGE G G 6:15 LATE DAY BINGO D G 7:15 EVENING MOVIE IN THE CINEMA D M	16 HANUKKAH SERVICE/DOLLAR TREE TRIP 9:30 CURRENT EVENTS G G 10:00 EXERCISE D G 10:30 WALKING CLUB/REFRESHMENTS G LO 10:30 PET THERAPY VEN G 11:00 NAME THAT HOLIDAY MOVIE D G 11:15 HANUKKAH SERVICE VEN W 1:15 DOLLAR TREE TRIP S/G O 1:15 AFTERNOON MOVIE D M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL 2F 2:00 WORD PUZZLES D G 3:00 HAPPY HOUR CORN NUGGETS D B 4:00 HOLIDAY Pictionary D G 6:15 AFTER DINNER BINGO S G 7:15 NIGHT FLICK S M 7:30 WORD SCRAMBLE RL G	17 HOLIDAY GIFTS & CAROLING WITH LAB CRAFTERS 9:30 NEWS & VIEWS D G 10:00 SIT AND BE FIT E G 10:30 WALKING CLUB/REFRESHMENTS E LO 11:00 GROUP CROSSWORD D M 1:15 MATINEE D M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL WH 2:15 HOLIDAY GIFTS & CAROLING WITH LAB CRAFTERS VEN LO 3:00 HAPPY HOUR ROOTBEER FLOATS E/D/A B 4:00 JEOPARDY D G 6:15 BINGO ANYONE? A G 7:15 FEATURE FILM A M	18 9:30 WORLD NEWS S G 10:00 EXERCISE S G 10:30 ACTIVITY PLANNING V G 11:00 WHEEL OF FORTUNE S G 1:15 MOVIE TIME D M 1:15 BINGO! L G 2:00 CANASTA CLUB RL WH 2:00 PENCIL PUZZLES S/D/I G 3:00 HAPPY HOUR HOLIDAY SUGAR COOKIES S/D/I B 4:00 HOLIDAY HANGMAN D G 5:00 HOLIDAY DINNER S G 6:30 HOLIDAY PARTY VEN DR WITH MARGUERITA ROSE & TONY T	19 YOGA W/RAY 9:30 YOGA WITH RAY VEN G 10:15 WALKING CLUB/REFRESHMENTS J LO 11:00 OUTBURST S G 1:15 MID DAY SHOW S M 1:15 BINGO! J G 2:00 THREE THIRTEEN CLUB RL WH 2:00 BALLOON VOLLEYBALL S/J/I LO 3:00 HAPPY HOUR WINTER BERRY PARFAIT S/J/I B 4:00 HOLIDAY POEMS S G 6:15 BIG BUCKS BINGO I G 7:15 MOVIE NIGHT I M 7:30 COFFEE CHAT RL G	20 CAROLING VISITORS 9:00 BREAKFAST WITH SANTA VEN DR 9:30 GOOD NEWS DAY S G 10:00 FITNESS FUN J G 10:30 WALKING CLUB/COZY HOT COCOA BAR S LO 11:00 GROUP CROSSWORD J G 1:15 AFTERNOON MOVIE J M 1:15 BINGO! S G 2:00 POKENO CLUB RL WH 2:00 TABLE TOP BOWLING S/J/I G 3:00 HAPPY HOUR CHEX MIX S/J/I B 4:00 BRAIN BENDERS S G 6:15 HOLIDAY SONG TRIVIA I LO 7:00 CAROLING VISITORS VEN LO	
21 WINTER BEGINS/SNOWFLAKE CRAFTS 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST.PATRICK'S CHURCH A/D O 10:15 WINTER WARM UP I M 11:00 JEOPARDY I M 1:15 MOVIE IN THE CINEMA D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 SNOWFLAKE CRAFTS A/I G 3:00 HAPPY HOUR SUNDAES A/I/D B 4:00 MIND BENDERS D G 6:15 WHO'S PLAYING BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M	22 HOLIDAY LIGHTS STREET DRIVE 9:30 HAPPENINGS G G 10:00 FLEX AND STRETCH E G 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB/COZY HOT COCOA BAR G LO 11:00 GUESSING GAME E G 1:15 MOVIE TIME G M 1:15 BINGO! D G 2:00 PENNY POKER CLUB RL WH 2:00 WORD PUZZLES G/E G 3:00 HAPPY HOUR CHEESE DIP W/SOFT PRETZELS G/E/D B 4:00 GROUP CROSSWORD G G 6:15 HOLIDAY LIGHTS STREET DRIVE S/RS O 6:15 BINGO TIME D G 7:15 NIGHT TIME MOVIE D M COFFEE CHAT RL B	23 9:30 NEWS AROUND TOWN G G 10:00 FITNESS FUN D G 10:30 WALKING CLUB/REFRESHMENTS G LO 11:00 MULTIPLE CHOICE D G 1:15 AFTERNOON MOVIE G M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL 2F 2:00 TABLE GAMES G/D/S G 3:00 HAPPY HOUR MINI WREATH PIZZA BAGELS G/D/S B 4:00 JEOPARDY D G 6:15 LATE DAY BINGO S G 7:15 EVENING MOVIE IN THE CINEMA S M	24 TWAS THE NIGHT BEFORE CHRISTMAS 9:30 CURRENT EVENTS D G 10:00 EXERCISE E G 10:30 WALKING CLUB/REFRESHMENTS E LO 11:00 WORD CHALLENGE D M 1:15 AFTERNOON MOVIE D M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL WH 2:00 WORD PUZZLES E/D/A G 3:00 HAPPY HOUR WARM CIDER & GINGER BREAD CAKE E/D/A B 4:00 TWAS THE NIGHT BEFORE CHRISTMAS D G 6:15 AFTER DINNER BINGO A G 7:15 NIGHT FLICK A M	25 CHRISTMAS - PAJAMA DAY ALL DAY 9:30 HOLIDAYS AROUND THE WORLD D G 10:00 JINGLE ALL THE WAY S G 10:30 WALKING CLUB/COZY HOT COCOA W/THE WORKS D LO 11:00 HOLIDAY SING A LONG S G 1:15 HOLIDAY MOVIE D M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 HOLIDAY PENCIL COLORING S/D/I G 3:00 HAPPY HOUR WARM BROWNIES & PEPPERMINT COCOA S/D/I B 4:00 HOLIDAY WORD SCRAMBLE D G 6:15 BINGO! I G 7:15 HOLIDAY MOVIE I M 7:30 HOLIDAY SONGS & PENCIL PICTURES	26 UGLY SWEATER DAY ALL DAY 9:30 NEWS & VIEWS J G 10:00 EXERCISE S G 10:30 WALKING CLUB/REFRESHMENTS J LO 11:00 WHEEL OF FORTUNE S G 12:00 TAKE-IN PIZZA S/J/I B 1:15 AFTERNOON MOVIE S M 1:15 BINGO! J G 2:00 THREE THIRTEEN CLUB RL WH 2:00 YOU BE THE JUDGE S/J/I G 3:00 HAPPY HOUR GINGERBREAD DIP & NILLA WAFERS S/J/I B 4:00 TRIVIA TIME J G 6:15 BIG BUCKS BINGO I G 7:15 FRIDAY FILM I M	27 9:30 HAPPENINGS S G 10:00 SIT AND BE FIT J G 10:30 WALKING CLUB/REFRESHMENTS S LO 11:00 ARE YOU SMARTER THAN A 5TH GRADER J G 1:15 MOVIE TIME J M 1:15 BINGO! S G 2:00 POKENO CLUB RL WH 2:00 JUMBO GAMES S/J/I G 3:00 HAPPY HOUR CHEESE ITZ S/J/I B 4:00 WHAT MORE DO YOU KNOW? S G 6:15 EVENING BINGO I G 7:15 NIGHT MOVIE AT THE CINEMA I M 7:30 RUMMIKUB INTO THE NIGHT RL G	
28 R.C. COMMUNION W/JAMES 9:30 R.C. COMMUNION W/JAMES VEN G 9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCH A/D O 10:15 SUNDAY WORKOUT I M 11:00 MULTIPLE CHOICE I M 1:15 AFTERNOON MOVIE D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 BEADING & CRAFTS A/I G 3:00 HAPPY HOUR SUNDAES A/I/D B 4:00 TRAVEL TRIVIA D G 6:15 AFTER DINNER BINGO A G 7:15 MOVIE NIGHT A M	29 THE ART OF MEDITATION WITH RAY 9:30 WHAT'S UP G G 10:00 TOTAL FITNESS E G 10:00 ROSARY PRAYER SERVICE VEN M 10:30 WALKING CLUB/REFRESHMENTS G LO 11:00 WORD CHALLENGE E G 1:15 MATINEE G M 1:15 BINGO! D G 2:00 PENNY POKER CLUB RL WH 2:00 THE ART OF MEDITATION WITH RAY VEN G 3:00 HAPPY HOUR CHIPS AND SALSA DIP G/E/D B 4:00 BOGGLE G G 6:15 LATE DAY BINGO D G 7:15 MOVIE TIME D M 7:30 SOCIAL HOUR IN THE BISTRO RL B	30 9:30 HAPPENINGS G G 10:00 FLEX AND STRETCH D G 10:30 WALKING CLUB/COZY HOT COCOA BAR G G 11:00 GUESSING GAME D G 1:15 MOVIE TIME G M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL 2F 2:00 WORD PUZZLES G/D/S G 3:00 HAPPY HOUR TATER TOTS G/D/S B 4:00 GROUP CROSSWORD D LO 6:15 BINGO TIME S G 7:15 EVENING MOVIE S M	31 NEW YEARS EVE CELEBRATION 9:30 NEWSDAY D G 10:00 FITNESS FUN E G 10:30 WALKING CLUB/REFRESHMENTS E LO 11:00 MULTIPLE CHOICE D M 1:15 AFTERNOON MOVIE E M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL WH 2:00 TABLE GAMES E/D/A G 3:00 HAPPY HOUR SNOWBALL FLOATS E/D/A B 4:00 Pictionary D G 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M 8:00 NEW YEARS EVE CELEBRATION RL G				
FOR YOUR DINING PLEASURE BREAKFAST 7:45am-9:15am LUNCH 11:45am-1:15pm DINNER 4:45pm-6:15pm 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.						WEEKLY TRIPS TO SIGN UP FOR OUR WEEKLY TRIPS OR SPECIAL EVENTS PLEASE GO TO THE CALENDAR AREA BY THE FRONT DESK TO RESERVE YOUR SPOT! *All trips are if weather permits.	