

DECEMBER 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
J=JACK
DD=DONNA
I=ISABEL
JS=JAS
DB=DIANA
SD=SAMANTHA
AS=ASHA
DA=DEANNA
S=STACEY
P=PINKY
AP=ALAYNA
R=REBECCA
B=BRENNAN
I=INDEPENDENT
RS=Recreation staff
V=Volunteer
***=Call 381 for Appt.

LOCATION KEY
LV= LIVING ROOM
B=BAR
BI= BISTRO
M= MEDIA ROOM
GR=GAME ROOM
RR= RESIDENT'S
ROOM
DR= DINNING ROOM
CY= COURTYARD
O= OUTING

1 MUSIC THERAPY
9:00 BIG BAND ERA DA LV
9:15 CURRENT EVENTS DA LV
10:00 SIT & GET FIT DA LV
10:30 NAME 10..15..20 DA LV
10:30 WALKING CLUB SD CM
11:00 WINTER HANGMAN SD LV
11:30 ABRAHAM DOG VISIT V LV
1:30 TOSS & TALK BALL DA LV
1:30 COLORING FOR FUN SD M
2:00 BRAIN GAMES DA LV
2:30 MUSIC THERAPY ENT LV
3:00 HAPPY HOUR BUFFALO CHICKEN DIP DA/SD LV
4:00 WHO AM I? SD LV
6:00 SILVER SCREEN CLASSIC RS LV

2 MANICURES BY APPT
9:00 SUNRISE SONGS D LV
9:15 NEWSDAY D LV
10:00 HUSTLE FOR THE MUSCLE D LV
10:30 WALKING CLUB D CM
10:30 MULTIPLE CHOICE P LV
11:00 MATCH GAME P LV
11:30 UNSCRAMBLE THE LETTERS D LV
1:30 MANICURES BY APPT P M
1:30 WHEEL OF FORTUNE D LV
2:00 FILL IN THE BLANK D LV
2:30 JEOPARDY D LV
3:00 HAPPY HOUR MOZZARELLA STICKS D/P LV
4:00 BINGO TIME P LV
6:00 EVENING MOVIE RS LV

3 LET'S HUG DAY
9:00 CROONERS AND SWOONERS DD LV
9:15 NEWS DISCUSSION DD LV
10:00 LETS GET STRONG DD LV
10:30 WALKING CLUB DD CM
10:30 A TO Z WORD GAME B LV
11:00 IT HAPPENED IN DECEMBER B LV
11:30 NAME 10..15..20 DD LV
1:30 TABLE TOP ACTIVITIES B M
1:30 DANCE PARTY! DD LV
2:00 WORDS THAT START WITH "D" DD LV
3:00 HAPPY HOUR ICE CREAM DD/B LV
4:00 TRUE OR FALSE B LV
6:00 MEET ME AT THE CINEMA RS LV

4 NATIONAL SOCK DAY
9:00 SING-A-LONG SONGS DD LV
9:15 NEWS & VIEWS DD LV
10:00 FITNESS IS MY MOTTO DD LV
10:30 WALKING CLUB DD CM
10:30 WORD IN A WORD "DECEMBER" P LV
11:00 FILL IN THE BLANK P LV
11:30 WORD WATERFALL DD LV
1:30 HOT COCOA IN THE BISTRO P BI
1:30 BOARD GAMES & PUZZLES DD M
2:00 FAMILY FEUD DD LV
2:30 TRUE OR FALSE DD LV
3:00 HAPPY HOUR SNOWY DONUT HOLES DD/P LV
4:00 BINGO P LV
6:00 EVENING MOVIE RS LV

5 ROSARY
9:00 LIVELY TUNES I LV
9:15 FRONT PAGE NEWS I LV
9:45 ROSARY V M
10:00 SWEAT & SMILES I LV
10:30 WALKING CLUB PS CM
10:30 NAME 10..15..20 I LV
11:00 DAILY CROSSWORD I M
1:30 SCRABBLE CLUB I M
1:30 URBAN MYTHS PS LV
2:00 MAD LIBS PS LV
3:00 HAPPY HOUR FRESH FRUIT PS/I LV
4:00 KARAOKE PS LV
6:00 TGIF MOVIES RS LV

6 VENDER PAT
9:00 SATURDAY SONGS I LV
9:00 VENDER PAT V 1ST
9:15 WEEKEND UPDATE I LV
10:00 WORK UP A SWEAT I LV
10:30 WEEKEND STROLL RS CM
10:30 ODD WORD OUT I LV
11:00 MOVIE HANGMAN RS LV
11:30 UNSCRAMBLE THE LETTERS I LV
1:30 KEEP UP THE BALLOON RS LV
1:30 MAGAZINE COLLAGE I M
2:00 YOU BE THE JUDGE RS LV
3:00 HAPPY HOUR BBQ POTATO CHIPS RS/I LV
4:00 KARAOKE PS LV
6:00 SATURDAY SHOWING RS LV

7 PEARL HARBOR DAY
9:00 SUNDAY TUNES AS LV
9:15 NEWS AND VIEWS AS LV
10:00 CHAIR EXERCISES AS LV
10:30 COMMUNION V DR
11:00 WALKING CLUB AS CM
11:00 HOLIDAY HANGMAN J LV
11:30 MULTIPLE CHOICE J LV
1:30 HOLIDAY ARTS N CRAFTS AS M
1:30 JEOPARDY J LV
2:00 MATCH GAME J LV
2:30 PEARL HARBOR FACTS J LV
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 BINGO J LV
6:00 CLASSIC MOVIE RS LV

8 NATIONAL BROWNIE DAY
9:00 SINGING IN THE AM DA LV
9:15 TODAY'S TOP STORIES DA LV
10:00 WAKE UP AND WORK OUT! DA LV
10:30 WALKING CLUB RS O
10:30 DAILY CROSSWORD DA LV
11:00 COFFEE IN THE BISTRO DA LV
1:30 SCRABBLE CLUB SE M
1:30 WOULD YOU RATHER? DA LV
2:00 DANCE PARTY DA LV
2:30 NAME THAT TUNE DA LV
3:00 HAPPY HOUR CRANBERRY FETA DIP SE/DA LV
4:00 TRIVIA CHALLENGE SE LV
6:00 MONDAY MOVIE RS LV

9 GINGERBREAD HOUSE CONTEST
9:00 WINTER MIX D LV
9:15 NEWS & VIEWS D LV
10:00 TEAR IT UP TUESDAY D LV
10:30 WALKING CLUB D CM
10:30 WORDS THAT START WITH "B" P LV
11:00 A-Z WORD GAME WINTER THEME D LV
11:30 ODD WORD OUT D LV
1:30 MANICURES BY APPT P M
1:30 GINGERBREAD HOUSE CONTEST D LV
3:00 HAPPY HOUR SOFT PRETZELS D/P LV
4:00 BINGO HOUR P LV
6:00 EVENING MOVIE RS LV

10 VENDER HAROLYN
9:00 MORNING MUSIC DD LV
9:15 WHAT'S IN THE NEWS? DD LV
10:00 VENDER HAROLYN V 1ST
10:00 MOVEMENT TO MUSIC DD LV
10:30 WALKING CLUB DD CM
10:30 WORD IN A WORD P LV
11:00 DAILY CROSSWORD DD LV
11:00 COFFEE IN THE BISTRO P BI
1:30 PINECONE KEEPSAKES P M
1:30 SING A LONGS DD LV
2:00 MULTIPLE CHOICE DD LV
2:30 ARMCHAIR TRIVIA DD LV
3:00 HAPPY HOUR ICE CREAM DD/P LV
4:00 NAME THE FAMOUS FACE P LV
6:00 MID WEEK MOVIE RS LV

11 ANDREW T MORROW ELEMENTARY SCHOOL
9:00 HAPPY MUSIC DD LV
9:15 HAPPENINGS AND HOROSCOPES DD LV
10:00 STRETCH AND FLEX DD LV
10:30 ANDREW T MORROW ELEMENTARY SCHOOL VEN LV
1:30 TABLE TOP GAMES DD M
1:30 GUESSING GAMES P LV
2:00 KEEP UP THE BALLOON P LV
2:30 WHEEL OF FORTUNE P LV
3:00 HAPPY HOUR RICE PUDDING WITH CINNAMON STICKS P/DD LV
4:00 BINGO P LV
6:00 NIGHTLY MOVIE RS LV

12 BRETTON WOODS ELEMENTARY SCHOOL
9:00 MUSICAL MUSINGS I LV
9:15 MORNING PAPER I LV
10:00 LETS WORK OUT I LV
10:30 WALKING CLUB PS CM
10:30 BRAIN GAMES I LV
11:00 A TO Z WORD GAME PS LV
11:30 WORD IN A WORD "CHRISTMAS" PS LV
1:30 SCRABBLE CLUB I M
1:30 JEOPARDY PS LV
2:00 MATCH GAME PS LV
3:00 HAPPY HOUR APPLES & CARAMEL PS/I LV
4:00 NAME THE FAMOUS FACE PS LV
6:00 MOVIE TIME RS LV

13 NATIONAL COCOA DAY
9:00 MUSIC IN THE MORNING I LV
9:15 WEEKEND REVIEW I LV
10:00 CHAIR EXERCISES I LV
10:30 WEEKEND STROLL I CM
10:30 NAME 10.15.20 RS LV
11:00 MUSICAL HANGMAN I LV
11:00 HOT COCOA IN THE BISTRO RS BI
1:30 HOLIDAY TRIVIA RS LV
1:30 ARTS & CRAFTS PAINTING I LM
2:00 FINISH THE HOLIDAY SONG RS LV
3:00 HAPPY HOUR HOLIDAY BRA NUT MIX RS/I LV
4:00 CONVERSATION STARTERS RS LV
6:00 SATURDAY SHOWING RS LV

14 CALVERY LUTHERAN CHURCH CHOIR
9:00 SHOWTUNES AS LV
9:15 WEEK IN REVIEW AS LV
10:00 LETS EXERCISE AS LV
10:30 COMMUNION V LV
11:00 WEEKEND STROLL AS CM
11:00 DAILY CROSSWORD J LV
1:30 FAMILY FEUD J RR
1:45 CALVERY LUTHERAN CHURCH CHOIR V LV
2:00 GUESSING GAMES J LV
2:00 BOARD GAMES/PUZZLES AS M
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 BINGO J LV
6:00 SUNDAY SHOWING RS LV

15 NATIONAL CUPCAKE DAY
9:00 MORNING TUNES DA LV
9:15 TODAY'S NEWS DA LV
10:00 STRETCH IT OUT DA LV
10:30 WALKING CLUB DA CM
10:30 ODD WORD OUT SD LV
11:00 WORD IN A WORD SD LV
11:30 NAME 10..15..20 DA LV
1:30 GINGERBREAD HOUSE CONTEST SD M
1:30 QUIPO QUIZ SD LV
2:00 URBAN MYTHS DA LV
3:00 HAPPY HOUR APPLE SAUCE & POTATO PANCAKES DA/SD LV
4:00 TRENDING TOPICS SD LV
6:00 CLASSIC MOVIES RS LV

16 CI MULVEY SCHOOL CHORUS
9:00 MORNING MUSIC D LV
9:15 WHAT'S IN THE NEWS? D LV
10:00 TONE UP D LV
10:30 WALKING CLUB P CM
10:30 WORD WATERFALL D LV
11:00 THE RHYME WORD GAME D BI
11:30 A TO Z WORD GAME P LV
1:30 CI MULVEY SCHOOL CHORUS V LV
1:30 MANICURES BY APPT P LV
3:00 HAPPY HOUR RUDOLPH'S CORN NUGGETS D/P LV
4:00 BINGO HOUR P LV
6:00 SILVER SCREEN FILM RS LV

17 RALPH REED MIDDLE SCHOOL VISIT
9:00 CLASSIC HITS DD LV
9:15 NEWS AND VIEWS DD LV
10:00 STRETCH AND FLEX DD LV
10:30 RALPH REED MIDDLE SCHOOL VISIT V LV
11:30 NAME 10..15..20 B LV
1:30 HOT COCOA BAR DD BI
1:30 HOLIDAY WREATHS B M
2:00 COMPLETE HOLIDAY SONGS DD LV
3:00 HAPPY HOUR ICE CREAM DD/B LV
4:00 BINGO FUN B LV
6:00 EVENING FLICK RS LV

18 CI HIGH SCHOOL BAND
9:00 EASY LISTENING DD LV
9:15 DAILY NEWS DD LV
10:00 EXERCISE & BE WISE DD LV
10:30 CI HIGH SCHOOL BAND V CM
11:30 WORD IN A WORD "HOLIDAYS" DD LV
1:30 CREATIVE PAINTING P M
1:30 FAMILY FEUD DD LV
2:00 CHRISTMAS QUIZ DD LV
3:00 HAPPY HOUR HOLIDAY SUGAR COOKIES DD/P LV
4:00 TRUE OR FALSE P LV
6:30 HOLIDAY PARTY WITH CURTIS MAXWELL ENT LV

19 SMITHTOWN CHRISTIAN SCHOOL
9:00 SING YOUR HEART OUT I LV
9:15 HOROSCOPES & HAPPENINGS I LV
9:30 SMITHTOWN CHRISTIAN SCHOOL LV LV
9:45 ROSARY WITH LINDA V M
11:30 SIT & BE FIT PS LV
1:30 CHICKEN SOUP FOR THE SOUL I LV
1:30 1 ON 1 VISITS PS RR
2:00 WHEEL OF FORTUNE I LV
3:00 HAPPY HOUR WINTERY BERRY PARFAIT I/PS LV
4:00 ARMCHAIR TRIVIA PS LV
6:00 MOVIE AT NIGHT RS LV

20 BREAKFAST WITH SANTA
9:00 BREAKFAST WITH SANTA I EDR
9:15 WEEKEND UPDATE I LV
10:00 EXERCISE REGIMEN I LV
10:30 WEEKEND STROLL I CM
10:30 GUESSING GAMES PS LV
11:00 MOVIE HANGMAN I LV
11:00 HOT COCOA IN THE BISTRO PS BI
1:30 HOLIDAY TRIVIA A LV
1:30 TABLE TOP ACTIVITIES M
2:00 ST. NICHOLAS TRUE OR FALSE SS LV
3:00 HAPPY HOUR REINDEER CHEX MIX A/SS LV
4:00 BINGO TIME A/SS LV
6:00 THE SILVER SCREEN RS LV

21 COMMUNION
9:00 SUNDAY SERENADES AS LV
9:15 WEEKEND UPDATE AS LV
10:00 LETS WORKOUT AS LV
10:30 COMMUNION V LV
11:00 WALKING CLUB AS CM
11:00 CLASSIC HANGMAN J LV
11:30 NAME 10..15..20 J LV
1:30 HOLIDAY CRAFTS AS M
1:30 TRUE OR FALSE J LV
2:00 KEEP UP THE BALLOON J LV
3:00 HAPPY HOUR ICE CREAM AS/J LV
4:00 AFTERNOON BINGO J LV
6:00 SUNDAY FEATURE RS LV

22 DATE NUT BREAD DAY
9:00 MORNING TUNES DA LV
9:15 CURRENT EVENTS DA LV
10:00 CHAIR STRETCHING DA LV
10:30 WALKING CLUB SD CM
10:30 WORDS THAT START WITH "R" DA LV
11:00 WORD IN A WORD DA LV
11:30 WORDS THAT RHYME SD LV
1:30 JEOPARDY SD LV
1:30 BOARD GAMES/PUZZLES DA M
2:00 MATCH GAME SD LV
3:00 HAPPY HOUR CHEESE DIP DA/SD LV
4:00 NAME THE FAMOUS FACE SD LV
6:00 BIG SCREEN CLASSICS RS LV

23 HOME SCHOOL KIDS VISIT
9:00 MAGICAL MUSIC D LV
9:15 NORTHPOLE NEWS D LV
10:00 CHAIR EXERCISES D LV
10:30 HOME SCHOOL KIDS VISIT V CM
1:30 ARTS N CRAFTS CORNER P M
1:30 MAD LIBS D LV
2:00 FAMILY FEUD D LV
3:00 HAPPY HOUR MINI WREATH PIZZA BAGELS D/P LV
4:00 BINGO P LV
6:00 MOTION PICTURE RS LV

24 CHRISTMAS EVE
9:00 SLEIGH RIDE SONGS RS LV
9:15 HOLIDAY NEWS RS LV
10:00 MISTLETOE MOVEMENTS RS LV
10:30 WONDERLAND WALK RS CM
11:00 HOLIDAY TRIVIA RS LV
11:30 SNOWMAN BINGO RS LV
1:30 DANCE PARTY! RS LV
2:00 CHRISTMAS JEOPARDY RS LV
3:00 HAPPY HOUR WARM CIDER/ GINGERBREAD CAKE RS LV
4:00 NAME THAT HOLIDAY MOVIE RS LV
6:00 MOVIE NIGHT RS LV

25 CHRISTMAS DAY
9:00 SING-A-LONG SONGS RS LV
9:15 TODAY'S HEADLINERS RS LV
10:00 SIT AND GET FIT RS LV
10:30 WALKING CLUB RS CM
11:00 DAILY CROSSWORD RS LV
1:30 UNSCRAMBLE THE LETTERS RS LV
2:00 HOLIDAY FACTS OR FICTION RS LV
2:30 WHEEL OF FORTUNE RS LV
3:00 HAPPY HOUR WARM BROWNIES/ HOT COCOA RS LV
4:00 LETS PLAY BINGO RS LV
6:00 THURSDAY FEATURE FILM RS LV

26 SINGER VANCE BRESCIA
9:00 MUSIC TO SING ALONG WITH I LV
9:15 BREAKING NEWS I LV
10:00 SCULPT & FITNESS I LV
10:30 WALKING CLUB I CM
10:30 SIMON SAYS PS M
11:00 SINGER VANCE BRESCIA ENT LV
1:30 SCRABBLE CLUB PS M
1:30 ARMCHAIR TRIVIA I LV
2:00 URBAN MYTHS I LV
3:00 HAPPY HOUR GINGERBREAD DIP I/PS LV
4:00 WHO AM I? PS LV
6:00 FRIDAY FLICK RS LV

27 HOT COCOA IN THE BISTRO
9:00 MUSIC ENJOYMENT I LV
9:15 WEEKEND NEWS I LV
10:00 LETS GET ENERGIZED I CM
10:30 WEEKEND STROLL I CM
10:30 NAME 10.15.20 RS LV
11:00 CROSSWORD PUZZLE RS LV
1:30 YOU BE THE JUDGE RS LV
1:30 HOT COCOA IN THE BISTRO I BI
2:00 NAME THE FAMOUS FACE RS LV
3:00 HAPPY HOUR CHEESE RICE CHIPS I/RS LV
4:00 BINGO FUN RS LV
6:00 MOVIE TIME RS LV

28 COMMUNION
9:00 MORNING TUNES 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 WORD IN A WORD J LV
11:30 ODD WORD OUT J LV
1:30 BIOGRAPHY J LV
1:30 HOLIDAY COLORING AS M
2:00 FACT OR FICTION J LV
3:00 HAPPY HOUR ICE CREAM J/AS LV
4:00 BINGO J LV
6:00 SUNDAY SHOWING RS LV

29 HEALING WITH MUSIC HS STUDENTS
9:00 DOO WOP SONGS DA LV
9:15 CURRENT EVENTS DA LV
10:00 EXERCISE WITH SCARVES DA LV
10:30 WALKING CLUB DA CM
10:30 BRAIN GAMES SD LV
11:00 HOLIDAY HANGMAN SD LV
11:30 WORDS THAT START WITH "E" DA LV
1:30 SCRABBLE CLUB SD M
1:30 MATCH GAME DA LV
2:00 HEALING WITH MUSIC HS STUDENTS V LV
3:00 HAPPY HOUR CHIPS & SALSA SD/DA LV
4:00 NAME MUSICAL INSTRUMENTS SD LV
6:00 MONDAY MOVIE RS LV

30 MANICURES
9:00 70'S CLASSICS D LV
9:30 CURRENT EVENTS D LV
10:00 STAY FIT D LV
10:30 WALKING CLUB D CM
10:30 MUSICAL HANGMAN P LV
11:00 MATCH GAME P RR
11:30 WORD WATERFALL D LV
1:30 MANICURES BY APPT P M
1:30 KEEP UP THE BALLOON D LV
2:00 WHEEL OF FORTUNE D LV
3:00 HAPPY HOUR SNOWMEN TATOR TOTS D/P LV
4:00 21 QUESTIONS P LV
6:00 TONIGHT AT THE MOVIES RS LV

31 NEW YEARS EVE
9:00 LAST YEARS HITS RS LV
9:15 HAPPY NEWS RS LV
10:00 LETS GET STRONG RS LV
10:30 WALKING CLUB RS CM
10:30 WORD IN A WORD "RESOLUTIONS" RS LV
11:00 DAILY CROSSWORD RS LV
1:30 BOARD GAMES/PUZZLES RS M
1:30 NEW YEARS EVE BINGO RS LV
2:00 MULTIPLE CHOICE RS LV
3:00 HAPPY HOUR SNOWBALL FLOATS RS LV
4:00 NEW YEAR RESOLUTIONS RS LV
6:00 MOVIE NIGHT RS LV



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
9:15 CURRENT EVENTS
10:00 DAILY EXERCISE
10:30 WALKING CLUB
3:00 HAPPY HOUR
4:00 DAILY GAME
6:00 EVENING MOVIE

ACTIVITY CALENDAR