

DECEMBER 2025

The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 ABRAHAM DOG VISIT
9:00 BIG BAND ERA RS LV
9:15 CURRENT EVENTS RS LV
10:00 SIT & GET FIT RS LV
10:30 WALKING CLUB RS CM
11:00 ABRAHAM DOG VISIT V LV
11:30 HOLIDAY HANGMAN RS LV
1:00 SCRABBLE CLUB D B
1:30 MATCH GAME RS LV
2:00 FACT OR FICTION RS LV
3:00 HAPPY HOUR BUFFALO CHICK DIP RS B
4:00 WHO AM I? RS B
6:00 BINGO HOUR D B
7:00 WORD FINDS IN THE BISTRO RS BI

2 BUS TRIP WALGREENS
9:00 SUNRISE SONGS DD LV
9:15 NEWSDAY DD LV
10:00 HUSTLE FOR THE MUSCLE DD LV
10:15 BUS TRIP WALGREENS RS O
10:30 WALKING CLUB DD CM
11:00 DAILY CROSSWORD RS LV
1:00 MANICURES BY APPT DD B
1:30 WINTERY CREATIONS RS B
2:00 FILL IN THE BLANK RS LV
2:30 WHAT YEAR WAS THAT? RS LV
3:00 HAPPY HOUR MOZZARELLA STICKS RS/DD B
4:00 SHARING MEMORIES DD B
6:00 JACKPOT BINGO RS B
7:00 EVENING MOVIE RS M

3 SINGER JOEY NICKELS
9:00 CROONERS AND SWOONERS D LV
9:15 NEWS DISCUSSION D LV
10:00 LETS GET STRONG D LV
10:30 WALKING CLUB D CM
11:00 WORD IN A WORD D LV
11:30 NAME 10..15..20 D LV
1:30 SINGER JOEY NICKELS ENT LV
1:30 1:1 VISITS RS RR
3:00 HAPPY HOUR ROOTBEER FLOATS D/RS B
4:00 BAR TRIVIA D B
6:00 SPEED BINGO RS B
7:00 GAMES IN THE BISTRO RS BI

4 ACTIVITY COMMITTEE
9:00 SING-A-LONG SONGS D LV
9:15 NEWS & VIEWS D LV
10:00 FITNESS IS MY MOTTO D LV
10:30 WALKING CLUB D CM
11:00 ACTIVITY COMMITTEE S LV
11:30 WORDS THAT START WITH DEC D LV
1:30 BOARD GAMES & PUZZLES RS BI
2:00 IT HAPPENED IN DECEMBER D LV
3:00 HAPPY HOUR SNOWY DONUT HOLES D/RS B
4:00 WHO AM I? D B
6:00 BINGO RS B
7:00 NIGHTTIME MOVIE RS M

5 ROSARY
9:00 LIVELY TUNES D LV
9:15 FRONT PAGE NEWS D LV
9:45 ROSARY V M
10:00 SWEAT & SMILES D LV
10:30 WALKING CLUB D LV
11:00 A TO Z WORD GAME D BI
11:30 WORD WATERFALL RS LV
1:00 SCRABBLE CLUB V B
1:30 NAME THE FAMOUS FACE D LV
2:00 WHEEL OF FORTUNE RS LV
3:00 HAPPY HOUR FRESH FRUIT D/RS B
4:00 TRIVIA TIME D B
6:00 BINGO RS B
7:00 TGIF MOVIES RS M

6 VENDER/DRIVE THRU NATIVITY
9:00 SATURDAY SONGS PS LV
9:15 WEEKEND UPDATE PS LV
10:00 VENDER PAT VEN LV
10:00 WORK UP A SWEAT PS LV
10:30 WEEKEND STROLL PS CM
11:00 DAILY CROSSWORD PS LV
1:30 ARTS & CRAFTS CORNER PS B
1:30 JEOPARDY DB LV
2:00 FACT OR FICTION DB LV
3:00 HAPPY HOUR DORITOS DB/PS B
4:00 PUB GAMES PS B
5:45 DRIVE THRU NATIVITY S/RSO
6:00 BINGO TIME DB B
7:00 RESIDENT COFFEE CHAT RS BI

7 COMMUNION/PEARL HARBOR DAY
9:00 SUNDAY TUNES DA LV
9:15 NEWS AND VIEWS DA LV
10:00 CHAIR EXERCISES DA LV
10:00 COMMUNION V DR
10:30 WEEKEND STROLL DA CM
11:00 SUNDAY CROSSWORD DA LV
1:30 REMEMBERING PEARL HARBOR DA LV
1:30 WREATH DECORATING RO B
2:00 FAMILY FEUD DA LV
3:00 HAPPY HOUR ICE CREAM DA/ROB
4:00 KARAOKE DA B
6:00 SHOUT BINGO! RO B
7:00 CLASSIC MOVIE RS M

8 BUS TRIP KOHL'S
9:00 70 CLASSIC'S RS LV
9:15 TODAY'S TOP STORIES RS LV
10:00 WAKE UP & WORK OUT! RS LV
10:15 BUS TRIP TO KOHL'S RS/SO
10:30 WALKING CLUB RS CM
11:00 WORD IN A WORD RS LV
11:30 WORD WATERFALL RS LV
1:00 SCRABBLE CLUB D B
1:30 WOULD YOU RATHER? RS LV
2:00 BALLOON VOLLEYBALL RS LV
2:30 JEOPARDY RS LV
3:00 HAPPY HOUR CRANBERRY FETA DIP D/RS B
4:00 TRENDING TOPICS RS B
6:00 BINGO HOUR D B
7:00 WORD FINDS IN THE BISTRO RS BI

9 LUNCH TRIP CHINESE
9:00 WINTERY MIX DD LV
9:15 NEWS & VIEWS DD LV
10:00 TEAR IT UP TUESDAY DD LV
10:30 LIBRARY VISIT V BI
10:30 WALKING CLUB DD CM
11:00 LUNCH TRIP CHINESE DD LV
11:30 A-Z WORD GAME WINTER THEME DD LV
1:00 MUSICAL HANGMAN DD LV
1:00 MANICURES BY APPT DD B
1:30 GINGERBREAD CONTEST RS B
3:00 HAPPY HOUR MISTLETOE WEENIES DD/RS B
4:00 TRIVIA CHALLENGE DD B
6:00 BINGO FOR CASH RS B
7:00 EVENING MOVIE RS M

10 VENDER HAROLYN
9:00 MORNING MUSIC D LV
9:15 WHAT'S IN THE NEWS? D LV
10:00 VENDER HAROLYN V LV
10:00 MOVEMENT TO MUSIC D LV
10:30 WALKING CLUB D CM
11:00 1 ON 1 VISITS G RR
11:30 NAME 10.15.20 D LV
1:00 SCRABBLE CLUB V B
1:30 MATCH GAME I LV
2:00 WHEEL OF FORTUNE D LV
3:00 HAPPY HOUR ROOTBEER FLOATS D/I B
4:00 WHO AM I? D B
6:00 SPEED BINGO I B
7:00 GAMES IN THE BISTRO RS BI

11 6TH GRADE CHORUS
9:00 HAPPY MUSIC D LV
9:15 HAPPENINGS AND HOROSCOPES D LV
10:00 STRETCH AND FLEX D LV
10:30 6TH GRADE CHORUS V LV
1:30 FAMILY FEUD D LV
1:30 DECORATE SNOWFLAKES RS B
2:00 TRUE OR FALSE D LV
3:00 HAPPY HOUR RICE PUDDING WITH CINNAMON STICKS D/RS B
4:00 ARMCHAIR TRIVIA D B
6:00 JACKPOT BINGO RS B
7:00 GAMES IN THE BISTRO RS BI

12 BRETTON WOODS ELEMENTARY CHORUS
9:00 MUSICAL MUSINGS D LV
9:30 MORNING PAPER D LV
10:00 BRETTON WOODS ELEMENTARY CHORUS D LV
11:00 WALKING CLUB V LV
11:00 DAILY CROSSWORD D LV
1:00 SCRABBLE CLUB V B
1:30 QUIPO QUIZ A LV
2:00 MATCH GAME D LV
3:00 HAPPY HOUR APPLES & CARAMEL A/D B
4:00 SING A LONGS D B
6:00 BINGO A B
7:00 NIGHTLY MOVIE RS M

13 SAX PLAYER TOMMY SAX
9:00 MUSIC IN THE MORNING PS LV
9:15 WEEKEND REVIEW PS LV
10:00 CHAIR EXERCISES PS LV
10:30 WEEKEND STROLL PS CM
11:00 WORD IN A WORD PS LV
11:30 WINTER HANGMAN PS RR
1:30 SAX PLAYER TOMMY SAX ENT LV
1:30 1:1 VISITS RS RR
3:00 HAPPY HOUR HOLIDAY BAR NUT MIX DB/PS B
4:00 FINISH THE LYRICS PS B
6:00 WEEKEND BINGO DB B
7:00 RESIDENT COFFEE CHAT RS BI

14 HAPPY HANUKKAH
9:00 SHOWTUNES DA LV
9:15 WEEK IN REVIEW DA LV
10:00 LETS EXERCISE DA LV
10:00 COMMUNION V DR
10:30 WEEKEND STROLL DA CM
11:00 DAILY CROSSWORD DA LV
11:00 VENDER LISA V RR
1:30 TABLE TOP GAMES V LV
1:30 CALVERY LUTHERAN CHURCH CHOIR V LV
3:00 HAPPY HOUR ICE CREAM DA/ROB
4:00 PUB GAMES DA B
6:00 TIME FOR BINGO RO B
7:00 SUNDAY SHOWING RS M

15 CAROL BURNETT LECTURE
9:00 MORNING TUNES RS LV
9:15 TODAYS NEWS RS LV
10:00 STRETCH IT OUT RS LV
10:30 WALKING CLUB RS CM
11:00 WORD IN A WORD RS LV
11:30 NAME 10..15..20 RS LV
1:00 SCRABBLE CLUB D B
1:30 CAROL BURNETT LECTURE ENT LV
3:00 HAPPY HOUR APPLE SAUCE/POTATO PANCAKES RS/D B
4:00 CONVERSATION STARTERS RS B
6:00 LETS PLAY BINGO D B
7:00 CARD GAMES IN THE BISTRO RS BI

16 HANUKKAH WITH RABBI
9:00 MORNING MUSIC DD LV
9:15 WHAT'S IN THE NEWS? DD LV
10:00 TONE UP DD LV
10:30 WALKING CLUB DD CM
11:00 WORD WATERFALL DD LV
11:15 HANUKKAH WITH RABBI V B
11:30 A TO Z WORD GAME DD LV
1:00 MANICURES BY APPT DD B
1:15 CI MULVEY SCHOOL CHORUS RS LV
2:30 TRUE OR FALSE RS LV
3:00 HAPPY HOUR RUDOLPH'S CORN NUGGETS DD/RS B
4:00 BAR GAMES DD B
6:00 BINGO FOR \$ RS B
7:00 MEET ME IN THE CINEMA RS M

17 CI MIDDLE SCHOOL
9:00 CLASSIC HITS D LV
9:15 NEWS AND VIEWS D LV
10:00 STRETCH AND FLEX D LV
10:30 CI MIDDLE SCHOOL D LV
1:00 SCRABBLE CLUB V B
1:30 BOWLING I LV
1:30 WINTER COLORING D LV
2:00 WHEEL OF FORTUNE I LV
3:00 HAPPY HOUR ROOTBEER FLOATS D/I B
4:00 BRAIN GAMES D B
6:00 SPEED BINGO I B
7:00 GAMES IN THE BISTRO RS BI

18 CI HS WIND EMSEMBLE
9:00 EASY LISTENING D LV
9:15 DAILY NEWS D LV
10:00 EXERCISE & BE WISE D LV
10:30 CI HS WIND EMSEMBLE VEN LV
11:30 NAME 10..15..20 D LV
1:30 CREATIVE PAINTING AM B
1:30 FAMILY FEUD D LV
2:00 IT HAPPENED IN DECEMBER D LV
3:00 HAPPY HOUR HOLIDAY SUGAR COOKIES D/AMB
4:00 REMINISCING D B
6:30 HOLIDAY PARTY WITH CURTIS MAXWELL AM LV

19 SMITHTOWN CHRISTIAN SCHOOL
9:00 SING YOUR HEART OUT D LV
9:15 HOROSCOPES & HAPPENINGS D LV
9:30 SMITHTOWN CHRISTIAN SCHOOL V LV
9:45 ROSARY V M
11:00 DAILY CROSSWORD D LV
1:00 SCRABBLE CLUB V GR
1:30 WHO AM I? D M
2:00 JEOPARDY RS LV
3:00 HAPPY HOUR WINTERY BERRY PARFAIT RS/D B
4:00 TRIVIA FUN D B
6:00 BINGO HOUR RS B
7:00 MOVIES AT NIGHT RS M

20 BREAKFAST WITH SANTA
9:00 BREAKFAST WITH SANTA VEN ES
9:15 WEEKEND UPDATE PS LV
10:00 EXERCISE REGIMEN PS CM
10:30 WEEKEND STROLL PS CM
11:00 WORD IN A WORD PS LV
11:30 A TO Z WORD GAME PS LV
1:30 MATCH GAME DB LV
1:30 BOARD GAMES & PUZZLES PS B
2:00 URBAN MYTHS DB LV
3:00 HAPPY HOUR REINDEER CHEZ MIX PS/DBB
4:00 TRENDING TOPICS PS B
6:00 WEEKEND BINGO DB B
7:00 RESIDENT COFFEE CHAT RS BI

21 WINTER SOLSTICE
9:00 SUNDAY SERENADES DA LV
9:15 WEEKEND UPDATE DA LV
10:00 COMMUNION V DR
10:00 LETS WORKOUT DA LV
10:30 WEEKEND STROLL DA LV
11:00 CLASSIC HANGMAN DA LV
11:30 NAME 10..15..20 RO LV
1:30 KEEP UP THE BALLOON DA LV
1:30 YOU BE THE JUDGE RO LV
2:00 CARD & PUZZLE GAMES RO B
3:00 HAPPY HOUR ICE CREAM RO/DA B
4:00 MULTIPLE CHOICE DA B
6:00 EVENING BINGO RO B
7:00 MOVIE SHOWING RS M

22 SINGER ANDREW COMO
9:00 MORNING TUNES RS LV
9:15 CURRENT EVENTS RS LV
10:00 SIT & GET FIT RS LV
10:00 OPPORTUNITY PRE SCHOOL TRIP V LV
10:30 WALKING CLUB RS CM
11:00 WORD IN A WORD RS LV
11:30 MATCH GAME D LV
1:30 SINGER ANDREW COMO ENT LV
3:00 HAPPY HOUR SHINING STAR CHEESE DIP RS/D B
4:00 PUB GAMES RS B
6:00 BINGO D B
7:00 CARD GAMES IN THE BISTRO RS M

23 HOME SCHOOL KIDS VISIT
9:00 POPULAR MUSIC DD LV
9:15 DAILY NEWS DD LV
10:00 SENIOR EXERCISE! DD LV
10:30 HOME SCHOOL KIDS VISIT V CM
1:00 MANICURES BY APPT RS LV
1:30 HOT COCOA BAR RS BI
2:00 JOKES/RIDDLES RS LV
2:30 KARAOKE RS LV
3:00 HAPPY HOUR MINI WREATHS PIZZA BAGELS DD/JS B
4:00 ARMCHAIR TRIVIA JS B
6:00 LETS PLAY BINGO JS B
7:00 MOTION PICTURE M

24 CHRISTMAS EVE
9:00 FESTIVE MUSIC D LV
9:15 REINDEER REPORT D LV
10:00 WINTER WORKOUT D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD D LV
1:30 CHRISTMAS JEOPARDY I LV
2:00 ST. NICHOLAS TRUE OR FALSE D LV
3:00 HAPPY HOUR WARM CIDER & GINGERBREAD CAKE RS B
4:00 SHARE HOLIDAY MEMORIES D B
6:00 HOLIDAY SHOWING RS M

25 CHRISTMAS
9:00 CHRISTMAS PLAYLIST RS LV
9:15 HOLIDAY HEADLINES RS LV
10:00 MERRY FITNESS RS LV
10:30 WONDERLAND WALK RS CM
11:00 NOEL HANGMAN RS LV
11:30 NAME 10..15..20 RS LV
1:30 CHRISTMAS QUIZ RS LV
2:00 FINISH THE XMAS LYRICS RS LV
3:00 HAPPY HOUR WARM BROWNIES/HOT COCOA RS B
4:00 SING-A-LONG TO THE CLASSICS RS B
6:00 MARCH OF THE WOODEN SOLDIERS MOVIE RS M

26 SINGER VANCE BRESCHIA
9:00 MUSIC TO SING ALONG WITH D LV
9:15 BREAKING NEWS D LV
10:00 COMMIT TO BE FIT D LV
10:30 WALKING CLUB D CM
11:00 1 TO 1 VISITS RS RR
11:00 A TO Z WORD GAME D LV
11:30 UNSCRAMBLE THE LETTERS D LV
1:00 SCRABBLE CLUB V GM
1:30 FAMILY FEUD RS B
2:00 JEOPARDY RS M
3:00 HAPPY HOUR GINGERBREAD DIP RS/DB
4:00 WHO AM I? D B
6:00 BINGO FUN RS B
7:00 FRIDAY FILM RS M

27 HOT COCOA BAR
9:00 SOULFUL BLUES PS LV
9:15 NEWSDAY PS LV
10:00 LETS GET ENERGIZED PS CM
10:30 WEEKEND STROLL PS CM
11:00 HOT COCOA BAR PS LV
1:30 YOU BE THE JUDGE DB M
1:30 ARTISTIC COLORING PS B
2:00 NAME THE FAMOUS FACE DB LV
3:00 HAPPY HOUR CHEEZ-ITZ DB/PS B
4:00 BAR TRIVIA PS B
6:00 BINGO AT NIGHT DB B
7:00 RESIDENT COFFEE CHAT RS BI

28 COMMUNION
9:00 MORNING TUNES DA LV
9:15 WEEKEND NEWS DA LV
10:00 COMMUNION V DR
10:00 CHAIR EXERCISES DA CM
10:30 WEEKEND STROLL DA LV
11:00 WORD IN A WORD DA B
11:30 NAME 10..15..20 DA LV
1:30 FAMILY FEUD RO LV
1:30 CARD GAMES/PUZZLES DA B
2:00 KEEP UP THE BALLOON RO LV
3:00 HAPPY HOUR ICE CREAM RO/DA B
4:00 PUB TRIVIA DA B
6:00 BINGO FOR CASH RO B
7:00 SUNDAY SHOWING RS M

29 HEALING WITH MUSIC HS STUDENTS
9:00 BROADWAY SHOW TUNES I LV
9:15 CURRENT EVENTS I LV
10:00 STRETCH & FLEX I LV
10:30 WALKING CLUB I CM
11:00 DAILY CROSSWORD I LV
11:30 WORDS THAT START WITH "DEC" D M
1:00 SCRABBLE CLUB D
1:30 MATCH GAME I M
2:00 HEALING WITH MUSIC HS STUDENTS I LV
3:00 HAPPY HOUR CHIPS & SALSA D/I B
4:00 JOKES & RIDDLES I M
6:00 WHO WANTS TO YELL BINGO? D B
7:00 WORD FINDS IN THE BISTRO RS M

30 RESIDENT COUNCIL/FOOD COMMITTEE
9:00 RHYTHM & BLUES DD LV
9:15 HAPPENINGS & HOROSCOPES DD LV
10:00 CHAIR EXERCISES DD LV
10:30 RESIDENT COUNCIL S CM
11:00 FOOD COMMITTEE LV
1:00 MANICURES BY APPT DD B
1:30 FAMILY FEUD RS LV
2:00 MATCH GAME RS LV
2:30 WHO AM I? DD LV
3:00 HAPPY HOUR SNOWMEN TATOR TOTS JS/DDB
4:00 ARMCHAIR TRIVIA DD B
6:00 BINGO FUN JS B
7:00 LETS WATCH A MOVIE RS M

31 NEW YEARS EVE
9:00 CLASSIC HITS D LV
9:15 HAPPY NEWS D LV
10:00 A TIME TO SHINE EXERCISE D LV
10:30 WALKING CLUB D CM
11:00 WORD IN A WORD "RESOLUTIONS" D LV
11:30 UNSCRAMBLE THE LETTERS D LV
1:30 RESOLUTIONS BOARD I LV
2:00 HOLIDAY TRIVIA I LV
3:00 HAPPY HOUR SNOWBALL FLOATS I B
4:00 COUNTDOWN TO 2026 I B
6:00 BLISSFUL BINGO I B
7:00 GAMES IN THE BISTRO RS BI



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=BRENNNA
I= INDEPENDENT
RS=Recreation staff
V=Volunteer
***=Call 381 for Appt.

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

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.

ACTIVITY CALENDAR