

February 2026

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 			STAFF KEY S=STACEY AS=ASHA D=DIANE DD=DONNA DA=DEANNA RO=REBECCA JR=JEAN P=PINKY I=ISABEL I=INDEPENDENT RS=Recreation staff V=Volunteer ***=Call 381 for Appt. AC=Activity Channel 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	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	
1 BLACK HISTORY MONTH 9:00 CLASSIC HITS OF THE 60'S AS LV 9:15 DAILY NEWS AS LV 10:00 SIT & GET FIT AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB AS CM 11:00 NAME 10.15.20 RS LV 11:30 MUSICAL HANGMAN RS LV 1:30 WORDS STARTING WITH "F" QUIZ RS LV 1:30 COLOR YOUR CARES AWAY AS M 2:00 MULTIPLE CHOICE RS LV 3:00 HAPPY HOUR ICE CREAM RS/ASLV 4:00 BINGO RS LV 6:00 MOVIE GRUMPY OLD MEN RS LV	2 MUSIC THERAPY W/MARIA MENNITTI 9:00 SING A LONGS DA LV 9:15 WILL GROUNDHOG SEE HIS SHADOW? DA LV 10:00 SENIOR EXERCISES DA LV 10:30 WALKING CLUB DA CM 10:30 WORDS THAT START WITH "G" SD LV 11:00 SPELLING BEE SD LV 11:30 ABRAHAM COMFORT DOG VISIT V LV 1:30 GROUNDHOG DAY FACTS SD LV 1:30 COLOR THE GROUNDHOG DA RR 2:00 PASS THE GROUNDHOG GAME SD LV 2:30 MUSIC THERAPY W/MARIA MENNITTI E LV 3:00 HAPPY HOUR CHILI DIP/CHIPS SD/DA LV 4:00 KARAOKE SD LV 6:00 MOVIE GUYS AND DOLLS RS LV	3 NATIONAL CARROT CAKE DAY 9:00 MORNING MUSIC D LV 9:15 CURRENT EVENTS D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 10:30 A TO Z WORD GAME RS LV 11:00 RHYMING WORD GAME D LV 11:30 WORD WATERFALL RS LV 1:30 NAME THE FAMOUS FACE D LV 1:30 MANICURES RS M 2:00 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR MOZZARELLA STICKS D/RS LV 4:00 TRUE OR FALSE RS LV 6:00 MOVIE SINGING IN THE RAIN RS LV	4 ROSA PARKS BDAY 9:00 TUNES OF THE 50'S DD LV 9:15 NEWSDAY DD LV 10:00 TAI CHI DD LV 10:30 WALKING CLUB DD CM 10:30 ODD WORD OUT RS LV 11:00 UNSCRAMBLE THE LETTERS DD LV 11:30 NAME 10.15.20 DD LV 1:30 ROSA PARK BIO RS LV 1:30 TABLE TOP GAMES DD M 2:00 DANCE PARTY! DD LV 3:00 HAPPY HOUR ICE CREAM DD/RS LV 4:00 BINGO RS LV 6:00 MOVIE LASSIE RS LV	5 WORLD READ ALOUD DAY 9:00 CLASSICAL CONCERTS DD LV 9:15 HAPPENINGS & HOROSCOPES DD LV 10:00 FLEX & STRETCH DD LV 10:30 WALKING CLUB DD CM 11:00 ODD WORD OUT RS LV 11:30 WORDS THAT START WITH "B" DD LV 1:30 SHORT STORIES DD LV 1:30 COLOR YOUR CARES AWAY RS M 2:00 MATCH GAME DD LV 3:00 HAPPY HOUR CHOC CHIP COOKIES DD/RS LV 4:00 TRUE OR FALSE RS LV 6:00 MOVIE THE SOUND OF MUSIC RS LV	6 WEAR RED DAY 9:00 SING A LONGS I LV 9:15 BREAKING NEWS I LV 10:00 FITNESS I LV 10:30 WALKING CLUB I CM 10:30 MULTIPLE CHOICE PS LV 11:00 WORD IN A WORD I LV 11:30 KEEP UP THE BALLOON PS LV 1:30 21 QUESTIONS I LV 1:30 CREATE WITH CLAY PS M 2:00 SPELLING BEE I LV 3:00 HAPPY HOUR SOFT PRETZELS PS/I LV 4:00 GUESSING GAME PS LV 6:00 MOVIE MY FAIR LADY RS LV	7 IT HAPPENED IN FEB 9:00 DOO WOP MIX I LV 9:15 WEEKEND UPDATE I LV 10:00 WORK IT OUT I LV 10:30 WEEKEND STROLL I CM 10:30 BRAIN GAMES JR LV 11:00 RHYMING GAME JR LV 11:30 WORDS THAT START WITH "R" I LV 1:30 HOT COCOA IN THE BISTRO I BI 1:30 FAMILY FEUD JR LV 2:00 WHEEL OF FORTUNE JR LV 3:00 HAPPY HOUR DORITOS JR/I LV 4:00 NAME THAT TUNE JR LV 6:00 MOVIE LAUREL & HARDY RS LV
8 SUPERBOWL LX (60) 9:00 CLASSIC HITS OF THE 60'S AS LV 9:15 CURRENT EVENTS AS LV 10:00 SENIOR MOVEMENT AS LV 10:30 COMMUNION V LV 11:00 WALKING CLUB AS CM 11:00 NAME 10.15.20 RS LV 11:30 FILL IN THE BLANK RS LV 1:30 PUZZLES/BOARD GAMES AS M 1:30 FAMILY FEUD RS LV 2:00 MULTIPLE CHOICE RS LV 3:00 HAPPY HOUR ICE CREAM RS/ASLV 4:00 BINGO RS LV 6:00 SUPERBOWL LX (60) RS LV	9 NATIONAL PIZZA DAY 9:00 OPERA CLASSICS DA LV 9:15 WHAT'S IN THE NEWS? DA LV 10:00 EXERCISE BASICS DA LV 10:30 MUSICAL HANGMAN SD LV 10:30 WALKING CLUB DA CM 11:00 FACT OR FICTION SD LV 11:30 NAME 10.15.20 DA LV 1:30 MAKE PIZZA SD M 1:30 SING A LONGS DA LV 2:00 GUESSING GAME DA LV 3:00 HAPPY HOUR CHICK NUGGETS DA/SD LV 4:00 MATCH GAME SD LV 6:00 MOVIE THE ODD COUPLE RS LV	10 MANICURES 9:00 SHOW TUNES D LV 9:15 HAPPENINGS & EVENTS D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 10:30 NOTEWORTHY FACTS RS LV 11:00 MAD LIBS RS LV 11:30 ODD WORD OUT RS LV 1:30 MANICURES RS M 1:30 WHEEL OF FORTUNE D LV 2:00 JEOPARDY D LV 3:00 HAPPY HOUR ONION RINGS D/RS LV 4:00 NAME THE FAMOUS FACE RS LV 6:00 MOVIE MAMMA MIA! RS LV	11 SINGER JOHNNY WHIMPLE 9:00 MUSIC TO ENJOY DD LV 9:15 NEWS AND VIEWS DD LV 10:00 STRETCHES & FLEXES DD LV 10:30 WALKING CLUB DD CM 10:30 DAILY CROSSWORD RS LV 11:00 A-Z WORD GAME RS LV 11:30 SPELLING BEE RS LV 1:30 SINGER JOHNNY WHIMPLE E LV 1:30 ONE ON ONE VISITS RS RR 3:00 HAPPY HOUR ICE CREAM DD/RS LV 4:00 BINGO RS LV 6:00 MOVIE MRS. DOUBTFIRE RS LV	12 ABRAHAM LINCOLNS BDAY 9:00 CLASSICAL CONCERTS DD LV 9:15 DAILY NEWS DD LV 10:00 SIT & BE FIT DD LV 10:30 WALKING CLUB DD CM 10:30 TRUE OR FALSE RS LV 11:00 MUSICAL HANGMAN DD LV 11:30 RHYMING GAME DD LV 1:30 ABRAHAM LINCOLN'S BEARD DD LV 1:30 MAGAZINE SCAVENGER HUNT RS M 2:00 WHAT'S UNDER THE HAT DD LV 3:00 HAPPY HOUR PB BANANA BALLS DD/RS LV 4:00 TRIVIA FUN RS LV	13 ROSARY 9:00 1940'S SWING SONGS I LV 9:15 TODAY'S NEWS I LV 9:45 ROSARY V M 10:00 SWEAT SMILE REPEAT I LV 10:30 WALKING CLUB I CM 10:30 MATCH GAME PS LV 11:00 WORD IN A WORD PS LV 11:30 MOVIE HANGMAN I LV 1:30 KIM NOVAK BIO I LV 1:30 TABLE TOP GAMES PS M 2:00 URBAN MYTHS I LV 3:00 HAPPY HOUR STRAWBERRY PARFAIT I/PS LV 4:00 BRAIN GAMES PS LV 6:00 MOVIE BREAKFAST AT TIFFANYS RS LV	14 VALENTINES DAY 9:00 LOVE SONG MELODY I LV 9:15 HEART NEWS I LV 10:00 FALL IN LOVE WITH FITNESS I LV 10:30 CUPIDS WALKING CLUB JR CM 10:30 MULTIPLE CHOICE I LV 11:00 MOVIE HANGMAN I LV 11:30 NAME RED THINGS JR LV 1:30 FAMILY FEUD JR LV 1:30 COLOR YOUR CARES AWAY I M 2:00 EXCHANGE VALENTINES DAY CARDS JR LV 3:00 HAPPY HOUR RED VELVET CUPCAKES JR/I LV 4:00 HUGS & KISSES BINGO JR LV 6:00 MOVIE MARY POPPINS RS LV
15 FAMILY BINGO 9:00 EASY LISTENING AS LV 9:15 CURRENT EVENTS AS LV 10:00 MOVING & GROOVING AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL AS CM 11:00 WORDS STARTING WITH "A" RS LV 11:30 WORD WATERFALL RS LV 1:30 ARTISTIC CREATIONS AS M 1:30 FAMILY BINGO RS LV 3:00 HAPPY HOUR ICE CREAM AS/RS LV 4:00 WOULD YOU RATHER? RS LV 6:00 MOVIE BYE BYE BIRDIE RS LV	16 PRESIDENTS DAY 9:00 OPERA CLASSICS DA LV 9:15 NEWS STORIES DA LV 10:00 EXERCISE BASICS DA LV 10:30 WALKING CLUB DA CM/LV 10:30 NAME THE PRESIDENTS SD LV 11:00 WORD IN A WORD "PRESIDENT" SD LV 11:30 PRESIDENTIAL FACTS SD LV 1:30 CREATE WITH CLAY DA M 1:30 FAMILY FEUD SD LV 2:00 FINISH THE LYRICS SD LV 3:00 HAPPY HOUR FRUIT SALAD SD/DA LV 4:00 GUESS WHO? SD LV 6:00 MOVIE OKLAHOMA RS LV	17 LUNAR NEW YEAR 9:00 CROONERS AND SWOONERS D LV 9:15 HAPPENINGS & EVENTS D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 10:30 BRAIN GAMES RS LV 11:00 MUSICAL HANGMAN RS LV 11:30 A TO Z WORD GAME D LV 1:30 MANICURES RS M 1:30 TOSS & TALK BALL D LV 2:00 MATCH GAME D LV 3:00 HAPPY HOUR POTATO PUFFS D/RS LV 4:00 JOKES/RIDDLES RS LV 6:00 MOVIE ROMAN HOLIDAY RS LV	18 ASH WEDNESDAY 9:00 MORNING MUSIC DD LV 9:15 NEWSDAY DD LV 10:00 CHAIR EXERCISES DD LV 10:30 WALKING CLUB DD CM 10:30 DISTRIBUTE ASHES V CM 11:00 CROSSWORD PUZZLE DD LV 1:30 PUZZLES/BOARD GAMES RS M 1:30 LETS CHAT CONVERSATION STARTERS DD LV 2:00 WHEEL OF FORTUNE DD LV 3:00 HAPPY HOUR ICE CREAM RS/DD LV 4:00 KARAOKE RS LV 6:00 MOVIE LA DOLCE VITA RS LV	19 ART THERAPY WITH CAT 9:00 CLASSICAL CONCERTS DD LV 9:15 DAILY NEWS DD LV 10:00 SIT & BE FIT DD LV 10:30 WALKING CLUB DD CM 10:30 MULTIPLE CHOICE RS LV 11:00 WORD IN A WORD DD LV 11:30 RHYMING GAME DD LV 1:30 ART THERAPY WITH CAT E M 1:30 FILL IN THE BLANK RS LV 2:00 SENIOR ADVICE RS LV 3:00 HAPPY HOUR DONUT HOLES RS/DD LV 4:00 BINGO RS LV 6:00 MOVIE FUNNY GIRL RS LV	20 GLORIA VANDERBUILT BIO 9:00 BIG BAND MUSIC I LV 9:15 TODAY'S NEWS I LV 10:00 MORNING MOVEMENTS I LV 10:30 WALKING CLUB I CM 10:30 NAME 10.15.20 PS LV 11:00 ODD WORD OUT PS LV 11:30 UNSCRAMBLE THE LETTERS I LV 1:30 GLORIA VANDERBUILT BIO I LV 1:30 BOARD GAMES/CARDS PS M 2:00 FAMILY FEUD I LV 3:00 HAPPY HOUR APPLES/CARAMEL SAUCE I/PS LV 4:00 ARMCHAIR TRIVIA PS LV 6:00 MOVIE MEET ME IN ST LOUIS RS LV	21 9:00 BEAUTIFUL BALLADS I LV 9:15 WEEKEND UPDATE I LV 10:00 WORK IT OUT I LV 10:30 WEEKEND STROLL I CM 10:30 FACT OR FICTION JR LV 11:00 21 QUESTIONS JR LV 11:30 A-Z WORD GAME I LV 1:30 DANCE PARTY! I/JR LV 2:00 KARAOKE I/JR LV 3:00 HAPPY HOUR CHEESE DOODLES I/JR LV 4:00 NAME THE FAMOUS FACE JR LV 6:00 MOVIE AN AMERICAN IN PARIS RS LV
22 LUNAR NEW YEAR PERFORMANCE 9:00 FOLK SONGS AS LV 9:15 CURRENT EVENTS AS LV 10:00 SHAKE IT OUT AS LV 10:30 COMMUNION V LV 11:00 WEEKEND STROLL RS CM 11:00 NAME THAT ACTRESS/ACTOR RS LV 11:30 TRUE OR FALSE RRS LV 1:30 LETS CHAT CONVERSATION STARTERS RS LV 1:30 BOARD GAMES AS M 2:00 JEOPARDY RS LV 3:00 HAPPY HOUR ICE CREAM AS/RS LV 4:00 MUSICAL HANGMAN RS LV 6:00 MOVIE SOUTH PACIFIC RS LV	23 SINGER VANCE BRESCIA 9:00 CROONERS K LV 9:15 DAILY NEWS K LV 10:00 CHAIR EXERCISES K LV 10:30 WALKING CLUB SE CM 10:30 MATCH GAME SE LV 11:00 SINGER VANCE BRESCIA SE LV 1:30 SPELLING BEE SC M 1:30 TABLE TOP GAMES SE M 2:00 URBAN MYTHS K LV 3:00 HAPPY HOUR CHOC DIP/PRETZELS DA/D LV 4:00 GUESS WHO? K/SE LV 6:00 MOVIE GIGI RS LV	24 NATIONAL TORTILLA DAY 9:00 FEMALE VOCALS D LV 9:15 HAPPENINGS & EVENTS D LV 10:00 WAKE UP & WORK OUT D LV 10:30 WALKING CLUB D CM 10:30 NAME 10.15.20 RS LV 11:00 MUSICAL HANGMAN D LV 11:30 ANAGRAMS D LV 1:30 MANICURES RS M 1:30 QUIPO QUIZ D LV 2:00 WHO AM I? D LV 3:00 HAPPY HOUR TERIYAKI MEATBALLS D/RS LV 4:00 BINGO RS LV 6:00 MOVIE SOUND OF MUSIC RS LV	25 9:00 EASY LISTENING DD LV 9:15 DAILY CHRONICLES DD LV 10:00 STRETCH & FLEX DD LV 10:30 WALKING CLUB DD CM 10:30 RHYMING GAME RS LV 11:00 A TO Z WORD GAME RS LV 11:30 UNSCRAMBLE THE LETTERS DD LV 1:30 WOULD YOU RATHER? DD LV 1:30 LETS PAINT RS M 2:00 WHEEL OF FORTUNE DD LV 3:00 HAPPY HOUR ICE CREAM DD/RS LV 4:00 SENIOR ADVICE RS LV 6:00 MOVIE STAGECOACH RS LV	26 SCENIC BUS TRIP 9:00 CLASSICAL CONCERTS DD LV 9:15 DAILY NEWS DD LV 10:00 WAKE UP & WORK OUT DD LV 10:30 WALKING CLUB DD CM 10:30 ODD WORD OUT RS LV 11:00 DAILY CROSSWORD RS LV 11:30 ONE ON ONE VISITS DD RR 1:30 SCENIC BUS TRIP DD O 1:30 BIOGRAPHIES RS LV 2:00 FAMILY FEUD RS LV 3:00 HAPPY HOUR BROWNIES RS/DD LV 4:00 BINGO RS LV 6:00 MOVIE SOME LIKE IT HOT RS LV	27 ROSARY 9:00 MELODIC MORNINGS I LV 9:15 BREAKING NEWS I LV 9:45 ROSARY V M 10:00 TONE IT UP I LV 10:30 WALKING CLUB I CM 10:30 SPELLING BEE PS LV 11:00 WORD WATERFALL PS LV 11:30 MOVIE HANGMAN I LV 1:30 CREATE A COLLAGE I M 1:30 JEOPARDY PS LV 2:00 WHEEL OF FORTUNE PS LV 3:00 HAPPY HOUR FRESH FRUIT PS/I LV 4:00 BRAIN TEASERS PS LV 4:00 SHABBAT SERVICE V BI MOVIE KING & I RS LV	28 NATIONAL SCIENCE DAY 9:00 SATURDAY SONGS I LV 9:15 TODAY'S TOP STORIES I LV 10:00 SWEAT TO THE OLDIES I LV 10:30 WEEKEND STROLL I CM 10:30 TRUE OR FALSE JR LV 11:00 NAME 10.15.20 I LV 11:30 WORDS THAT START WITH "U" JR LV 1:30 COMEDY STORIES JR LV 1:30 HOT COCOA IN THE BISTRO I BI 2:00 MAD LIBS JR LV 3:00 HAPPY HOUR CARAMEL POPCORN JR/I LV 4:00 FILL IN THE BLANK JR LV 6:00 MOVIE YANKEE DOODLE DANDY RS LV