

February 2026

The Arbors At ISLANDIA WEST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	STAFF KEY S=STACEY D=DIANE DA=DEANNA DD=DONNA I=ISABEL DB=DIANA P=PINKY JR=JEAN R=REBECCA AS=ASHA I=INDEPENDENT RS=Recreation staff V=Volunteer ***=Call 381 for Appt. AC=Activity Channel	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.			
1 BLACK HISTORY MONTH 9:00 CLASSICAL CONCERTS DA LV 9:15 DAILY NEWS DA LV 10:00 COMMUNION WITH JAMES V DR 10:00 SIT & GET FIT DA LV 10:30 WEEKEND STROLL DA CM 11:00 WORDS STARTING WITH "F" QUIZ DA LV 11:30 MUSICAL HANGMAN RO LV 1:30 BLACK HISTORY MONTH FACTS RO LV 1:30 COLOR YOUR CARES AWAY DA B 2:00 STORYTELLING SESSION RO LV 3:00 HAPPY HOUR ICE CREAM DA/ROB 4:00 ARMCHAIR TRIVIA DA B 6:00 CLASSIC BINGO RO B 7:00 EVENING MOVIE RS M	2 ABRAHAM DOG VISIT 9:00 HAPPY HARMONIES RS LV 9:15 CURRENT EVENTS RS LV 10:00 CHAIR WORKOUT RS LV 10:30 WALKING CLUB RS CM 11:00 ABRAHAM COMFORT DOG VISIT V LV 11:30 NAME 10.15.20 D LV 1:00 SCRABBLE CLUB RS B 1:30 GROUNDHOG DAY PREDICTIONS RS LV 2:00 WHEEL OF FORTUNE RS LV 3:00 HAPPY HOUR CHILI DIP/CHIPS RS/DB 4:00 BRAIN TEASERS RS B 6:00 B.I.N.G.O. D B 7:00 GAMES IN THE BISTRO RS BI	3 BUS TRIP WALGREENS 9:00 MORNING MUSIC DD LV 9:15 NEWS DAY DD LV 10:00 FLEX & STRETCH DD LV 10:15 BUS TRIP WALGREENS RS O 10:30 WALKING CLUB DD CM 11:00 DAILY CROSSWORD DD LV 1:30 MANICURES BY APPT DD B 1:30 BLANK SLATE GAME RS LV 2:00 WHO AM I? RS LV 3:00 HAPPY HOUR MOZZARELLA STICKS DD/JSB 4:00 KNOWLEDGE QUEST JS B 6:00 PLAY BINGO JS B 7:00 RUMMY RS BI	4 SINGER LEN CAMMALLERI 9:00 SHOW TUNES D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 EXERCISE BASICS D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 1:30 SINGER LEN CAMMALLERI E LV 1:30 ONE ON ONE VISITS I RR 3:00 HAPPY HOUR ROOTBEER FLOATS I/D BI 4:00 CHALLENGE TIME D BI 6:00 SPEED BINGO I BI 7:00 COFFEE CHAT IN THE BISTRO RS BI	5 ACTIVITY COMMITTEE 9:00 CROONERS D LV 9:15 TOP NEWS STORIES D LV 10:00 VENDER LETICIA V LV 10:00 WAKE UP, WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 ACTIVITY COMMITTEE S LV 1:30 FINISH THE PHRASE D LV 2:00 MATCH GAME D LV 3:00 HAPPY HOUR CHOC CHIP COOKIES D/DB B 4:00 SOCIAL QUIZ DB B 6:00 CASH BINGO DB B 7:00 EVENING MOVIE RS M	6 WEAR RED DAY 9:00 SING A LONGS D LV 9:15 DAILY CHRONICLES D LV 10:00 FITTER, HEALTHIER, HAPPIER D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 NAME 10.15.20 JR LV 1:00 SCRABBLE CLUB V B 1:30 JEWELRY CLEANING D B 2:00 ZSA ZSA GABOR BIO JR LV 3:00 HAPPY HOUR SOFT PRETZELS D/JR B 4:00 BRAIN TEASERS D B 6:00 LETS PLAY BINGO! JR B 7:00 POKER GAME RS BI	7 IT HAPPENED IN FEB 9:00 DOO WOP MIX PS LV 9:15 WEEKEND UPDATE PS LV 10:00 WORK IT OUT PS LV 10:30 WEEKEND STROLL PS CM 11:00 DAILY CROSSWORD PS LV 1:30 ART EXPRESSIONS PS B 1:30 IT HAPPENED IN FEB DB LV 2:00 JEOPARDY DB LV 3:00 HAPPY HOUR DORITOS DB/PS B 4:00 BAR TRIVIA PS B 6:00 BINGO HOUR DB B 7:00 GAMES IN THE BISTRO RS BI
8 SUPERBOWL PARTY! 9:00 CLASSIC HITS OF THE 60'S DA LV 9:15 CURRENT EVENTS DA LV 10:00 MORNING WARMUPS DA LV 10:00 COMMUNION WITH JAMES V DR 10:30 WALKING CLUB DA CM 11:00 UNSCRAMBLE THE LETTERS DA LV 11:30 WORD WATERFALL R LV 1:30 PUZZLES/BOARD GAMES DA B 1:30 FAMILY FEUD R LV 2:00 TRUE OR FALSE R LV 3:00 HAPPY HOUR ICE CREAM R/DAB 4:00 WHO KNOWS WHAT? DA B 6:00 BINGO FUN R B 6:30 SUPERBOWL LX (60) S GR	9 SINGER CURTIS MAXWELL 9:00 OPERA CLASSICS RS LV 9:15 HOT TOPICS RS LV 10:00 EXERCISE BASICS RS LV 10:30 WALKING CLUB RS CM 11:00 WORD IN A WORD RS LV 11:30 WORDS THAT START WITH "E" D LV 1:30 SINGER CURTIS MAXWELL E LV 1:30 ONE ON ONE VISITS RS RR 3:00 HAPPY HOUR CHICK NUGGETS RS/DB 4:00 GUESS WHO? RS B 6:00 BINGO D B 7:00 GAMES IN THE BISTRO RS BI	10 NATIONAL FLANNEL DAY 9:00 SING A LONG SONGS DD LV 9:15 HAPPENINGS & EVENTS DD LV 10:00 WAKE UP & WORK OUT DD LV 10:30 WALKING CLUB DD CM 11:00 DAILY CROSSWORD DD LV 1:30 MANICURES BY APPT DD B 1:30 HOT COCOA BAR B 2:00 BOARD GAMES/PUZZLES RS B 3:00 HAPPY HOUR ONION RINGS DD/JSB 4:00 ARMCHAIR TRIVIA JS B 6:00 YELL BINGO JS B 7:00 RUMMY RS BI	11 PEPPERMINT PATTY DAY 9:00 MUSIC TO ENJOY D LV 9:15 NEWS AND VIEWS D LV 10:00 STRETCHES & FLEXES D LV 10:30 WALKING CLUB D CM 11:00 A-Z WORD GAME D LV 11:30 SPELLING BEE D LV 1:00 SCRABBLE CLUB V BI 1:30 MATCH GAME I LV 2:00 FACT OR FICTION I LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/I BI 4:00 SHARE MEMORIES D BI 6:00 SPEED BINGO I BI 7:00 COFFEE CHAT IN THE BISTRO RS BI	12 BUS TRIP TJ MAXX 9:00 CLASSICAL CONCERTS D LV 9:15 DAILY NEWS D LV 10:00 SIT & BE FIT D LV 10:15 BUS TRIP TJ MAXX RS O 10:30 WALKING CLUB D CM 11:00 MUSICAL HANGMAN D LV 11:30 ODD WORD OUT D LV 1:30 HISTORY OF ABE LINCOLN'S BEARD D LV 1:30 COLOR YOUR CARES AWAY DB B 2:00 WHAT'S UNDER THE HAT? D LV 3:00 HAPPY HOUR PB & BANANA BALLS D/DBB 4:00 SOCIAL QUIZ D B 6:00 HAPPINESS IS BINGO DB B 7:00 EVENING FILM RS M	13 ROSARY 9:00 1940'S SWING SONGS D LV 9:15 TODAY'S NEWS D LV 9:45 ROSARY V M 10:00 HUSTLE FOR MUSCLE D LV 10:30 WALKING CLUB D CM 11:00 WORD WATERFALL D LV 11:30 MOVIE HANGMAN D LV 1:00 SCRABBLE CLUB V B 1:30 KIM NOVAK BIO D LV 2:00 URBAN MYTHS JR LV 3:00 HAPPY HOUR STRAWBERRY PARFAIT JR/DD/JR 4:00 JOKES & RIDDLES D D/JR 6:00 JACKPOT BINGO JR JR 7:00 POKER GAME RS RS	14 VALENTINES DAY 9:00 LOVE SONGS PS LV 9:15 HEARTWARMING STORIES PS LV 10:00 FITNESS IS MY VALENTINE PS LV 10:30 CUPIDS WALKING CLUB PS CM 11:00 ATLAS WORD GAME PS LV 11:30 NAME 10.15.20 RS LV 12:00 COUPLES LUNCHEON RS PDR 1:30 EXCHANGE VALENTINES CARDS DB LV 1:30 SCAVENGER HUNT (RED THINGS) PS CM 4:15 SING A LONGS JO B 3:00 HAPPY HOUR RED VELVET CUPCAKES DB/PSB 4:00 FUN VALENTINES FACTS PS B 6:00 XOXO BINGO DB B
15 FAMILY "LOVE" BINGO 9:00 EASY LISTENING DA LV 9:15 CURRENT EVENTS DA LV 10:00 COMMUNION V DR 10:00 MOVING & GROOVING DA LV 10:30 WEEKEND STROLL DA CM 11:00 DAILY CROSSWORD R LV 1:30 FAMILY BINGO R/DA B 3:00 HAPPY HOUR ICE CREAM R/DA B 4:00 TRIVIA FUN DA B 6:00 WEEKEND BINGO R B 7:00 SUNDAY FILM RS M	16 BASEBALL LECTURE WITH BILL 9:00 OPERA CLASSICS RS LV 9:15 WHAT'S IN THE NEWS? RS LV 10:00 EXERCISE BASICS RS LV 10:30 WALKING CLUB RS CM 11:00 WORD IN A WORD D LV 11:30 NAME 10.15.20 D LV 1:00 SCRABBLE CLUB V B 1:30 BASEBALL LECTURE WITH BILL E LV 3:00 HAPPY HOUR FRUIT SALAD D/RSB 4:00 WHO AM I? SE/KB 6:00 BINGO FOR \$ SE/KB 7:00 GAMES IN THE BISTRO RS BI	17 TAKE IN CHINESE LUNCH 9:00 CROONERS AND SWOONERS DD LV 9:15 HAPPENINGS & EVENTS DD LV 10:00 WAKE UP & WORK OUT DD LV 10:30 WALKING CLUB DD CM 11:00 MUSICAL HANGMAN DD LV 11:30 UNSCRAMBLE THE LETTERS DD LV 11:45 TAKE IN CHINESE LUNCH RS BI 1:30 MANICURES BY APPT RS B 2:00 WHEEL OF FORTUNE RS LV 3:00 HAPPY HOUR POTATO PUFFS DD/JSB 4:00 ARMCHAIR TRIVIA JS B 6:00 LUNAR BINGO JS B 7:00 RUMMY RS BI	18 ASH WEDNESDAY 9:00 COUNTRY HITS D LV 9:15 DAILY NEWS D LV 10:00 DISTRIBUTION OF ASHES V DR 10:30 SWEAT REPEAT SMILE D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 NAME HOMOPHONES D LV 1:00 SCRABBLE CLUB V BI 1:30 WOULD YOU RATHER? I LV 2:00 MATCH GAME I LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/I BI 4:00 JOKES/RIDDLES D BI 6:00 SPEED BINGO I BI 7:00 COFFEE CHAT IN THE BISTRO RS BI	19 IWO JIMA DAY 9:00 CLASSICAL CONCERTS D LV 9:15 HOROSCOPES & HAPPENINGS D LV 10:00 SIT & GET FIT D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D LV 1:30 TOSS & TALK BALL D LV 1:30 BLANK SLATE GAME RS B 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR DONUT HOLES DB/DB 4:00 BAR TRIVIA DB B 6:00 LETS PLAY BINGO DB B 7:00 SILVER SCREEN MOVIE RS M	20 9:00 BIG BAND MUSIC D LV 9:15 TODAY'S NEWS D LV 10:00 MORNING MOVEMENTS D LV 10:30 WALKING CLUB D CM 11:00 MOVIE HANGMAN D LV 11:00 CONVERSATION STARTERS JR BI 11:30 WORD IN A WORD D LV 1:00 SCRABBLE CLUB V B 1:30 GLORIA VANDERBILT BIO D LV 1:30 HOT COCOA CHAT IN BISTRO JR BI 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR APPLES/CARAMEL SAUCE D/JR B 4:00 BRAIN TEASERS D B 6:00 TGIF BINGO JR B 7:00 POKER GAME RS BI	21 SINGER MARY PECK 9:00 BEAUTIFUL BALLADS C LV 9:15 WEEKEND UPDATE C LV 10:00 WORK IT OUT C LV 10:30 WEEKEND STROLL M CM 11:00 DAILY CROSSWORD C LV 1:30 ONE ON ONE VISITS M LV 1:30 SINGER MARY PECK C RR 3:00 HAPPY HOUR CHEESE DOODLES C LV 4:00 KARAOKE M M 6:00 WEEKEND BINGO C/M LV 7:00 GAMES IN THE BISTRO C/M LV
22 LUNAR NEW YEAR PERFORMANCE 9:00 FOLK SONGS DA LV 9:15 CURRENT EVENTS DA LV 10:00 COMMUNION V DR 10:00 SHAKE IT OUT DA LV 10:30 WEEKEND STROLL DA CM 11:00 WORD IN A WORD R LV 11:30 WORD WATERFALL R LV 1:30 TRUE OR FALSE DA LV 2:00 LUNAR NEW YEAR PERFORMANCE V LV 3:00 HAPPY HOUR ICE CREAM DA/R B 4:00 PUB TRIVIA DA B 6:00 BINGO FUN R B 7:00 EVENING IN THE CINEMA RS M	23 SINGER VANCE BRESCIA 9:00 CROONERS RS LV 9:15 NEWSDAY RS LV 10:00 SINGER VANCE BRESCIA E LV 11:00 AM EXERCISE RS LV 11:30 WALKING CLUB D CM 1:00 SCRABBLE CLUB RS B 1:30 WHEEL OF FORTUNE D LV 2:00 JEOPARDY D LV 3:00 HAPPY HOUR CHOC DIP/PRETZELS D/RSB 4:00 WHO AM I? RS B 6:00 BINGO D B 7:00 GAMES IN THE BISTRO RS BI	24 NATIONAL TORTILLA DAY 9:00 FEMALE VOCALS DD LV 9:15 HAPPENINGS & EVENTS DD LV 10:00 WAKE UP & WORK OUT DD LV 10:30 WALKING CLUB DD CM 11:00 UNSCRAMBLE THE LETTERS DD LV 11:30 MOVIE HANGMAN DD LV 1:30 MANICURES BY APPT DD B 1:30 FAMILY FEUD RS LV 2:00 QUIPO QUIZ RS LV 3:00 HAPPY HOUR TERIYAKI MEATBALLS DD/JSB 4:00 SHOUT OUT TRIVIA JS B 6:00 CASH BINGO JS B 7:00 RUMMY RS BI	25 LUNCH TRIP DINER 9:00 EASY LISTENING D LV 9:15 DAILY CHRONICLES D LV 10:00 STRETCH & FLEX D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 ANAGRAMS D LV 11:45 LUNCH TRIP DINER I O 1:00 SCRABBLE CLUB V B 1:30 BEAN BAG TOSS D LV 2:00 MATCH GAME I LV 3:00 HAPPY HOUR ROOTBEER FLOATS I/D B 4:00 MULTIPLE CHOICE D B 6:00 SPEED BINGO I B 7:00 COFFEE CHAT IN THE BISTRO RS BI	26 RESIDENT COUNCIL/FOOD COMMITTEE 9:00 CLASSICAL CONCERTS DA LV 9:30 DAILY NEWS DA LV 10:00 SIT & BE FIT DA LV 10:30 RESIDENT COUNCIL DA CM 11:00 FOOD COMMITTEE G LV 1:30 NAME THAT FAMOUS FACE DA LV 1:30 BLANK SLATE GAME G M 2:00 WHEEL OF FORTUNE DA LV 3:00 HAPPY HOUR BROWNIES DA/GLV 4:00 GUESSING GAME D B 6:00 EVENING BINGO D/M LV 7:00 MOVIE TIME RS LV	27 ROSARY 9:00 MELODIC MORNINGS D LV 9:15 BREAKING NEWS D LV 9:45 ROSARY V M 10:00 TONE IT UP D LV 10:30 WALKING CLUB D CM 11:00 MUSICAL HANGMAN D LV 11:30 WORD WATERFALL D LV 1:00 SCRABBLE CLUB V B 1:30 ELIZABETH TAYLOR BIO D LV 1:30 TABLE TOP GAMES JR B 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR FRESH FRUIT JR/DB 4:00 KNOWLEDGE QUEST D B 4:00 SHABBAT SERVICE V BI 6:00 CASH BINGO JR B 7:00 POKER GAME RS BI	28 9:00 SATURDAY SONGS PS LV 9:15 TODAY'S TOP STORIES PS LV 10:00 SWEAT TO THE OLDIES PS LV 10:30 WEEKEND STROLL PS CM 11:00 NAME 10.15.20 PS LV 11:30 ATLAS WORD GAME PS LV 1:30 CREATE WITH CLAY PS B 1:30 WHAT YEAR WAS THAT? DB LV 2:00 FINISH THE LYRIC DB LV 3:00 HAPPY HOUR CARAMEL POPCORN DB/PSB 4:00 KARAOKE PS B 6:00 SATURDAY BINGO DB B 7:00 GAMES IN THE BISTRO RS BI