

# MARCH 2026

# The Arbors At ISLANDIA EAST SAFECARE

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<b>1 COMMUNION WITH JAMES AL</b> 9:30 TABLE TALK IC/E LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/E LR 10:00 TABLE ACTIVITIES IC/E LR 10:30 MOVE TO THE BEAT & HYDRATE IC/E LR 11:00 NOODLE TAP IC/E LR 1:15 DICE GAMES K/IC/E LR 2:00 BOWLING K/IC/E LR 2:30 A-Z SANDWICHES K/IC/E LR 3:00 HAPPY HOUR SUNDAES K/IC/E DR 4:00 BINGO K/IC/E LR 6:00 DANCING ON SCREEN RS LR	<b>2 MARIA MENITTI MUSIC THERAPY</b> 9:30 NAME THE FACE W/N/DD LR 10:00 STRETCH & REFRESH W/N/DD LR 10:30 BALLOON VOLLEY W/N/DD LR 11:00 RHYME TIME W/N/DD LR 1:15 MARIA MENITTI MUSIC THERAPY VEN LR 2:00 BALL GAMES W/N/DD LR 2:30 TRIVIA TIME W/N/DD LR 3:00 HAPPY HOUR BANANA CREAM PIE DIP W/GRAHAM CRACKERS W/N/DD DR 4:00 DICE GAMES W/N/DD LR 6:00 SOUNDS OF NATURE RS LR	<b>3 WORLD WILDLIFE DAY</b> 9:30 GUESS THE WILDLIFE ANIMAL D/R LR 10:00 FITNESS FUN & HYDRATE D/R LR 10:30 SHORT STORIES D/R LR 11:00 SIMON SAYS D/R LR 1:15 WILDLIFE TO CUDDLE OR NOT D/R LR 2:00 SONG LIST D/R LR 2:30 CHEER FITNESS D/R LR 3:00 HAPPY HOUR ANTIPASTO & CRACKERS D/R DR 4:00 BINGO D/R LR 6:00 WILDLIFE FUNNY VIDEOS RS LR	<b>4</b> 9:30 NAME THE INSTRUMENT T/I/DD LR 10:00 EXERCISE & REFRESH T/I/DD LR 10:30 FRANK SINATRA BIOGRAPHY T/I/DD LR 11:00 RIDDLES T/I/DD LR 1:15 A-Z VEGETABLES T/I/DD LR 2:00 SNOWBALL TOSS T/I/DD LR 2:30 FILL IN THE BLANK T/I/DD LR 3:00 HAPPY HOUR ICE CREAM T/I/DD DR 4:00 DICE GAMES T/I/DD LR 6:00 DANCE MUSIC RS LR	<b>5 NATIONAL CHEESE DOODLE DAY</b> 9:30 HOT TOPICS J/R/DD LR 10:00 MOVE TO THE BEAT & HYDRATION STATION J/R/DD LR 10:30 CLUE TRIVIA J/R/DD LR 11:00 BALLOON TAP J/R/DD LR 1:15 TRIVIA CHALLENGE J/R/DD LR 2:00 PARACHUTE J/R/DD LR 2:30 MOVEMENT TO MUSIC J/R/DD LR 3:00 HAPPY HOUR CHEESE DOODLES J/R/DD DR 4:00 BINGO J/R/DD LR 6:00 SOOTHING MELODIES RS LR	<b>6 NATIONAL OREO COOKIE DAY</b> 9:30 PICTURE BOOKS W/E/DD LR 10:00 STRETCHING & REFRESHING W/E/DD LR 10:30 SHORT STORIES W/E/DD LR 11:00 BASKETBALL SHOOTOUT W/E/DD LR 1:15 RIDDLES W/E/DD LR 2:00 ROLL OF THE DICE W/E/DD LR 2:30 ANIMAL CHARADES W/E/DD LR 3:00 HAPPY HOUR OREO COOKIES W/E/DD DR 4:00 DICE GAMES W/E/DD LR 6:00 FEATURE FILM RS LR	<b>7</b> 9:30 MOVIE TALK W/E/J ED 10:00 FITNESS FUN & HYDRATION W/E/J LR 10:30 TRUE OR FALSE W/E/J LR 11:00 HIDDEN OBJECTS W/E/J LR 1:15 BEAN BAG TOSS W/E/J LR 2:00 SING A LONG W/E/J LR 2:30 NOODLE TENNIS W/E/J LR 3:00 HAPPY HOUR GOLDFISH CRACKERS W/E/J DR 4:00 BINGO W/E/J LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR			
<b>8 DAYLIGHT SAVINGS SPRING FORWARD</b> 9:30 A-Z GREEN IC/E LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/E LR 10:00 TABLE ACTIVITIES IC/E LR 10:30 EXERCISE & REFRESH IC/E LR 11:00 BALL TOSS IC/E LR 1:15 TRIVIA TEASERS K/IC/E LR 2:00 BALLOON VOLLEYBALL K/IC/E LR 2:30 YOU BE THE JUDGE K/IC/E LR 3:00 HAPPY HOUR SUNDAES K/IC/E DR 4:00 DICE GAMES K/IC/E LR 6:00 MUSIC FOR THE SOUL RS LR	<b>9 NATIONAL MEATBALL DAY</b> 9:30 LETS TALK W/N/DD LR 10:00 MOVE TO THE BEAT & HYDRATION STATION W/N/DD LR 10:30 FAMOUS FACES W/N/DD LR 11:00 DICE GAMES W/N/DD LR 1:15 WINTER GUESSING GAME W/N/DD LR 2:00 NOODLE TAP W/N/DD LR 2:30 JUMBO GAMES W/N/DD LR 3:00 HAPPY HOUR COCKTAIL MEATBALLS W/N/DD DR 4:00 BINGO W/N/DD LR 6:00 DANCING WITH THE STARS RS LR	<b>10</b> 9:30 WHO DO YOU KNOW? W/R/T LR 10:00 STRETCHING & REFRESHING W/R/T LR 10:30 BALLOON VOLLEY W/R/T LR 11:00 NAME 10 W/R/T LR 1:15 ST PATRICK'S DÉCOR CRAFT W/R/T LR 2:00 BALL TOSS W/R/T LR 2:30 INSTRUMENT CHARADES W/R/T LR 3:00 HAPPY HOUR MIXED NUTS W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 SWEET MELODIES RS LR	<b>11 MCDONALDS TRIP</b> 9:30 CHIT CHAT T/I/DD LR 10:00 FITNESS FUN & HYDRATE T/I/DD LR 10:30 SHORT STORIES T/I/DD LR 11:00 DICE GAMES T/I/DD LR 11:30 MCDONALDS TRIP T/A O 1:15 TRIVIA TIME I/DD LR 2:00 BEAN BAG CHALLENGE I/DD LR 2:30 3 LETTER WORDS I/DD LR 3:00 HAPPY HOUR ICE CREAM T/I/DD DR 4:00 BINGO T/I/DD LR 6:00 MUSIC MEDITATION RS LR	<b>12</b> 9:30 GETTING TO KNOW YOU J/R/DD LR 10:00 EXERCISE & REFRESH J/R/DD LR 10:30 ALL ABOUT IRELAND J/R/DD LR 11:00 FUNNY THINGS KIDS SAY J/R/DD LR 1:15 A-Z GREEN J/R/DD LR 2:00 BALL TOSS J/R/DD LR 2:30 FINISH THE PHRASE J/R/DD LR 3:00 HAPPY HOUR RICE BALLS J/R/DD DR 4:00 DICE GAMES J/R/DD LR 6:00 ELTON JOHN IN CONCERT RS LR	<b>13 ANDREW ENTERTAINMENT</b> 9:30 HOT TOPICS W/E/DD LR 10:00 MOVE TO THE BEAT & HYDRATE W/E/DD LR 10:30 CLUE TRIVIA W/E/DD LR 11:00 BALLOON TAP W/E/DD LR 1:30 ANDREW ENTERTAINMENT VEN LR 2:30 TRIVIA CHALLENGE W/E/DD LR 3:00 HAPPY HOUR DEVILED EGGS W/E/DD DR 4:00 BINGO W/E/DD LR 6:00 ROMANCE ON THE BIG SCREEN RS LR	<b>14 NATIONAL POTATO CHIP DAY</b> 9:30 PICTURE BOOKS W/E/J LR 10:00 STRETCHING & REFRESHING W/E/J LR 10:30 FACT OR FICTION W/E/J LR 11:00 BASKETBALL SHOOTOUT W/E/J LR 1:15 IRISH PICTONARY W/E/J LR 2:00 JUMBO GAMES W/E/J LR 2:30 SPORTS CHARADES W/E/J LR 3:00 HAPPY HOUR POTATO CHIPS W/E/J DR 4:00 DICE GAMES W/E/J LR 6:00 GOLDEN OLDIES RS LR			
<b>15 COMMUNION WITH JAMES AL</b> 9:30 TALK ABOUT FAVORITES IC/E LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/E LR 10:00 TABLE ACTIVITIES IC/E LR 10:30 FITNESS FUN & HYDRATION IC/E LR 11:00 NAME 10 IC/E LR 1:15 BASKETBALL SHOOTOUT K/IC/E LR 2:00 GUESSING GAME K/IC/E LR 2:30 BALL GAMES K/IC/E LR 3:00 HAPPY HOUR SUNDAES K/IC/E DR 4:00 BINGO K/IC/E LR 6:00 MUSIC MONTAGE RS LR	<b>16 IRISH CRAYON CREATIONS</b> 9:30 WHAT'S UP W/N/DD LR 10:00 EXERCISE & REFRESH W/N/DD LR 10:30 RHYME TIME W/N/DD LR 11:00 BALL GAMES W/N/DD LR 1:15 BRAIN BENDERS W/N/DD LR 2:00 BALLOON VOLLEYBALL W/N/DD LR 2:30 IRISH CRAYON CREATIONS W/N/DD LR 3:00 HAPPY HOUR SPINACH DIP W/TORTILLA CHIPS W/N/DD DR 4:00 DICE GAMES W/N/DD LR 6:00 RIVERDANCE ON SCREEN RS LR	<b>17 ST. PATRICK'S DAY WEAR GREEN</b> 9:30 SCENES OF IRELAND W/R/T LR 10:00 MOVE TO THE BEAT & HYDRATION STATION W/R/T LR 10:30 PET THERAPY VEN LR 10:30 LIMERICKS W/R/T LR 11:00 WORD CHALLENGE W/R/T LR 1:15 MARY PECK ENTERTAINMENT VEN LR 2:30 IRISH HANGMAN W/R/T LR 3:00 HAPPY HOUR SHAMROCK MINT ICE CREAM W/R/T DR 4:00 BINGO W/R/T LR 6:00 IRISH JIGS RS LR	<b>18</b> 9:30 FAMOUS FOLKS T/I/DD LR 10:00 STRETCHING & REFRESHING T/I/DD LR 10:30 BALLOON VOLLEY T/I/DD LR 11:00 20 QUESTIONS T/I/DD LR 1:15 KICK BALL T/I/DD LR 2:00 FAMILY FEUD T/I/DD LR 2:30 BALL GAMES T/I/DD DR 3:00 HAPPY HOUR ICE CREAM T/I/DD DR 4:00 DICE GAMES T/I/DD LR 6:00 BIG BANDS RS LR	<b>19 CASINO OPEN HOUSE AL</b> 9:30 CASINO SCENES J/R/DD LR 10:00 CASINO FITNESS FUN & HYDRATE J/R/DD LR 10:30 CASINO BLACK JACK J/R/DD LR 11:00 CASINO PHOTOS J/R/DD LR 1:15 CASINO PICTONARY J/R/DD LR 2:00 CASINO DICE GAMES J/R/DD LR 2:30 CASINO DANCE PARTY J/R/DD LR 3:00 HAPPY HOUR HORS D'OEUVRES J/R/DD DR 4:00 GAMBLERS BINGO J/R/DD LR 6:00 CASINO MUSIC RS LR	<b>20 SPRING BEGINS</b> 9:30 SPRING TALK W/E/DD LR 10:15 EXERCISE & REFRESH W/E/DD LR 11:00 YOGA W/RAY VEN LR 1:15 BOWLING W/E/DD LR 2:00 WORD CHALLENGE W/E/DD LR 2:30 BALL TOSS W/E/DD LR 3:00 FILL IN THE BLANK W/E/DD LR 3:00 HAPPY HOUR RAVIOLI W/E/DD DR 4:00 DICE GAMES W/E/DD LR 6:00 EVENING MOVIE RS LR	<b>21</b> 9:30 CURRENT EVENTS W/E/J LR 10:00 MOVE TO THE BEAT & HYDRATION STATION W/E/J LR 10:30 TRIVIA TEASERS W/E/J LR 11:00 BALLOON VOLLEYBALL W/E/J LR 1:15 TRIVIA TEASERS W/E/J LR 2:00 RHYTHM WITH INSTRUMENTS W/E/J LR 2:30 CHAIR EXERCISE W/E/J LR 3:00 HAPPY HOUR TRAIL MIX W/E/J DR 4:00 BINGO W/E/J LR 6:00 SOOTHING MELODIES RS LR			
<b>22 COMMUNION WITH JAMES AL</b> 9:30 PICTURE BOOKS IC/E LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/E LR 10:00 TABLE ACTIVITIES IC/E LR 10:30 STRETCHING & REFRESHING IC/E LR 11:00 BALLOON VOLLEYBALL IC/E LR 1:15 NAME THAT TUNE K/IC/E LR 2:00 MINI GOLF K/IC/E LR 2:30 NAME 10 K/IC/E LR 3:00 HAPPY HOUR SUNDAES K/IC/E DR 4:00 DICE GAMES K/IC/E LR 6:00 EASY LISTENING RS LR	<b>23</b> 9:30 CHIT CHAT W/N/DD LR 10:00 FITNESS FUN & HYDRATION W/N/DD LR 10:30 NAME THAT SOUND W/N/DD LR 11:00 BELIEVE IT OR NOT W/N/DD LR 1:15 ROLL OF THE DICE W/N/DD LR 2:00 SCATEGORIES W/N/DD LR 2:30 MOVE TO THE MUSIC W/N/DD LR 3:00 HAPPY HOUR CHEESY CHICKEN DIP W/POTATO CHIPS W/N/DD DR 4:00 BINGO W/N/DD LR 6:00 MUSIC MONTAGE RS LR	<b>24 SPRING WORD CHALLENGE</b> 9:30 SPRING THINGS DISCUSSION W/R/T LR 10:00 EXERCISE & REFRESH W/R/T LR 10:30 MATCH GAME W/R/T LR 11:00 MULTIPLE CHOICE W/R/T LR 1:15 SPRING WORD CHALLENGE W/R/T LR 2:00 BALLOON VOLLEYBALL W/R/T LR 2:30 HIDDEN OBJECTS W/R/T LR 3:00 HAPPY HOUR CHEESESTEAK SLIDERS W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 MUSIC FOR THE SOUL RS LR	<b>25 SPRING SCENIC TRIP</b> 9:30 WHAT'S HAPPENING T/I/DD LR 10:00 MOVE TO THE BEAT & HYDRATION STATION T/I/DD LR 10:30 FAMOUS FOLKS T/I/DD LR 11:00 DICE GAMES T/I/DD LR 1:15 MULTIPLE CHOICE I/DD LR 1:30 SPRING SCENIC TRIP T/A LR 2:00 NOODLE TAP I/DD LR 2:30 JUMBO GAMES I/DD LR 3:00 HAPPY HOUR ICE CREAM I/DD DR 4:00 BINGO I/DD LR 6:00 WALTZING HOUR RS LR	<b>26 FIZ ENTERTAINMENT</b> 9:30 CELEBRITY GUESS I/R/DD LR 10:00 STRETCHING & REFRESHING I/R/DD LR 10:30 TRIVIA TIME I/R/DD LR 11:00 SPRING CRAYON CREATIONS I/R/DD LR 1:30 FIZ ENTERTAINMENT I/R/DD LR 2:00 FAMILY FEUD I/R/DD LR 2:30 BALL GAMES I/R/DD LR 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES I/R/DD DR 4:00 DICE GAMES I/R/DD LR 6:00 SWEET MELODIES RS LR	<b>27</b> 9:30 REMINISCING 1960'S W/E/DD LR 10:00 FITNESS FUN & HYDRATE W/E/DD LR 10:30 TRIVIA TEASERS W/E/DD LR 11:00 DICE GAMES W/E/DD LR 1:15 DANCE PARTY W/E/DD LR 2:00 RING TOSS W/E/DD LR 2:30 SING A LONG W/E/DD LR 3:00 HAPPY HOUR BANANA BREAD W/E/DD DR 4:00 BINGO W/E/DD LR 6:00 FRIDAY FILM RS LR	<b>28</b> 9:30 MUSIC TALK W/E/J LR 10:00 EXERCISE & REFRESH W/E/J LR 10:30 FAMOUS DANCERS W/E/J LR 11:00 RING TOSS W/E/J LR 1:15 WORD GAMES W/E/J LR 2:00 KICK BALL W/E/J LR 2:30 FINISH THE PHRASE W/E/J LR 3:00 HAPPY HOUR PRETZELS W/E/J DR 4:00 DICE GAMES W/E/J LR 6:00 MUSICAL STYLINGS OF BRYAN ADAMS RS LR			
<b>29 IRISH STEP DANCERS AL</b> 9:30 SUNDAY CHAT IC/E LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/E LR 10:00 TABLE ACTIVITIES IC/E LR 10:30 MOVE TO THE BEAT & HYDRATION STATION IC/E LR 11:00 20 QUESTIONS IC/E LR 1:15 SING A LONG K/IC/E LR 2:00 BALLOON TAP K/IC/E LR 2:30 IRISH STEP DANCERS AL VEN ELO 2:30 TRIVIA TIME K/IC/E LR 3:00 HAPPY HOUR SUNDAES K/IC/E DR 4:00 BINGO K/IC/E LR 6:00 GOSPEL SONGS RS LR	<b>30</b> 9:30 PICTURE BOOKS W/N/DD LR 10:00 STRETCHING & REFRESHING W/N/DD LR 10:30 ANIMAL PICTONARY W/N/DD LR 11:00 CHEER FITNESS W/N/DD LR 1:15 TRIVIA TEASERS W/N/DD LR 2:00 OCCUPATION CHARADES W/N/DD LR 2:30 NAME THAT OBJECT W/N/DD LR 3:00 HAPPY HOUR KEY LIME PIE DIP W/NILLA WAFFERS W/N/DD DR 4:00 DICE GAMES W/N/DD LR 6:00 MUSICAL STYLINGS OF DICK VANDYKE RS LR	<b>31 NATIONAL TATOR DAY</b> 9:30 DIFFERENT POTATOES W/R/T LR 10:00 FITNESS FUN & HYDRATE W/R/T LR 10:30 TRUE OR FALSE W/R/T LR 11:00 BEAN BAG TOSS W/R/T LR 1:15 SCATERGORIES W/R/T LR 2:00 HOT POTATO W/R/T LR 2:30 EVERYTHING POTATO INCLUDING TATORS W/R/T LR 3:00 HAPPY HOUR TATOR TOTS W/R/T DR 4:00 BINGO W/R/T LR 6:00 MUSIC MONTAGE RS LR				<b>STAFF KEY</b> V=Valerie Director D=Denzel IC=Isabella W=Wilfred DD=Danielle D K=Keara A=Anne R=Rahat T=Tatiana VEN=Vender RS=Recreation Staff RL=Resident Lead	<b>LOCATION KEY</b> O=Outing B=Bistro P=Patio LR=Living Room DR=Dining Room ELO=East Lobby PDR=Private Dining Room W=West Side EM=East Media Room ECY=East Court Yard EG=East Game Room	<b>FOR YOUR DINING PLEASURE</b> Breakfast 8am-9pm Lunch 12pm-1pm Dinner 5pm-6pm  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.	