

# JULY 2026

# The Arbors At ISLANDIA EAST

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>STAFF KEY</b> V=Valerie Director S= Sarah G= Gina E=Elissa A= Anne I=Indasia L=Linda D=Denzel N=Neha VEN= Vender RS= Recreation Staff RL= Resident Lead</p> <p><b>LOCATION KEY</b> O- Outing B-Bistro CY- Courtyard LO- Lobby G- Game Room DR- Dining Room M- Media Room W- West Side PDR- Private Dining Room WH=Wall of Heroes</p>	<p><b>FOR YOUR DINING PLEASURE</b> BREAKFAST 7:45am-9:15am LUNCH 11:45am-1:15pm DINNER 4:45pm-6:15pm</p> <p>All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Director Valerie will be happy to answer any questions you may have regarding this calendar.</p>	<p><b>WEEKLY TRIPS</b> TO SIGN UP FOR OUR WEEKLY TRIPS OR SPECIAL EVENTS PLEASE GO TO THE CALENDAR AREA BY THE FRONT DESK TO RESERVE YOUR SPOT!</p> <p>*All trips are if weather permits.</p>	<p><b>1 O'CONNOR DINER LUNCH TRIP</b> 9:30 U.S. POSTAGE STAMP HISTORY D G 10:00 CHAIR YOGA &amp; HYDRATION E M 10:00 LUTHERAN SERVICE WITH PASTOR ZACH VEN G 10:30 WALKING CLUB S G 11:00 SCATERGORIES D M 11:15 O'CONNOR DINER LUNCH TRIP A/E O 1:15 MID DAY SHOW D M 1:15 BINGO! D G 2:00 THREE THIRTEEN CLUB RL WH 2:00 ROLL OF THE DICE D G 3:00 HAPPY HOUR ROOTBEER FLOATS D/RS B 4:00 GUESSING GAME D G 6:15 BINGO! A G 7:15 TONIGHT'S FEATURE FILM A M</p>	<p><b>2 INDEPENDENCE DAY BBQ CELEBRATION</b> 9:30 GOOD NEWS DAY D G 10:00 FITNESS FUN &amp; HYDRATE S G 10:30 MULTIPLE CHOICE S G 11:00 WALK TO THE COURTYARD D CY 12:00 INDEPENDENCE DAY BBQ CELEBRATION S/D/I CY 1:15 AFTERNOON MOVIE I M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 BALLOON VOLLEY D/S LO 3:00 HAPPY HOUR BANANA BREAD D/S/I B 4:00 BRAIN BENDERS D G 6:15 BINGO TIME I G 7:15 EVENING MOVIE I M 7:15 COFFEE/TEA &amp; CHAT RL B</p>	<p><b>3 AXE THROWING IN THE COURTYARD</b> 9:30 HAPPENINGS S G 10:00 STRETCHING &amp; REFRESHING S G 10:30 WALKING CLUB S LO 11:00 WORD POWER S G 1:15 MID DAY MOVIE I M 1:15 BINGO! I G 2:00 RUMMIKUB CLUB RL WH 3:00 AXE THROWING IN THE COURTYARD S/I CY 3:00 HAPPY HOUR MIXED NUTS S/I CY 4:00 FAMILY FEUD S G 6:15 BINGO ANYONE? I G 7:15 MOVIE IN THE ARBORS THEATER I M 7:15 EVENING REFRESH SIP &amp; TALK RL B</p>	<p><b>4 JULY 4TH</b> 9:30 250 YEARS OF AMERICA S G 10:00 FLAG FITNESS &amp; REFRESH S G 10:30 WALKING CLUB S LO 11:00 PATRIOTIC SING A LONG S G 1:15 PATRIOTIC FILM I M 1:15 BINGO! N G 2:30 TONY T &amp; MARGUERITA ROSE ENTERTAINMENT VEN LO 3:00 HAPPY HOUR CHEDDAR POPCORN S/N/I B 4:00 INDEPENDENCE DAY QUIZ S/N/I G 6:15 WEEKEND BINGO I G 7:15 PATRIOTIC FILM I M 7:15 PATRIOTIC PENCIL PUZZLES RL G 9:25 250 YEAR MACY'S FIREWORK CELEBRATION ON NBC RL M</p>
<p><b>5 R.C. COMMUNION W/JAMES</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN &amp; ST PATRICKS CHURCHA/D O 10:15 MORNING WARM UP &amp; REFRESH I G 11:00 MULTIPLE CHOICE I G 1:15 SUNDAY MATINEE I M 1:15 BINGO! I G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 WORD SEARCH D/A/I G 3:00 HAPPY HOUR SUNDAES D/A/I B 4:00 TRIVIA CHALLENGE D G 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M</p>	<p><b>6 ROSARY PRAYER SERVICE</b> 9:30 CURRENT EVENTS G G 10:00 ROSARY PRAYER SERVICE VEN M 10:00 EXERCISE &amp; HYDRATE E G 10:30 WALKING CLUB G LO 11:00 TRIVIA E G 1:15 AFTERNOON MOVIE G M 1:15 BINGO! D G 2:00 SCRABBLE CLUB RL G 2:00 SUMMER WORD PUZZLES G/E G 3:00 HAPPY HOUR FRENCH ONION DIP &amp; CHIPS G/E/D B 4:00 BOGGLE D G 6:15 AFTER DINNER BINGO D G 7:15 NIGHT FLICK D M</p>	<p><b>7 RESIDENT &amp; FOOD COUNCIL MEETINGS</b> 9:30 LIBRARY VISIT D G 9:30 NEWS &amp; VIEWS D G 10:00 SIT, BE FIT &amp; HYDRATE G G 10:30 RESIDENT COUNCIL MEETING RL G 11:00 FOOD COUNCIL MEETING RL G 1:15 SHOPRITE PLUS TRIP S/G O 1:15 MATINEE D M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL F2 2:00 YAHTZEE D G 3:00 HAPPY HOUR STRAWBERRY ICE CREAM D/RS B 4:00 JEOPARDY D G 6:15 BINGO ANYONE? S G 7:15 FEATURE FILM S M</p>	<p><b>8 3 SISTER GLASS VENDOR</b> 9:30 WORLD NEWS D G 10:00 WEDNESDAY WORKOUT &amp; HYDRATION E G 10:30 WALKING CLUB E LO 11:00 WHEEL OF FORTUNE D M 1:15 MOVIE TIME D M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL WH 2:00 TROPICAL PENCIL PUZZLES E G 3:00 HAPPY HOUR RASPBERRY DREAM CLOUD CAKE D/E B 4:00 TRIVIA TIME D G 6:15 ALL ABOUT BINGO A G 7:15 EVENING MOTION PICTURE A M</p>	<p><b>9 VIOLINIST ALBERT COURTYARD ENTERTAINMENT</b> 9:30 DAILY NEWS D G 10:00 AVON VENDOR VEN LO 10:00 CHAIR YOGA &amp; REFRESH S G 10:30 WALKING CLUB S LO 11:00 SCATERGORIES D G 1:15 SHOPRITE PLUS TRIP S/D O 1:15 MOVIE TIME S M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 JUMBO GAMES S/D/I LO 3:00 HAPPY HOUR SUGAR COOKIES S/D/I B 4:00 GUESSING GAME D G 6:30 VIOLINIST ALBERT COURTYARD ENTERTAINMENT VEN CY 7:15 TONIGHT'S FEATURE FILM I M 7:15 COFFEE TEA &amp; CHAT RL B</p>	<p><b>10 TAKE-IN PIZZA</b> 9:30 GOOD NEWS DAY S G 10:00 FITNESS FUN &amp; HYDRATE S G 10:30 WALKING CLUB S LO 11:00 TRIVIA TID BITS S G 12:00 TAKE-IN PIZZA S/I B 1:15 FRIDAY AFTERNOON FLICK I M 1:15 BINGO! I G 2:00 RUMMIKUB CLUB RL WH 2:00 CROSS STITCH/NEEDLEPOINT CRAFT S/I G 3:00 HAPPY HOUR CHEESE FRIES S/I B 4:00 BRAIN BENDERS S G 6:15 BIG BUCKS BINGO I G 7:15 FRIDAY NIGHT FLICK I M 7:15 EVENING REFRESH SIP &amp; TALK RL B</p>	<p><b>11 SUMMER PENCIL PICTURES</b> 9:30 HAPPENINGS S G 10:00 STRETCHING &amp; REFRESHING S G 10:30 COURTYARD WALK S CY 11:00 FASCINATING FACTS S G 1:15 MID DAY MOVIE I M 1:15 BINGO! N G 2:00 KNITTING/CROCHET CLUB RL G 2:00 SUMMER PENCIL PICTURES S/N/I G 3:00 HAPPY HOUR CHEESE DOODLES S/N/I B 4:00 FAMILY FEUD S G 6:15 BINGO ANYONE? I G 7:15 MOVIE IN THE ARBORS THEATER I M</p>
<p><b>12 CHRISTIAN SING A LONG WITH LI ASSEMBLY</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN &amp; ST PATRICKS CHURCHA/D O 10:15 FITNESS FUN &amp; REFRESH I G 11:00 GUESSING GAME I G 1:15 FUNNIEST VIDEOS I M 1:15 BINGO! I G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 CHRISTIAN SING A LONG W/LI ASSEMBLY D/A/I M 3:00 HAPPY HOUR SUNDAES D/A/I B 4:00 GROUP CROSSWORD D G 6:15 BINGO TIME A G 7:15 NIGHT TIME MOVIE A M</p>	<p><b>13 ROSARY PRAYER SERVICE</b> 9:30 GOOD NEWS TODAY G G 10:00 MORNING WARM UP &amp; REFRESHMENTS E G 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB G LO 11:00 MULTIPLE CHOICE E G 1:15 MATINEE E M 1:15 BINGO! E G 2:00 SCRABBLE CLUB RL G 2:00 DICE GAMES D/G G 3:00 HAPPY HOUR BEAN DIP WITH TORTILLA CHIPS G/E/D B 4:00 TRIVIA CHALLENGE G G 6:15 LATE DAY BINGO D G 7:15 EVENING MOVIE IN THE CINEMA D M</p>	<p><b>14 NATIONAL COW APPRECIATION DAY</b> 9:30 CURRENT EVENTS D G 10:00 EXERCISE &amp; HYDRATE G G 10:30 WALKING CLUB G G 11:00 WHO AM I? D G 1:15 AFTERNOON MOVIE D M 1:15 BINGO! D G 2:00 MAH JONG CLUB RL F2 2:00 COW PENCIL PICTURES D/G/S G 3:00 HAPPY HOUR WARM BROWNIES D/RS B 4:00 BOGGLE D G 6:15 AFTER DINNER BINGO S G 7:15 NIGHT FLICK S M</p>	<p><b>15 LUNCH TRIP TO MCDONALDS</b> 9:30 NEWS &amp; VIEWS D G 10:00 SIT, BE FIT &amp; HYDRATE E G 10:30 WALKING CLUB E LO 11:00 GROUP CROSSWORD D G 11:15 LUNCH TRIP TO MCDONALDS D M 1:15 MATINEE E G 1:15 BINGO! RL WH 2:00 THREE THIRTEEN CLUB D G 2:00 ROLL OF THE DICE E/D/A/B 3:00 HAPPY HOUR ROOTBEER FLOATS D G 4:00 JEOPARDY A G 6:15 BINGO ANYONE? A M 7:15 FEATURE FILM A M</p>	<p><b>16 CARNIVAL OPEN HOUSE</b> 9:30 WORLD NEWS D G 10:00 SCARF DANCING &amp; HYDRATION S G 10:30 WHEEL OF FORTUNE D G 11:00 WALK TO THE COURTYARD S/D CY 11:30 COURTYARD BBQ S/D/I CY 1:00 CARNIVAL OPEN HOUSE S/D/I CY TO GAMES/ANIMALS/ENTERTAINMENT VEN CY 4:30 CARNIVAL SNACKS S/D/I CY 6:15 ALL ABOUT BINGO I G 7:15 EVENING MOTION PICTURE I M 7:15 COFFEE TEA &amp; CHAT RL B</p>	<p><b>17 YOGA RAY</b> 9:30 YOGA RAY VEN G 10:15 WALKING CLUB &amp; REFRESHMENTS S LO 11:00 SCATERGORIES S G 1:15 MOVIE TIME I M 1:15 BINGO! I G 2:00 RUMMIKUB CLUB RL WH 2:00 JUMBO GAMES S/I LO 3:00 HAPPY HOUR PEANUT BUTTER DIP &amp; APPLES S/I B 4:00 SHABAAT SERVICE ON WEST VEN W 4:00 GUESSING GAME S G 6:15 BIG BUCKS BINGO I G 7:15 TONIGHT'S FEATURE FILM I M 7:15 EVENING REFRESH SIP &amp; TALK RL B</p>	<p><b>18</b> 9:30 GOOD NEWS DAY S G 10:00 FITNESS FUN &amp; HYDRATE S G 10:30 WALKING CLUB S LO 11:00 BOGGLE S G 1:15 AFTERNOON MOVIE I M 1:15 BINGO! N G 2:00 KNITTING/CROCHET CLUB RL G 2:00 DOMINOES S/N/I G 3:00 HAPPY HOUR GOLDFISH CRACKERS S/N/I B 4:00 BRAIN BENDERS S G 6:15 BINGO TIME I G 7:15 EVENING FILM I M</p>
<p><b>19 NATIONAL ICE CREAM DAY</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN &amp; ST PATRICKS CHURCHA/L O 10:15 SWAY TO THE MUSIC &amp; HYDRATE D G 11:00 JEOPARDY D G 1:15 MOVIE IN THE CINEMA D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 ICE CREAM WORD SEARCH A/L G 3:00 HAPPY HOUR ICE CREAM SUNDAES D/A/L B 4:00 WORD CHALLENGE D G 6:15 WHO'S PLAYING BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M</p>	<p><b>20 ROSARY PRAYER SERVICE</b> 9:30 THIS DAY IN HISTORY G G 10:00 ROSARY PRAYER SERVICE VEN M 10:00 FLEX, STRETCH &amp; REFRESH E G 10:30 WALKING CLUB G LO 11:00 GUESSING GAME E G 1:15 MOVIE TIME G M 1:15 BINGO! D G 2:00 SCRABBLE CLUB RL G 2:00 ROLL OF THE DICE G/E G 3:00 HAPPY HOUR FRENCH COOKIE DOUGH DIP &amp; CANNOLI CHIPS G/E/D B 4:00 GROUP CROSSWORD D G 6:15 BINGO TIME D G 7:15 NIGHT TIME MOVIE D M</p>	<p><b>21 PET THERAPY</b> 9:30 GOOD NEWS TODAY D G 10:00 FITNESS FUN &amp; HYDRATION G G 10:30 PET THERAPY VEN LO 10:30 WALKING CLUB G G 11:00 MULTIPLE CHOICE D G 1:15 AFTERNOON MOVIE D M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL F2 2:00 JUMBO GAMES D/G/S LO 3:00 HAPPY HOUR RICE BALLS D/G/S B 4:00 TRIVIA CHALLENGE D G 6:15 LATE DAY BINGO S G 7:15 EVENING MOVIE IN THE CINEMA S M</p>	<p><b>22</b> 9:30 CURRENT EVENTS D G 10:00 EXERCISE &amp; HYDRATE E G 10:30 WALKING CLUB E LO 11:00 COURT YARD WALK D G 11:00 FAMOUS FOLKS TRIVIA D G 1:15 AFTERNOON MOVIE E M 1:15 BINGO! D G 2:00 THREE THIRTEEN CLUB RL WH 2:00 DICE GAMES E/D G 3:00 HAPPY HOUR TROPICAL ICE-CREAM SUNDAES E/A/D B 4:00 BOGGLE D G 6:15 AFTER DINNER BINGO A G 7:15 NIGHT FLICK A M</p>	<p><b>23 NATIONAL LEMON DAY</b> 9:30 NEWS &amp; VIEWS D G 10:00 SIT, BE FIT &amp; HYDRATE S G 10:30 ACTIVITY PLANNING V G 11:00 COURTYARD WALK S CY 11:15 LUNCH AT VOO DOO CRAB S/D O 1:15 MATINEE I M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 WORD PUZZLES I G 3:00 HAPPY HOUR LEMONADE CAKE I/RS B 4:00 JEOPARDY D G 6:15 BINGO! I G 7:15 THURSDAY SHOWING I M 7:15 COFFEE TEA &amp; CHAT RL B</p>	<p><b>24 TAKE-IN KFC</b> 9:30 NATIONAL AMELIA EARHART DAY S G 10:15 EXERCISE &amp; HYDRATION S G 10:30 WALKING CLUB S LO 11:00 WHEEL OF FORTUNE S G 12:00 TAKE-IN KFC S/I B 1:15 AFTERNOON MOVIE I M 1:15 BINGO! I G 2:00 RUMMIKUB CLUB RL WH 2:00 SUMMER PENCIL PUZZLES S/I G 3:00 HAPPY HOUR DONUT HOLES S/I B 4:00 TRIVIA TIME S G 6:15 BIG BUCKS BINGO I G 7:15 FRIDAY FILM I M 7:15 EVENING REFRESH SIP &amp; TALK RL B</p>	<p><b>25</b> 9:30 DAILY NEWS S G 10:00 SATURDAY WORKOUT &amp; REFRESHMENTS S G 10:30 WALKING CLUB S G 11:00 ARE YOU SMARTER THAN A 5TH GRADER S G 1:15 MOVIE TIME I M 1:15 BINGO! N G 2:00 KNITTING/CROCHET CLUB RL G 2:00 DOMINOES S/N/I G 3:00 HAPPY HOUR PRETZELS S/N/I B 4:00 WHAT MORE DO YOU KNOW? S G 6:15 EVENING BINGO I G 7:15 NIGHT MOVIE AT THE CINEMA I M</p>
<p><b>26 R.C. COMMUNION WITH JAMES</b> 9:30 R.C. COMMUNION WITH JAMES VEN G 9:30 TRIP CALVARY LUTHERAN &amp; ST PATRICKS CHURCHA/L O 10:15 SUNDAY WORKOUT &amp; REFRESH D G 11:00 MULTIPLE CHOICE D G 1:15 AFTERNOON MOVIE D M 1:15 BINGO! D G 2:00 KINGS IN THE CORNER CLUB RL WH 2:00 DICE GAMES A/L G 3:00 HAPPY HOUR SUNDAES D/A/L B 4:00 TRIVIA TIME D G 6:15 AFTER DINNER BINGO A G 7:15 MOVIE NIGHT A M</p>	<p><b>27 SUMMER PUZZLES</b> 9:30 HAPPENINGS G G 10:00 TOTAL FITNESS &amp; HYDRATION E G 10:00 ROSARY PRAYER SERVICE RL M 10:30 WALKING CLUB G LO 11:00 WORD CHALLENGE E G 1:15 MATINEE E M 1:15 BINGO! D G 2:00 SCRABBLE CLUB RL G 2:00 SUMMER PUZZLES G/E G 3:00 HAPPY HOUR KEY LIME PIE DIP WITH GRAHAM CRACKERS G/E/D B 4:00 WORD SCRAMBLE D G 6:15 LATE DAY BINGO D G 7:15 MOVIE TIME D M</p>	<p><b>28</b> 9:30 THIS DAY IN HISTORY D G 10:00 FLEX, STRETCH &amp; REFRESH G G 10:30 WALKING CLUB G LO 11:00 GUESSING GAME D G 1:15 MOVIE TIME D M 1:15 BINGO! S G 2:00 MAH JONG CLUB RL G 2:00 BLACK JACK D G 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES G/D/S B 4:00 GROUP CROSSWORD D G 6:15 BINGO TIME S G 7:15 NIGHT TIME MOVIE S M 7:15 EVENING RELAX WITH PENCIL PUZZLES RL G</p>	<p><b>29</b> 9:30 GOOD NEWS TODAY D G 10:00 FITNESS FUN &amp; HYDRATION E G 10:30 WALKING CLUB E G 11:00 MULTIPLE CHOICE D G 1:15 AFTERNOON MOVIE D M 1:15 BINGO! E G 2:00 THREE THIRTEEN CLUB RL WH 2:00 ROLL OF THE DICE D/E G 3:00 HAPPY HOUR ROOTBEER FLOATS D/E/A B 4:00 TRIVIA CHALLENGE D G 6:15 LATE DAY BINGO A G 7:15 EVENING MOVIE IN THE CINEMA A M</p>	<p><b>30 PICNIC AT THE BEACH TRIP</b> 9:30 CURRENT EVENTS D G 10:00 EXERCISE &amp; HYDRATE V G 10:00 PICNIC AT THE BEACH TRIP S/D O 10:30 WALKING CLUB V LO 11:00 CELEBRITY GUESS V G 1:15 AFTERNOON MOVIE I M 1:15 BINGO! I G 2:00 CANASTA CLUB RL WH 2:00 BEACH PENCIL PICTURES I G 3:00 HAPPY HOUR PIZZA BITES I/RS B 4:00 BOGGLE D G 6:15 AFTER DINNER BINGO I G 7:15 NIGHT FLICK I M</p>	<p><b>31</b> 9:30 NEWS &amp; VIEWS S G 10:00 SIT, BE FIT &amp; HYDRATE S G 10:30 WALKING CLUB S LO 11:00 GROUP CROSSWORD S G 1:15 MATINEE I M 1:15 BINGO! I G 2:00 RUMMIKUB CLUB RL WH 2:00 BALLOON VOLLEYBALL S/I LO 3:00 HAPPY HOUR CHEESE &amp; CRACKERS S/I B 4:00 JEOPARDY S G 6:15 BINGO! I G 7:15 FRIDAY FLICK I M 7:15 EVENING REFRESH SIP &amp; TALK RL B</p>	