

# JULY 2026

# The Arbors At ISLANDIA EAST SAFECARE

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>STAFF KEY</b> V=Valerie Director T=Tatiana I=Indasia W=Wilfred DD=Danielle D K=Keara A=Anne R=Rahat N=Neha DS=Danielle S IC=Isabella E=Erica S=Samia RS=Recreation Staff RL=Resident Lead VEN=Vender</p> <p><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</p> <p><b>FOR YOUR DINING PLEASURE</b> Breakfast 8am-9pm Lunch 12pm-1pm Dinner 5pm-6pm</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>5 COMMUNION WITH JAMES</b> 9:30 FILL IN THE BLANK K/S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/S/D LR 10:00 TABLE ACTIVITIES K/S/D LR 10:30 EXERCISE &amp; REFRESH K/S/D LR 11:00 REMINISCING K/S/D LR 1:15 SING A LONG K/S/D LR 2:00 BALLOON VOLLEY K/S/D LR 2:30 WORD POWER K/S/D LR 3:00 HAPPY HOUR SUNDAES K/S/D DR 4:00 DICE GAMES K/S/D LR 6:00 MUSIC FOR THE SOUL RS LR</p>	<p><b>6 MUSIC THERAPY W/MARIA MENNITI</b> 9:30 LETS TALK W/D LR 10:00 SCARF DANCING &amp; HYDRATION W/D LR 10:30 20 QUESTIONS W/D LR 11:00 NOODLE TAP W/D LR 1:15 MUSIC THERAPY W/MARIA MENNITI VEN LR 2:30 BALL GAMES W/D LR 3:00 HAPPY HOUR FRENCH ONION DIP &amp; CHIPS W/D DR 4:00 BINGO W/D LR 6:00 MUSICAL STYLINGS OF TONY BENNET RS LR</p>	<p><b>7 NATIONAL MACARONI DAY</b> 9:30 WHO DO YOU KNOW? W/R/T LR 10:00 STRETCHING &amp; REFRESHING W/R/T LR 10:00 SENSORY GAMES 10-11:30 T LR 10:30 BRAIN GAMES W/R/T LR 11:00 PARACHUTE W/R/T LR 1:15 MACARONI ART W/R/T LR 2:00 RING TOSS W/R/T DR 2:30 TOSS GAMES W/R/T LR 3:00 HAPPY HOUR STRAWBERRY ICE-CREAM RS LR 4:00 DICE GAMES T/I/D LR 6:00 SWEET MELODIES RS LR</p>	<p><b>8 NATIONAL RASPBERRY DAY</b> 9:30 CHIT CHAT T/I/D LR 10:00 CHEER FITNESS &amp; HYDRATE T/I/D LR 10:30 FAMILY FEUD T/I/D LR 11:00 SIMON SAYS T/I/D LR 1:15 SNACK BY THE LAKE TRIP A/RS O 1:15 MULTIPLE CHOICE T/I/D LR 2:00 BEAN BAG CHALLENGE T/I/D LR 2:30 A-Z ANIMALS AT THE ZOO T/I/D LR 3:00 HAPPY HOUR RASPBERRY DREAM CLOUD CAKE T/I/D DR 4:00 BINGO T/I/D LR 6:00 ON SCREEN ZOO RS LR</p>	<p><b>9</b> 9:30 SIT AND TALK S/D LR 10:00 EXERCISE &amp; REFRESH S/D LR 10:30 A-Z ON THE FARM S/D LR 11:00 WALK TO THE BISTRO S/D B 1:15 ROLL OF THE DICE S/D LR 2:00 BRAIN BENDERS S/D LR 2:30 BALL TOSS S/D LR 3:00 HAPPY HOUR SUGAR COOKIES S/D DR 4:00 DICE GAMES S/D LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR</p>	<p><b>10 NATIONAL KITTEN DAY</b> 9:30 KITTENS ON SCREEN W/S/D LR 10:00 SCARF DANCING &amp; HYDRATION W/S/D LR 10:30 TRIVIA TEASERS W/S/D LR 11:00 BALLOON VOLLEY W/S/D LR 1:15 JUMBO GAMES W/S/D LR 2:00 MOVEMENT TO MUSIC W/S/D LR 2:30 KICKBALL W/S/D LR 3:00 HAPPY HOUR CHEESE FRIES W/S/D DR 4:00 BINGO W/S/D LR 6:00 FRIDAY FLICK RS LR</p>	<p><b>11</b> 9:30 PICTURE BOOKS W/E/SS LR 10:00 STRETCHING &amp; REFRESHING W/E/SS LR 10:30 FACE THE FACTS W/E/SS LR 11:00 NAME 10 W/E/SS LR 1:15 SUMMER CRAFT W/E/SS LR 2:00 HOOP TOSS W/E/SS LR 2:30 Pictionary W/E/SS LR 3:00 HAPPY HOUR CHEESE DOODLES W/E/SS DR 4:00 DICE GAMES W/E/SS LR 6:00 GOLDEN OLDIES RS LR</p>
<p><b>12 COMMUNION WITH JAMES</b> 9:30 TALK ABOUT FAVORITES K/S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/S/D LR 10:00 TABLE ACTIVITIES K/S/D LR 10:30 FITNESS FUN &amp; HYDRATE K/S/D LR 11:00 NAME 10 K/S/D LR 1:15 MULTIPLE CHOICE K/S/D LR 2:00 JUMBO GAMES K/S/D LR 2:30 GUESSING GAME K/S/D LR 3:00 HAPPY HOUR SUNDAES K/S/D DR 4:00 BINGO K/S/D LR 6:00 MUSIC MONTAGE RS LR</p>	<p><b>13 NATIONAL BARBERSHOP MUSIC APPRECIATION</b> 9:30 WALK TO THE PATIO W/D P 10:00 GARDENING TALK W/D P 10:30 EXERCISE &amp; REFRESH W/D P 11:00 REMEMBER WHEN... W/D P 1:15 SING A LONG W/D LR 2:00 BALLOON VOLLEY W/D LR 2:30 YOU BE THE JUDGE W/D LR 3:00 HAPPY HOUR BEAN DIP WITH TORTILLA CHIPS W/D DR 4:00 DICE GAMES W/D LR 6:00 BARBERSHOP MUSIC RS LR</p>	<p><b>14 NATIONAL COW APPRECIATION DAY</b> 9:30 PLACES TO GO? W/R/T LR 10:00 SCARF DANCING &amp; HYDRATION W/R/T LR 10:00 SENSORY GAMES 10-11:30 T LR 10:30 20 QUESTIONS W/R/T LR 11:00 NOODLE TAP W/R/T LR 1:15 COLOR A COW W/R/T LR 2:00 TRIVIA CHALLENGE W/R/T LR 2:30 BALL GAMES W/R/T DR 3:00 HAPPY HOUR WARM BROWNIES W/R/T LR 4:00 BINGO RS LR 6:00 MUSICAL STYLINGS OF THE BEATLES RS LR</p>	<p><b>15 GOLDEN GALS CARDIO DRUMMING</b> 9:30 CELEBRITY GUESS T/I/D LR 10:00 STRETCHING &amp; REFRESHING T/I/D LR 10:30 GOLDEN GALS CARDIO DRUMMING VEN LR 1:15 GARDEN CARE ON THE PATIO T/I/D P 2:00 LAWN GAMES T/I/D P 2:30 TRIVIA TIME T/I/D P 3:00 HAPPY HOUR ICE-CREAM T/I/D P 4:00 DICE GAMES T/I/D LR 6:00 SWEET MELODIES RS LR</p>	<p><b>16 CARNIVAL OPEN HOUSE</b> 9:30 TABLE TALK S/D LR 10:00 CHEER FITNESS &amp; HYDRATE S/D LR 10:30 FAMILY FEUD S/D LR 11:00 WALK TO THE PATIO S/D P 12:00 BBQ RS P 1:30 CARNIVAL OPEN HOUSE TO GAMES/ANIMALS/ENTERTAINMENT VEN CY 4:30 CARNIVAL SNACKS S/D CY 6:00 CARNIVAL MUSIC RS LR</p>	<p><b>17 YOGA RAY</b> 9:30 SIT AND TALK W/S/D LR 10:15 YOGA RAY VEN LR 11:00 SUMMER WORDS W/S/D LR 1:15 ROLL OF THE DICE W/S/D LR 2:00 A-Z AT THE BEACH W/S/D LR 2:30 BEACH BALL TOSS W/S/D LR 3:00 HAPPY HOUR APPLES &amp; PEANUT BUTTER DIP W/S/D DR 4:00 DICE GAMES W/S/D LR 6:00 FEATURE FILM RS LR</p>	<p><b>18 GARDEN CARE ON THE PATIO</b> 9:30 GARDEN CARE ON THE PATIO W/E/SS P 10:00 CURRENT EVENTS W/E/SS P 10:30 SCARF DANCING &amp; HYDRATION W/E/SS P 11:00 BALLOON VOLLEY W/E/SS P 1:15 TRIVIA TEASERS W/E/SS LR 2:00 JUMBO GAMES W/E/SS LR 2:30 KICKBALL W/E/SS LR 3:00 HAPPY HOUR GOLDFISH CRACKERS W/E/SS DR 4:00 BINGO W/E/SS LR 6:00 SOOTHING MELODIES RS LR</p>	
<p><b>19 COMMUNION WITH JAMES</b> 9:30 PICTURE BOOKS K/S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV K/S/D LR 10:00 TABLE ACTIVITIES K/S/D LR 10:30 SUNDAY STRETCH &amp; REFRESH K/S/D LR 11:00 BALLOON VOLLEY K/S/D LR 1:15 TRIVIA TEASERS K/S/D LR 2:00 1960'S MUSIC K/S/D LR 2:30 20 QUESTIONS K/S/D LR 3:00 HAPPY HOUR SUNDAES K/S/D DR 4:00 DICE GAMES K/S/D LR 6:00 ON SCREEN TAP DANCING RS LR</p>	<p><b>20 PATIO GAMES</b> 9:30 WALK TO THE PATIO W/D P 10:00 FITNESS FUN &amp; HYDRATE W/D P 10:30 PATIO GAMES W/D P 11:00 BALLOON VOLLEY W/D P 1:15 MULTIPLE CHOICE W/D LR 2:00 JUMBO GAMES W/D LR 2:30 GUESSING GAME W/D LR 3:00 HAPPY HOUR COOKIE DOUGH DIP WITH CANNOLI CHIPS W/D DR 4:00 BINGO W/D LR 6:00 MUSIC MONTAGE RS LR</p>	<p><b>21 PET THERAPY</b> 9:30 CHIT CHAT W/R/T LR 10:00 EXERCISE &amp; REFRESH W/R/T ELO 10:00 SENSORY GAMES 10-11:30 W/R/T ELO 10:30 BACK IN TIME VEN LR 11:00 PET THERAPY W/R/T LR 11:00 TOSS GAMES W/R/T LR 1:15 SING A LONG W/R/T LR 2:00 BALLOON VOLLEY W/R/T LR 2:30 WORD POWER W/R/T DR 3:00 HAPPY HOUR RICE BALLS W/R/T LR 4:00 DICE GAMES RS LR 6:00 MUSIC FOR THE SOUL RS LR</p>	<p><b>22 MAMA SBARRO'S LUNCH TRIP</b> 9:30 WHERE IN THE WORLD T/I/D LR 10:00 SCARF DANCING &amp; HYDRATION T/I/D LR 10:30 20 QUESTIONS T/I/D LR 11:00 NOODLE TAP T/I/D LR 11:30 MAMA SBARRO'S LUNCH TRIP A/RS LR 1:15 ROLL OF THE DICE T/I/D LR 2:00 DANCE PARTY T/I/D LR 2:30 BALL GAMES T/I/D DR 3:00 HAPPY HOUR ICE-CREAM T/I/D LR 4:00 BINGO T/I/D LR 6:00 MUSICAL STYLINGS OF DEAN MARTIN RS LR</p>	<p><b>23 NATIONAL NATIONAL LEMON DAY</b> 9:30 WALK TO THE PATIO S/D P 10:00 STRETCHING &amp; REFRESHING S/D P 10:30 ROLLING LEMONS S/D P 11:00 CHIT CHAT S/D P 1:15 LEMON TOSS GAMES S/D LR 2:00 A-Z LEMONS S/D LR 2:30 BOWLING S/D LR 3:00 HAPPY HOUR LEMONADE CAKE S/D DR 4:00 DICE GAMES S/D LR 6:00 SWEET MELODIES RS LR</p>	<p><b>24 PICNIC ON THE PATIO</b> 9:30 OUTDOOR SPORTS TALK W/S/D LR 10:00 CHEER FITNESS &amp; HYDRATE W/S/D LR 10:30 WALK TO THE PATIO W/S/D P 11:00 LAWN GAMES W/S/D P 12:00 PICNIC ON THE PATIO RS P 1:15 BASKETBALL SHOOTOUT W/S/D P 2:00 ROLL OF THE DICE W/S/D LR 2:30 CLUE TRIVIA W/S/D LR 3:00 HAPPY HOUR DONUT HOLES W/S/D DR 4:00 BINGO W/S/D LR 6:00 MOVIE TIME RS LR</p>	<p><b>25</b> 9:30 SUMMER POETRY READING W/E/SS LR 10:00 EXERCISE &amp; REFRESH W/E/SS LR 10:30 WORD GAMES W/E/SS LR 11:00 WALK ABOUT W/E/SS LR 1:15 Pictionary W/E/SS LR 2:00 TOSS GAMES W/E/SS LR 2:30 BEACH BALL TOSS W/E/SS LR 3:00 HAPPY HOUR PRETZELS W/E/SS DR 4:00 BINGO/DICE GAMES W/E/SS LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR</p>	
<p><b>26 COMMUNION WITH JAMES</b> 9:30 MORNING CHAT K/S/D LR 9:30 COMMUNION WITH JAMES K/S/D EG 10:00 CATHOLIC MASS ON TV K/S/D LR 10:00 TABLE ACTIVITIES K/S/D LR 10:30 NOODLE FITNESS &amp; REFRESHMENTS K/S/D LR 11:00 FAMILY FEUD K/S/D LR 1:15 KICKBALL K/S/D LR 2:00 SUNDAY SING A LONG K/S/D LR 2:30 BRAIN GAMES K/S/D LR 3:00 HAPPY HOUR SUNDAES K/S/D DR 4:00 BINGO K/S/D LR 6:00 MUSICAL STYLINGS OF ANDREA BOCCCELLI RS LR</p>	<p><b>27</b> 9:30 PICTURE BOOKS W/D LR 10:00 STRETCH &amp; REFRESH W/D LR 10:30 CLUE TRIVIA W/D LR 11:00 BALLOON VOLLEY W/D LR 1:15 TRIVIA TEASERS W/D LR 2:00 DANCE PARTY W/D LR 2:30 NAME 10 W/D LR 3:00 HAPPY HOUR KEY LIME PIE DIP WITH GRAHAM CRACKERS W/D DR 4:00 DICE GAMES W/D LR 6:00 BROADWAY TUNES RS LR</p>	<p><b>28 HORSE THERAPY FARM TRIP</b> 9:30 WALK TO THE PATIO W/R/T P 10:00 HORSE THERAPY FARM TRIP V/RS O 10:00 SENSORY GAMES 10-11:30 T LR 10:00 FITNESS FUN &amp; HYDRATE W/R/T P 10:30 RELAX &amp; CHAT W/R/T P 11:00 SCATERGORIES W/R/T P 1:30 MARY PECK ENTERTAINMENT VEN LR 2:30 GUESSING GAME W/R/T DR 3:00 HAPPY HOUR CHOCOLATE CHIP COOKIES W/R/T LR 4:00 BINGO RS LR 6:00 MUSIC MONTAGE RS LR</p>	<p><b>29</b> 9:30 SUMMER SCENES T/I/D LR 10:00 EXERCISE &amp; REFRESH T/I/D LR 10:30 REMINISCING T/I/D LR 11:00 TOSS GAMES T/I/D LR 1:15 SING A LONG SUMMER SONGS T/I/D LR 2:00 BALLOON VOLLEY T/I/D LR 2:30 SUMMER WORDS T/I/D LR 3:00 HAPPY HOUR ICE-CREAM T/I/D DR 4:00 DICE GAMES T/I/D LR 6:00 MUSIC FOR THE SOUL RS LR</p>	<p><b>30</b> 9:30 TRAVEL TALK S/D LR 10:00 SCARF DANCING &amp; HYDRATION S/D LR 10:30 MULTIPLE CHOICE S/D LR 11:00 NOODLE TAP S/D LR 1:15 ROLL OF THE DICE S/D LR 2:00 TRIVIA CHALLENGE S/D LR 2:30 BALL GAMES S/D LR 3:00 HAPPY HOUR PIZZA BITES S/D DR 4:00 BINGO S/D LR 6:00 MUSICAL STYLINGS OF THE BEACH BOYS RS LR</p>	<p><b>31</b> 9:30 GARDEN CARE ON THE PATIO W/S/D LR 10:00 TV FAVORITES W/S/D LR 10:30 STRETCHING &amp; REFRESHING W/S/D LR 11:00 BALLOON VOLLEY W/S/D LR 1:15 SPORTS TALK W/S/D LR 2:00 SPORTS CHARADES W/S/D LR 2:30 SPORTS TRIVIA W/S/D LR 3:00 HAPPY HOUR CHEESE &amp; CRACKERS W/S/D DR 4:00 DICE GAMES W/S/D LR 6:00 SWEET MELODIES RS LR</p>	<p><b>4 JULY 4TH</b> 9:30 INDEPENDENCE DAY SCENES W/E/SS LR 10:00 FLAG FITNESS W/E/SS LR 10:30 FUN FACTS ABOUT AMERICA W/E/SS LR 11:00 PATRIOTIC MARCH W/E/SS LR 1:15 PATRIOTIC SING A LONG W/E/SS LR 2:00 RED WHITE AND BLUE PAINTING W/E/SS LR 2:30 RED WHITE &amp; BLUE BALLOONS AFLOAT W/E/SS LR 3:00 HAPPY HOUR CHEDDAR POPCORN W/E/SS DR 4:00 BINGO W/E/SS LR 6:00 FIREWORKS MUSIC SHOW RS LR</p> 	