

# JULY 2026

# The Arbors At ISLANDIA WEST TRANSITIONS

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>STAFF KEY</b> S=STACEY AS=ASHA D=DIANE DA=DEANNA DD=DONNA DB=DIANA I=ISABEL JR=JEAN R JP=JEAN P MC=MADELYN MO=MEYBELY PS=PINKY RO=REBECCA SF=SALLY I=INDEPENDENT RS=Recreation staff V=Volunteer</p> <p><b>LOCATION KEY</b> LV=LIVING ROOM B=BAR BI=BISTRO M=MEDIA ROOM GR=GAME ROOM RR=RESIDENT'S ROOM DR=DINNING ROOM CY=COURTYARD O=OUTING</p> <p>***=Call 381 for Appt. AC=Activity Channel</p>	<p><b>FOR YOUR DINING PLEASURE</b> BREAKFAST 8AM LUNCH 12NOON DINNER 5PM</p> <p>*All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Recreation Director Stacey Conroy will be happy to answer any questions you may have regarding this calendar.</p>	<p><b>DAILY PROGRAMS</b></p> <p>9:15 CURRENT EVENTS</p> <p>10:00 DAILY EXERCISE</p> <p>10:30 WALKING CLUB</p> <p>3:00 HAPPY HOUR</p> <p>4:00 DAILY GAME</p> <p>6:00 EVENING MOVIE</p>	<p><b>1 JOKE DAY</b></p> <p>9:00 CROONERS AND SWOONERS MC LV 9:15 NEWS DISCUSSION MC LV 10:00 COMMIT TO BE FIT MC LV 10:30 WALKING CLUB MC CM 10:30 RHYMING GAME AH LV 11:00 WORD IN A WORD "LAUGHTER" AH LV 11:30 MUSICAL HANGMAN AH LV 1:30 TABLE TOP GAMES AH M 1:30 SING A LONGS MC LV 2:00 ONE LINER JOKES MC LV 3:00 <b>HAPPY HOUR ICE CREAM</b> MC/AH LV 4:00 BRAIN TEASERS AH LV 6:00 EVENING MOVIE RS LV</p>	<p><b>2 BBQ</b></p> <p>9:00 MORNING MELODIES MC LV 9:15 CURRENT EVENTS MC LV 10:00 RED, WHITE &amp; GLUTES MC LV 10:30 WALKING CLUB MC LV 11:00 ODD WORD OUT MC LV 11:45 <b>JULY 4TH BBQ LUNCHEON</b> RS CY 1:30 KARAOKE IN THE COURTYARD RS CY 1:30 YOU BE THE JUDGE RS LV 2:00 COURTLYARD GAMES RS CY 3:00 <b>HAPPY HOUR BANANA BREAD</b> MC/AH LV 4:00 WHO AM I? AH LV 6:00 MOVIE TO ENJOY RS LV</p>	<p><b>3 ROSARY</b></p> <p>9:00 MORNING TUNES D LV 9:15 BREAKING NEWS D LV 9:45 <b>ROSARY WITH LINDA</b> V M 10:00 GET ACTIVE-GET STRONG D LV 10:30 WALKING CLUB D CM 11:00 ANAGRAM GAME P LV 11:30 NAME 10.15.20 P LV 1:00 BOARD GAMES/PUZZLES D M 1:30 20 QUESTIONS P LV 2:00 KEEP UP THE BALLOON P LV 2:30 FAMILY FEUD P LV 3:00 <b>HAPPY HOUR TRAIL MIX</b> D/P LV 4:00 NAME THAT TUNE P LV 6:00 SILVER SCREEN CLASSIC RS LV</p>	<p><b>4 INDEPENDENCE DAY</b></p> <p>9:00 PATRIOTIC SING A LONGS P LV 9:15 WEEKEND UPDATE P LV 10:00 RED WHITE &amp; BLUE GLUTES P LV 10:30 <b>FREEDOM STROLL</b> P CM 11:00 DAILY CROSSWORD JR LV 1:30 CORN HOLE GAME JR LV 1:30 CREATE JULY 4TH PARFAIT P M 2:00 WHEEL OF FORTUNE JR LV 3:00 <b>HAPPY HOUR CHeddar POPCORN</b> JR/P LV 4:00 BINGO JR LV 6:00 SATURDAY SHOWING DB LV</p>
<p><b>5 COMMUNION</b></p> <p>9:00 MORNING MUSIC AS LV 9:15 TODAY'S STORIES &amp; HOROSCOPES AS LV 10:00 WEEKEND WORKOUT AS LV 10:30 <b>COMMUNION WITH JAMES</b> V LV 11:00 SUNDAY STROLL AS CM 11:00 UNSCRAMBLE THE LETTERS MO LV 11:30 MOVIE ACTOR HANGMAN MO LV 1:30 DESIGN FLAG WREATH AS M 1:30 FINISH THE PHRASE MO LV 2:00 WHEEL OF FORTUNE MO LV 3:00 <b>HAPPY HOUR ICE CREAM</b> MO/AS LV 4:00 MULTIPLE CHOICE MO LV 6:00 LET'S GO TO THE MOVIES RS LV</p>	<p><b>6 MUSIC THERAPY</b></p> <p>9:00 BROADWAY SHOWTUNES RS LV 9:15 LOCAL HAPPENINGS RS LV 10:00 TONE UP RS LV 10:30 WALKING CLUB RS CM 11:00 MATCH GAME JP LV 11:30 WORD WATERFALL JP LV 1:30 MULTIPLE CHOICE RS LV 1:30 CREATIVE COLORING JP M 2:00 TRUE OR FALSE RS LV 2:30 <b>MUSIC THERAPY WITH MARIA</b> ENT LV 3:00 <b>HAPPY HOUR FRENCH ONION DIP</b> RS/JP LV 4:00 NAME THE FAMOUS FACE JP LV 6:00 MONDAY FILM RS LV</p>	<p><b>7 STRAWBERRY SUNDAE DAY</b></p> <p>9:00 1950'S CLASSIC TUNES D LV 9:15 NEWS FLASH D LV 10:00 CHAIR EXERCISES D LV 10:30 UNSCRAMBLE THE LETTERS JP LV 10:30 WALKING CLUB D CY 11:00 1 ON 1'S D RR 11:00 WORD IN A WORD GAME JP LV 11:30 WORDS THAT START WITH "J" JP LV 1:30 <b>HAPPINESS GROUP WITH CAT</b> ENT M 1:30 MANICURES BY APPT RS LV 3:00 <b>HAPPY HOUR STRAWBERRY SUNDAES</b> JP/D LV 4:00 WHO AM I? JP LV 6:00 FEATURE FILM RS LV</p>	<p><b>8</b></p> <p>9:00 LYRICAL NUMBERS MC LV 9:15 WHAT'S IN THE NEWS MC LV 10:00 MORNING MOVEMENTS MC LV 10:30 WALKING CLUB MC CM 11:00 A TO Z WORD GAME AH LV 11:30 MUSICAL HANGMAN AH LV 1:30 YOU BE THE JUDGE AH LV 1:30 CARD GAMES MC M 2:00 KEEP UP THE BALLOON AH LV 3:00 <b>HAPPY HOUR RASPBERRY DREAM CAKE</b> AH/MC LV 4:00 TRIVIA FUN AH LV 6:00 TUESDAY MOTION PICTURE RS LV</p>	<p><b>9</b></p> <p>9:00 MUSICAL MUSINGS MC LV 9:15 DAILY NEWS MC LV 10:00 STRETCHING &amp; FLEXING MC LV 10:30 WALKING CLUB MC CM 11:00 UNSCRAMBLE THE LETTERS AH LV 11:30 WORDS THAT START WITH "E" AH LV 1:30 TRUE OR FALSE MC LV 1:30 INNOVATIVE DRAWING AH M 2:00 JEOPARDY MC LV 3:00 <b>HAPPY HOUR SUGAR COOKIES</b> AH/MC LV 4:00 LET'S PLAY BINGO! AH LV 6:00 CLASSIC MOVIE RS LV</p>	<p><b>10</b></p> <p>9:00 ONE HIT WONDERS D LV 9:15 NEWSDAY D LV 10:00 TIME TO EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D LV 1:30 WORD JUMBLES D LV 1:30 DANCE PARTY P M 2:00 WHEEL OF FORTUNE D LV 3:00 <b>HAPPY HOUR CHEESE FRIES</b> D/P LV 4:00 FUN ANIMAL FACTS P LV 6:00 FRIDAY FLICK RS LV</p>	<p><b>11</b></p> <p>9:00 SONGS FOR ALL P LV 9:15 WEEKEND UPDATE P LV 10:00 WAKE UP WORK OUT P LV 10:30 SATURDAY STROLL JR CM 11:00 WORD CHAIN GAME P LV 11:30 MUSICAL HANGMAN JR LV 1:30 FRESH AIR CHAT P CY 1:30 BOARD GAMES &amp; PUZZLES JR M 2:00 WOULD YOU RATHER? JR LV 3:00 <b>HAPPY HOUR CHEESE DOODLES</b> JR/P LV 4:00 MULTIPLE CHOICE JR LV 6:00 MOVIE TIME RS LV</p>
<p><b>12 COMMUNION</b></p> <p>9:00 BIG BAND MELODIES AS LV 9:15 WEEK IN REVIEW AS LV 10:00 COMMIT TO BE FIT AS LV 10:30 <b>COMMUNION WITH JAMES</b> V LV 11:00 WEEKEND STROLL AS CM 11:00 MUSICAL HANGMAN MO LV 11:30 WORD WATERFALL MO LV 1:30 FILL IN THE BLANKS RO LV 1:30 TABLE TOP GAMES AS M 2:00 NAME THE FAMOUS FACE MO LV 3:00 <b>HAPPY HOUR ICE CREAM</b> MO/AS LV 4:00 SUNDAY BINGO MO LV 6:00 SUNDAY SHOWING RS LV</p>	<p><b>13</b></p> <p>9:00 1950 CLASSICS RS LV 9:15 TODAY'S HEADLINERS RS LV 10:00 LETS WORKOUT RS LV 10:30 WALKING CLUB RS CM 11:00 DAILY CROSSWORD JP LV 1:30 BOARD GAMES/PUZZLES JP M 1:30 TOSS &amp; TALK BALL RS LV 2:00 FUN FACTS JP LV 3:00 <b>HAPPY HOUR BEAN DIP</b> RS/JP LV 4:00 ARMCHAIR TRIVIA JP LV 6:00 MOVIE TIME RS LV</p>	<p><b>14</b></p> <p>9:00 AM TUNES D LV 9:15 NEWS AND VIEWS D LV 10:00 SIT &amp; BE FIT D LV 10:30 CARDIO IS HARDIO D LV 10:30 RHYMING GAME JP LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD GAME JP LV 1:30 MANICURES BY APPT JP M 1:30 JEOPARDY D LV 2:00 MATCH GAME D LV 3:00 <b>HAPPY HOUR BROWNIES</b> D/JP LV 4:00 BINGO JP LV 6:00 MOTION PICTURE RS LV</p>	<p><b>15 NATIONAL HOT DOG DAY</b></p> <p>9:00 MORNING MUSIC MC LV 9:15 DAILY CHRONICLES MC LV 10:00 WARM UP &amp; WORK OUT MC LV 10:30 WALKING CLUB MC CM 11:00 WORD CHAIN GAME AH LV 11:30 HOMOPHONE GAME AH LV 1:30 TABLE TOP GAMES MC M 1:30 WOULD YOU RATHER? AH LV 2:00 FILL IN THE LYRICS AH LV 3:00 <b>HAPPY HOUR ICE CREAM</b> AH/MC LV 4:00 TRUE OR FALSE AH LV 6:00 WATCH A MOVIE RS LV</p>	<p><b>16 CARNIVAL BBQ</b></p> <p>9:00 MUSIC TO LOVE MC LV 9:15 HOROSCOPES AND HAPPENINGS MC LV 10:00 CHAIR EXERCISES MC LV 10:30 NAME 10.15.20 AH LV 11:00 MUSICAL HANGMAN AH LV 11:30 <b>CARNIVAL BBQ</b> RS CY 1:30 AFTERNOON MOVIE RS LV 3:00 <b>HAPPY HOUR FUNNEL CAKES</b> AH/MC LV 4:00 BINGO AH LV 6:00 MOTION PICTURE TIME RS LV</p>	<p><b>17 ROSARY</b></p> <p>9:00 FEMALE VOCALS D LV 9:15 HAPPENINGS &amp; EVENTS D LV 9:45 <b>ROSARY WITH LINDA</b> V M 10:00 MORNING MOVEMENTS D ;V 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD P LV 1:30 INNOVATIVE COLORING P M 1:30 SHORT STORIES D LV 2:00 JEOPARDY D LV 3:00 <b>HAPPY HOUR PB DIP</b> D/P LV 4:00 MULTIPLE CHOICE P LV 6:00 EVENING FILM RS LV</p>	<p><b>18 JEANNETTE MACDONALD BIO</b></p> <p>9:00 SATURDAY SONGS P LV 9:15 WEEKEND UPDATE P LV 10:00 LETS EXERCISE P LV 10:30 WEEKEND STROLL P CY 11:00 A TO Z WORD GAME JR LV 11:30 MOVIE STAR HANGMAN JR LV 1:30 FACT OR FICTION JR LV 1:30 DECORATE WALKERS P M 2:00 JEANNETTE MACDONALD BIO JR LV 3:00 <b>HAPPY HOUR GOLDFISH CRACKERS</b> JR/P LV 4:00 FINISH THE LYRICS JR LV 6:00 SILVER SCREEN CLASSIC RS LV</p>
<p><b>19 LI ASSEMBLY CHOIR</b></p> <p>9:00 ACOUSTIC MORNING AS LV 9:15 TODAY'S NEWS AS LV 10:00 DEXTERITY EXERCISES AS LV 10:30 <b>COMMUNION WITH JAMES</b> V LV 11:00 SUNDAY STROLL AS CM 11:00 CLASSIC HANGMAN MO LV 11:30 WORD JUMBLES MO LV 1:30 FUN ANIMAL FACTS MO LV 1:30 PUZZLES &amp; BOARD GAMES AS M 2:00 <b>LI ASSEMBLY CHOIR</b> V LV 3:00 <b>HAPPY HOUR ICE CREAM</b> AS/MO LV 4:00 SHOUT OUT TRIVIA MO LV 6:00 TONIGHT AT THE MOVIES RS LV</p>	<p><b>20</b></p> <p>9:00 SWEET MELODIES RS LV 9:15 NEWS &amp; VIEWS RS LV 10:00 WORK IT OUT RS LV 10:30 WALKING CLUB RS CM 11:00 WORDS THAT START WITH "J" JP LV 11:30 WORD IN A WORD JP LV 1:30 TABLE TOP GAMES JP M 1:30 BRAIN GAMES RS LV 2:00 FACT OR FICTION RS LV 3:00 <b>HAPPY HOUR COOKIE DOUGH DIP</b> RS/JP LV 4:00 KARAOKE JP LV 6:00 CINEMA RS LV</p>	<p><b>21 SINGER KAREN BELLA</b></p> <p>9:00 EASY LISTENING D LV 9:15 TODAY'S TOP STORIES D LV 10:00 TONE UP D LV 10:30 WALKING CLUB D CY 11:00 MUSICAL HANGMAN JP LV 11:30 MATCH GAME JP LV 1:30 MANICURES BY APPT JP M 1:30 <b>SINGER KAREN BELLA</b> ENT LV 2:30 QUIPO QUIZ D LV 3:00 <b>HAPPY HOUR RICE BALLS</b> D/JP LV 4:00 BINGO JP LV 7:00 MOTION PICTURE RS LV</p>	<p><b>22</b></p> <p>9:00 SOULFUL BLUES MC LV 9:15 DAILY NEWS MC LV 10:00 FLEX &amp; STRETCH MC LV 10:30 WALKING CLUB MC CM 11:00 WORDS STARTING WITH "U" AH LV 11:30 WORD IN A WORD AH LV 1:30 FRESH AIR CLUB MC CY 1:30 BALLOON VOLLEYBALL AH LV 2:00 SING A LONGS AH LV 2:30 TRUTH OR FICTION AH LV 3:00 <b>TROPICAL ICE CREAM SUNDAES</b> AH/MC LV 4:00 NAME THE FAMOUS FACE AH LV 6:00 FEATURE FILM RS LV</p>	<p><b>23 LUNCH TRIP WENDYS</b></p> <p>9:00 SING-A-LONG SONGS MC LV 9:15 DAILY NEWS MC LV 10:00 SIT &amp; BE FIT MC LV 10:30 WALKING CLUB MC CM 11:00 UNSCRAMBLE THE LETTERS AH LV 11:30 ODD WORD OUT AH LV 11:30 <b>LUNCH TRIP WENDYS</b> RS O 1:30 NAME 10.15.20 MC LV 1:30 CARD GAMES AH M 2:00 NAME THAT FAMOUS FACE MC LV 3:00 <b>HAPPY HOUR LEMONADE CAKE</b> MC/AH LV 4:00 BRAIN TEASERS AH LV 6:00 MOVIE RS LV</p>	<p><b>24 AMELIA EARHART DAY</b></p> <p>9:00 SWING ERA D LV 9:15 DAILY NEWS D LV 10:00 STRENGTH FITNESS D LV 10:30 WALKING CLUB D CM 11:00 FILL IN THE BLANK P LV 11:30 WHEEL OF FORTUNE P LV 1:30 <b>AMELIA EARHART BIO</b> D LV 1:30 PAINTING P M 2:00 JEOPARDY D LV 3:00 <b>HAPPY HOUR DOUGHNUT HOLES</b> D/P LV 4:00 BINGO FUN P LV 6:00 SILVER SCREEN CLASSIC RS LV</p>	<p><b>25 CARLY SIMON BDAY</b></p> <p>9:00 MORNING SERENADE P LV 9:15 SATURDAY NEWS P LV 10:00 LETS GET ENERGIZED P LV 10:30 WEEKEND STROLL P CM 11:00 WORD WATERFALL JR LV 11:30 NAME 10.15.20 JR LV 1:30 <b>CARLY SIMON BIO</b> JR LV 1:30 ARTS N CRAFT CORNER P M 2:00 TRUE OR FALSE JR LV 3:00 <b>HAPPY HOUR PRETZELS</b> JR/P LV 4:00 WHO AM I? JR LV 6:00 MOVIE TIME RS LV</p>
<p><b>26 COMMUNION</b></p> <p>9:00 SOUNDS OF MUSIC AS LV 9:15 NEWS OF THE DAY AS LV 10:00 EXERCISE REGIMEN AS LV 10:30 <b>COMMUNION WITH JAMES</b> V LV 11:00 WEEKEND STROLL AS CM 11:00 WORD IN A WORD MO LV 11:30 HOMOPHONE GAME MO LV 1:30 DANCE PARTY! MO/AS LV 2:00 SHORT STORIES AS LV 3:00 <b>HAPPY HOUR ICE CREAM</b> MO/AS LV 4:00 BINGO FUN MO LV 7:00 SUNDAY SHOWING RS LV</p>	<p><b>27</b></p> <p>9:00 SOFT JAZZ RS LV 9:15 NEWSDAY RS LV 10:00 SHAKE IT OUT RS LV 10:30 WALKING CLUB RS CM 11:00 WORD CHAIN GAME RS LV 11:30 MUSICAL HANGMAN JP LV 1:30 TABLE ACTIVITIES JP M 1:30 MARINE LIFE FUN FACTS RS LV 2:00 SHARE MEMORIES RS LV 3:00 <b>HAPPY HOUR KEY LIME PIE DIP</b> RS/JP LV 4:00 YOU BE THE JUDGE JP LV 6:00 MOTION PICTURE RS LV</p>	<p><b>28 HORSE THERAPY TRIP</b></p> <p>9:00 LOVELY BALLADS D LV 9:15 NEWS &amp; VIEWS D LV 10:00 SCULPT &amp; FITNESS D LV 10:00 <b>HORSE THERAPY TRIP</b> JP O 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD D LV 1:30 MANICURES BY APPT JP M 1:30 WHELL OF FORTUNE D LV 2:00 MATCH GAME D LV 3:00 <b>HAPPY HOUR CHOC CHIP COOKIES</b> D/JP LV 4:00 NAME THE FAMOUS FACE JP LV 6:00 BIG SCREEN CLASSIC RS LV</p>	<p><b>29</b></p> <p>9:00 REGGAE FUSION MC LV 9:15 WHAT'S IN TODAY'S PAPER MC LV 10:00 SWEAT, SMILE, REPEAT MC LV 10:30 WALKING CLUB MC CM 11:00 WORDS THAT START WITH "E" AH LV 11:30 UNSCRAMBLE THE LETTERS AH LV 1:30 ARTISTIC COLORING AH M 1:30 JEOPARDY MC LV 2:00 FAMILY FEUD ,C LV 3:00 <b>HAPPY HOUR ICE CREAM</b> MC/AH LV 4:00 BRAIN TEASERS AH LV 6:00 EVENING MOVIE RS LV</p>	<p><b>30 JOHNNY CARSON SHOW DEBUTS</b></p> <p>9:00 OPERA CLASSICS MC LV 9:15 LOCAL NEWS MC LV 10:00 CHAIR EXERCISES MC LV 10:30 WALKING CLUB MC CM 10:30 HANGMAN WITH MOVIE TITLES AH LV 11:00 NAME 10.15.20 AH LV 1:30 WHAT YEAR WAS THAT? AH LV 1:30 FRESH AIR CLUB MC CY 2:00 FINISH THE LYRICS AH LV 3:00 <b>HAPPY HOUR PIZZA BITES</b> AH/MC LV 4:00 BINGO AH LV 6:00 MOTION PICTURE RS LV</p>	<p><b>31 ROSARY</b></p> <p>9:00 TURN UP THE MUSIC D LV 9:15 CURRENT EVENTS D LV 9:45 <b>ROSARY</b> V M 10:00 STAY STRONG TO STAY HEALTHY D LV 10:30 WALKING CLUB D CM 10:30 WORD CHAIN GAME P LV 11:00 WORD IN A WORD GAME P LV 11:30 ODD WORD OUT P LV 1:30 FUN HUMAN FACTS D LV 1:30 COLORING FUN P M 2:00 MATCH GAME D LV 3:00 <b>HAPPY HOUR CHEESE/CRACKERS</b> D/P LV 4:00 ARMCHAIR TRIVIA P LV 6:00 FRIDAY FILM RS LV</p>	