

AUGUST 2026

The Arbors At ISLANDIA EAST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY
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

LOCATION KEY
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

FOR YOUR DINING PLEASURE
BREAKFAST 7:45am-9:15am
LUNCH 11:45am-1:15pm
DINNER 4:45pm-6:15pm

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.

WEEKLY TRIPS

TO SIGN UP FOR OUR WEEKLY TRIPS
OR SPECIAL EVENTS PLEASE GO TO
THE CALENDAR AREA BY THE FRONT
DESK TO RESERVE YOUR SPOT!

*All trips are if weather permits.

1 NATIONAL SAND CASTLE DAY
9:30 SAND CASTLES ON SCREEN S G
10:00 MORNING WARM UP & REFRESH S G
10:30 WALKING CLUB S LO
11:00 MULTIPLE CHOICE S G
1:15 MATINEE I M
1:15 BINGO! I G
2:00 KNITTING/CROCHET CLUB S/I G
2:00 KINETIC SAND CASTLE CREATIONS S/I G
3:00 HAPPY HOUR BAKED SURPRISE S/I B
4:00 TRIVIA CHALLENGE S G
6:15 LATE DAY BINGO I G
7:15 EVENING MOVIE IN THE CINEMA I M

2 R.C. COMMUNION W/JAMES
9:30 R.C. COMMUNION WITH JAMES VEN G
9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCHA/D O
10:15 EXERCISE & HYDRATE I G
11:00 TRIVIA TEASERS I G
1:15 AFTERNOON MOVIE I M
1:15 BINGO! I G
2:00 KINGS IN THE CORNER CLUB RL WH
2:00 SUMMER WORD PUZZLES A/D/I G
3:00 HAPPY HOUR SUNDAES A/D/I B
4:00 BOGGLE D G
6:15 AFTER DINNER BINGO A G
7:15 NIGHT FLICK A M

3 NATIONAL WATERMELON DAY
9:30 NEWS & VIEWS G G
10:00 SIT, BE FIT & HYDRATE E G
10:00 WALKING CLUB VEN M
10:30 GROUP CROSSWORD G LO
11:00 MATINEE E M
1:15 BINGO! D G
1:15 SCRABBLE CLUB RL G
2:00 DICE GAMES G LO
3:00 HAPPY HOUR WATERMELON G/E/D B
4:00 JEOPARDY G LO
6:15 BINGO ANYONE? D G
7:15 FEATURE FILM D M
7:15 INSPIRATIONAL READING RL B

4 RESIDENT & FOOD COUNCIL MEETINGS
9:30 WORLD NEWS D G
10:00 SCARF DANCING & HYDRATION G G
10:30 RESIDENT COUNCIL MEETING RL G
11:00 FOOD COUNCIL MEETING RL G
11:30 WHEEL OF FORTUNE D G
1:15 TRIP TO WALMART S/G O
1:15 MOVIE TIME D M
1:15 BINGO! D G
2:00 DICE GAMES G LO
2:00 MAH JONG CLUB RL F2/WH
3:00 BASKETBALL PRACTICE D LO
3:00 HAPPY HOUR CHICKEN NUGGETS D/V B
4:00 TRIVIA TIME D LO
6:15 ALL ABOUT BINGO S G
7:15 EVENING MOTION PICTURE S M

5 LUTHERAN SERVICE W/PASTOR ZACH
9:30 DAILY NEWS D M
10:00 CHAIR YOGA & REFRESH E M
10:00 LUTHERAN SERVICE W/PASTOR ZACH VEN G
10:30 WALKING CLUB E LO
11:00 SCATERGORIES D G
1:15 MID DAY SHOW 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 B
4:00 GUESSING GAME D G
6:15 BINGO! A G
7:15 TONIGHT'S FEATURE FILM A M

6 ANDREW ENTERTAINMENT
9:30 GOOD NEWS DAY D G
10:00 FITNESS FUN & HYDRATE S G
10:30 WALKING CLUB S LO
11:00 MULTIPLE CHOICE D G
1:15 AFTERNOON MOVIE D M
1:15 BINGO! I G
2:00 CANASTA CLUB RL WH
2:00 ANDREW ENTERTAINMENT VEN LO
3:00 HAPPY HOUR SOFT PRETZELS D/S/I B
4:00 BRAIN BENDERS D G
6:15 BINGO TIME I G
7:15 EVENING FILM I M
7:15 COFFEE/TEA & CHAT RL B

7 NATIONAL LIGHTHOUSE DAY
9:30 LI LIGHTHOUSES S G
10:00 STRETCHING & 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
2:00 OLYMPIC GAME PRACTICE S/I LO
3:00 HAPPY HOUR RASPBERRY CREAM PARFAIT S/I B
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 & TALK RL B

8
9:30 THIS DAY IN HISTORY S G
10:00 FITNESS FUN & REFRESH S G
10:30 WALKING CLUB S LO
11:00 GUESSING GAME S G
1:15 MOVIE TIME I M
1:15 BINGO! I G
2:30 DOMINOS S/I LO
3:00 HAPPY HOUR PEACH MUFFINS S/I B
4:00 GROUP CROSSWORD S G
6:15 WEEKEND BINGO I G
7:15 NIGHT TIME MOVIE I M

9 CHRISTIAN SING A LONG WITH LI ASSEMBLY
9:30 R.C. COMMUNION WITH JAMES VEN G
9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCHA/D O
10:15 MORNING WARM UP & REFRESH I G
11:00 MULTIPLE CHOICE I G
1:15 FUNNY 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 VEN 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

10 NATIONAL SMORES DAY
9:30 CURRENT EVENTS G G
10:00 ROSARY PRAYER SERVICE RL M
10:00 EXERCISE & 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 ROLL OF DICE G/E G
3:00 HAPPY HOUR GRAHAM CRACKERS & SMORES DIP G/E/D B
4:00 BOGGLE D G
6:15 AFTER DINNER BINGO D G
7:15 NIGHT FLICK D M
7:15 INSPIRATIONAL READING RL B

11 BEACH VOLLEYBALL COMPETITION W/WEST
9:30 LIBRARY VISIT VEN LO
9:30 NEWS & VIEWS D G
10:00 SIT, BE FIT & HYDRATE G G
10:30 WALKING CLUB G LO
11:00 GROUP CROSSWORD D G
1:15 MATINEE D M
1:30 BEACH VOLLEYBALL COMPETITION W/WEST D/G/S CY
2:00 MAH JONG CLUB RL F2/WH
3:00 HAPPY HOUR TERIYAKI MEATBALLS D/G/S B
4:00 JEOPARDY D G
4:00 DINNER TRIP TO J & R'S STEAKHOUSE S/V O
7:15 FEATURE FILM S G

12 BIRTHDAY CELEBRATION W/FIZ
9:30 WORLD NEWS D G
10:00 WEDNESDAY WORKOUT & 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
2:30 BIRTHDAY CELEBRATION WITH FIZ VEN LO
3:00 HAPPY HOUR ROOTBEER FLOATS D/E B
4:00 TRIVIA TIME D G
6:15 ALL ABOUT BINGO A G
7:15 EVENING MOTION PICTURE A M

13 LUAU BBQ
9:30 DAILY NEWS D G
10:00 CHAIR YOGA & REFRESH S G
10:30 SCATERGORIES S G
11:00 WALK TO THE COURTYARD S/D CY
12:00 LUAU BBQ IN THE COURTYARD S/D/I CY
1:15 HULA DANCING WITH CHANTAL VEN CY
2:00 CANASTA CLUB RL WH
2:15 WALK TO THE BISTRO S/D/I B
3:00 HAPPY HOUR PINEAPPLE CHERRY MUFFINS S/D/I B
4:00 GUESSING GAME D G
6:15 BINGO! I G
7:15 TONIGHT'S FEATURE FILM I M
7:15 COFFEE TEA & CHAT RL B

14 NATIONAL CREAM SICKLE DAY
9:30 GOOD NEWS DAY S G
10:00 FITNESS FUN & HYDRATE S G
10:30 WALKING CLUB S LO
11:00 TRIVIA TID BITS S G
12:00 TAKE-IN BAGELS 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 CREAM SICKLES 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 & TALK RL B

15 NATIONAL RELAXATION DAY
9:30 HAPPENINGS S G
10:00 BREATHING EXERCISE & REFRESHMENTS S G
10:30 COURTYARD WALK & REST AT THE POND S G CY
11:00 FASCINATING FACTS S G
1:15 MID DAY MOVIE I M
1:15 BINGO! I G
2:00 KNITTING/CROCHET CLUB S/I G
2:00 RELAX AND COLOR WITH MUSIC S/I G
3:00 HAPPY HOUR LEMON POPPY SEED SCONE BITES S/I B
4:00 FAMILY FEUD S G
6:15 BINGO ANYONE? I G
7:15 MOVIE IN THE ARBORS THEATER I M

16 NATIONAL ICE CREAM DAY
9:30 R.C. COMMUNION WITH JAMES VEN G
9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCHA/L O
10:15 FITNESS FUN & REFRESH I G
11:00 GUESSING GAME I G
1:15 MOVIE TIME I M
1:15 BINGO! I G
2:00 KINGS IN THE CORNER CLUB RL WH
2:00 WORD SEARCH 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

17 ROSARY PRAYER SERVICE
9:30 GOOD NEWS TODAY G G
10:00 MORNING WARM UP & REFRESHMENTS E G
10:00 ROSARY PRAYER SERVICE VEN 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 POTATO CHIPS & FRENCH ONION DIP 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
7:15 INSPIRATIONAL READING RL B

18 LEMONADE STAND
9:30 CURRENT EVENTS D G
10:00 EXERCISE & HYDRATE G G
10:30 WALKING CLUB G LO
10:30 LEMONADE STAND VEN WH
10:30 PET THERAPY VEN LO
11:00 WHO AM I? G G
1:15 AFTERNOON MOVIE D M
1:15 BINGO! S G
2:00 MAH JONG CLUB RL F2/WH
2:00 BASKETBALL PRACTICE D/G/S LO
3:00 HAPPY HOUR CRAB & CHEESE STUFFED MUSHROOMS D/G/S B
4:00 BOGGLE S G
6:15 AFTER DINNER BINGO S G
7:15 NIGHT FLICK S M
7:15 EVENING RELAX WITH PENCIL PICTURES RL G

19 MILL LANE BOUTIQUE VENDER
9:30 NEWS & VIEWS D G
10:00 SIT, BE FIT & HYDRATE E G
10:30 WALKING CLUB E LO
11:00 GROUP CROSSWORD D M
1:15 MATINEE D M
1:15 BINGO! E G
2:00 THREE THIRTEEN CLUB RL WH
2:00 ROLL OF THE DICE E/D G
3:00 HAPPY HOUR ROOTBEER FLOATS E/D B
4:00 JEOPARDY E G
6:15 BINGO ANYONE? A G
7:15 FEATURE FILM A M

20 NATIONAL BACON LOVERS DAY
9:30 WORLD NEWS D G
10:00 SCARF DANCING & HYDRATION S G
10:30 WALKING CLUB S G
11:00 WHEEL OF FORTUNE D G
11:15 LUNCH TRIP TO VOODOO CRAB S/D O
1:15 MOVIE TIME I M
1:15 BINGO! I G
2:00 CANASTA CLUB RL WH
2:00 PENCIL PUZZLES I G
3:00 HAPPY HOUR BACON CHEESY BREAD I/V B
4:00 TRIVIA TIME D G
6:15 ALL ABOUT BINGO I G
7:15 EVENING MOTION PICTURE I M
7:15 COFFEE TEA & CHAT RL B

21 YOGA RAY
9:30 YOGA RAY VEN G
10:15 WALKING CLUB & 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 BASKETBALL PRACTICE S/I LO
3:00 HAPPY HOUR WARM BROWNIES 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 & TALK RL B

22
9:30 GOOD NEWS DAY S G
10:00 FITNESS FUN & HYDRATE S G
10:30 WALKING CLUB S LO
11:00 BOGGLE S G
1:15 AFTERNOON MOVIE I M
1:15 BINGO! I G
2:00 KNITTING/CROCHET CLUB RL G
2:00 MAKING TRAIL MIX S/I G
3:00 HAPPY HOUR TRAIL MIX S/I B
4:00 BRAIN BENDERS S G
6:15 BINGO TIME I G
7:15 EVENING FILM I M

23/30 R.C. COMMUNION WITH JAMES
9:30 R.C. COMMUNION WITH JAMES VEN G
9:30 TRIP CALVARY LUTHERAN & ST PATRICKS CHURCHA/L O
10:15 SWAY TO THE MUSIC & HYDRATE I G
11:00 JEOPARDY (23)/ MULTIPLE CHOICE (30) I G
1:15 MOVIE IN THE CINEMA I M
1:15 BINGO! I G
2:00 KINGS IN THE CORNER CLUB RL WH
2:00 WORD SEARCH (23) DICE GAMES (30) D/A/I G
3:00 HAPPY HOUR ICE CREAM SUNDAES D/A/I B
4:00 WORD CHALLENGE (23) TRIVIA TIME (30) D G
6:15 WHO'S PLAYING BINGO A G
7:15 EVENING MOVIE IN THE CINEMA A M

24/31 NATIONAL WAFFLE DAY (24TH) NATIONAL ZOO AWARENESS DAY (31ST)
9:30 THIS DAY IN HISTORY G G
10:00 ROSARY PRAYER SERVICE RL M
10:00 FLEX, STRETCH & REFRESH (24) E G
10:00 TOTAL FITNESS & HYDRATIONN(31) 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/ ZOO PUZZLES G/E G
3:00 HAPPY HOUR G/E/D B
4:00 GROUP CROSSWORD E G
6:15 BINGO TIME D G
7:15 NIGHT TIME MOVIE D M

25
9:30 GOOD NEWS TODAY D G
10:00 FITNESS FUN & HYDRATION G G
10:30 WALKING CLUB G LO
11:00 MULTIPLE CHOICE D G
1:15 AFTERNOON MOVIE D M
1:15 BINGO! S G
2:00 MAH JONG CLUB RL F2/WH
2:00 OLYMPIC GAME PRACTICE D/G/S LO
3:00 HAPPY HOUR PIGS IN A BLANKET 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
7:15 EVENING RELAX & COLOR WITH MUSIC RL G

26 TRIP TO LI DUCKS GAME
9:30 CURRENT EVENTS D G
10:00 EXERCISE & HYDRATE E G
10:30 WALKING CLUB E LO
11:00 FAMOUS FOLKS TRIVIA D M
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 ROOTBEER FLOATS E/A/D B
4:00 BOGGLE D G
5:00 TRIP TO LI DUCKS GAME A/V G
7:15 NIGHT FLICK A M

27 CASINO GAMES
9:30 NEWS & VIEWS D G
10:00 SIT, BE FIT & HYDRATE S G
10:30 ACTIVITY PLANNING V G
11:00 GROUP CROSSWORD S G
1:15 MATINEE D M
1:15 BINGO! S/D/I G
2:00 CANASTA CLUB RL WH
3:00 HAPPY HOUR MAC & CHEESE BITES S/D/I B
4:00 JEOPARDY D G
6:15 BINGO! I G
7:15 THURSDAY SHOWING I M
7:15 COFFEE TEA & CHAT RL G

28
9:30 NATIONAL AMELIA EARHART DAY S G
10:15 EXERCISE & HYDRATION S G
10:30 WALKING CLUB S LO
11:00 WHEEL OF FORTUNE S G
12:00 TAKE-IN CHINESE 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 LEMONADE & STRAWBERRY CREAM CAKE S/I B
4:00 TRIVIA TIME S G
6:15 BIG BUCKS BINGO I G
7:15 FRIDAY FILM I M

29
9:30 DAILY NEWS S G
10:00 SATURDAY WORKOUT & REFRESHMENTS S G
10:30 WALKING CLUB S LO
11:00 ARE YOU SMARTER THAN A 5TH GRADER S G
1:15 MOVIE TIME I M
1:15 BINGO! I G
2:00 KNITTING/CROCHET CLUB RL G
2:00 DOMINOES S/I G
3:00 HAPPY HOUR BLUEBERRY SCONE BITES S/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

ACTIVITY CALENDAR