

AUGUST 2026

The Arbors At

ISLANDIA EAST SAFECARE

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

ACTIVITY CALENDAR

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
									STAFF KEY 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			LOCATION KEY 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			FOR YOUR DINING PLEASURE 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.			1 NATIONAL SAND CASTLE DAY 9:30 WALK TO THE PATIO W/RS P 10:00 EXERCISE AND REFRESH ON THE PATIO W/RS P 10:30 A-Z AT THE BEACH W/RS P 11:00 BEACH BALL TOSS W/RS P 1:15 3RD FLOOR COOKING CLUB (COOKIE CRUSH) W/RS LR 1:15 SAND CASTLES ON SCREEN W/RS LR 2:00 BEACH HULA HOOP W/RS LR 2:30 BRAIN TEASERS W/RS LR 3:00 HAPPY HOUR COOKIE CRUSH W/RS DR 4:00 DICE GAMES W/RS LR 6:00 MUSIC MUSIC MUSIC RS LR		
2 NATIONAL COLORING BOOK DAY 9:30 SUNDAY CHAT S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV S/D LR 10:00 TABLE TOP ACTIVITIES S/D LR 10:30 SCARF DANCING & HYDRATION S/D LR 11:00 MULTIPLE CHOICE S/D LR 1:15 CRAYON COLORING K/S/D LR 2:00 WORD GAMES K/S/D LR 2:30 BALL 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 DOLLY PARTON RS LR			3 MUSIC THERAPY W/MARIA MENNITI 9:30 GUESS WHO W/D LR 10:00 STRETCHING & REFRESHING W/D LR 10:30 BRAIN GAMES W/D LR 11:00 BALLOON VOLLEY W/D LR 1:15 MUSIC THERAPY W/MARIA MENNITI VEN LR 2:30 TOSS GAMES W/D LR 3:00 HAPPY HOUR WATERMELON W/D DR 4:00 DICE GAMES W/D LR 6:00 SWEET MELODIES RS LR			4 9:30 WORDS THAT MAKE YOU SMILE W/R/T LR 10:00 CHEER FITNESS & HYDRATE W/R/T LR 10:30 WORD TEASERS W/R/T LR 11:00 SIMON SAYS W/R/T LR 1:15 SCATERGORIES W/R/T LR 2:00 BEAN BAG CHALLENGE W/R/T LR 2:30 HAPPY LIST W/R/T LR 3:00 HAPPY HOUR CHICKEN NUGGETS W/R/T DR 4:00 BINGO W/R/T LR 6:00 FUNNY VIDEOS RS LR			5 SCENIOC DRIVE TRIP 9:30 WALK TO THE PATIO T/I/D P 10:00 EXERCISE & REFRESH T/I/D P 10:30 A-Z SUMMER T/I/D P 11:00 CHEER DANCING T/I/D P 1:15 SCENIC DRIVE TRIP A/T O 1:15 ROLL OF THE DICE I/D LR 2:00 BRAIN BENDERS I/D LR 2:30 BALL TOSS I/D LR 3:00 HAPPY HOUR ICE-CREAM I/D DR 4:00 DICE GAMES I/D LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR			6 ANDREW COMO ENTERTAINMENT AL 9:30 HOT TOPICS S/D LR 10:00 SCARF DANCING & HYDRATION S/D LR 10:30 CLUE TRIVIA S/D LR 11:00 BALLOON VOLLEYBALL S/D LR 1:15 WALK TO THE PATIO S/D P 2:00 LAWN GAMES S/D P 2:30 SONGS TO SING S/D P 2:30 ANDREW COMO ENTERTAINMENT AL VEN ELO 3:00 HAPPY HOUR SOFT PRETZELS S/D P 4:00 BINGO S/D P 6:00 HAPPY SONGS RS LR			7 NATIONAL LIGHTHOUSE DAY 9:30 LONG ISLAND LIGHTHOUSES W/S/D LR 10:00 STRETCHING AND REFRESHING W/S/D LR 10:30 NAME 10 W/S/D LR 11:00 BOWLING W/S/D LR 1:15 LIGHTHOUSE CRAYON PICTURES W/S/D LR 2:00 HOOP TOSS W/S/D LR 2:30 PICTONARY W/S/D LR 3:00 HAPPY HOUR RASPBERRY CREAM PARFAIT W/S/D DR 4:00 DICE GAMES W/S/D LR 6:00 FRIDAY FLICK RS LR			8 9:30 MOVIE TALK W/RS LR 10:00 FITNESS FUN &HYDRATION W/RS LR 10:30 TRUE OR FALSE W/RS LR 11:00 HIDDEN OBJECTS W/RS LR 1:15 MUSIC & DANCING W/RS LR 2:00 TRIVIA CHALLENGE W/RS LR 2:30 NOODLE TENNIS W/RS LR 3:00 HAPPY HOUR PEACH MUFFINS W/RS DR 4:00 BINGO W/RS LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR		
9 9:30 FILL IN THE BLANK S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV S/D LR 10:00 TABLE ACTIVITIES S/D LR 10:30 EXERCISE & REFRESH S/D LR 11:00 REMINISCING 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 CANDID CAMERA EPISODES RS LR			10 NATIONAL SMORES DAY 9:30 LETS TALK W/D LR 10:00 SCARF DANCING & HYDRATION W/D LR 10:30 20 QUESTIONS W/D LR 11:00 NOODLE TAP W/D LR 1:15 ROLL OF THE DICE W/D LR 2:00 WORD GAMES W/D LR 2:30 BALL GAMES W/D LR 3:00 HAPPY HOUR GRAHAM CRACKER & SMORES DIP W/D DR 4:00 BINGO W/D LR 6:00 MUSICAL STYLINGS OF TONY BENNET RS LR			11 MARY PECK ENTERTAINMENT 9:30 WHO DO YOU KNOW? W/R/T LR 10:00 STRETCHING & REFRESHING W/R/T LR 10:30 BRAIN GAMES W/R/T LR 11:00 BALLOON VOLLEY W/R/T LR 1:30 MARY PECK ENTERTAINMENT VEN LR 2:30 TOSS GAMES W/R/T LR 3:00 HAPPY HOUR TERIYAKI MEATBALLS W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 SWEET MELODIES RS LR			12 FIZ ENTERTAINMENT IN AL 9:30 3 LETTER WORDS T/I/D LR 10:00 CHEER FITNESS & HYDRATE T/I/D LR 10:30 FAMILY FEUD T/I/D LR 11:00 SIMON SAYS T/I/D LR 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 2:30 FIZ ENTERTAINMENT IN AL VEN ELO 3:00 HAPPY HOUR ICE-CREAM T/I/D DR 4:00 BINGO T/I/D LR 6:00 ON SCREEN ZOO RS LR			13 BBQ ON THE PATIO 9:30 SIT AND TALK S/D LR 10:00 EXERCISE & REFRESH S/D LR 10:30 A-Z ON THE FARM S/D LR 11:00 WALK TO THE PATIO S/D P 12:00 BBQ ON THE PATIO RS P 1:15 LUAU FUN S/D P 2:00 BRAIN BENDERS S/D LR 2:30 BALL TOSS S/D LR 3:00 HAPPY HOUR PINEAPPLE CHERRY MUFFINS S/D DR 4:00 DICE GAMES S/D LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR			14 NATIONAL CREAMSICLE DAY 9:30 CURRENT EVENTS W/S/D LR 10:15 SCARF DANCING & 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 CREAMSICLES W/S/D DR 4:00 BINGO W/S/D LR 6:00 ROMANCE ON SCREEN RS LR			15 NATIONAL HONEY BEE DAY 9:30 PICTURE BOOKS W/RS LR 10:00 STRETCHING & REFRESHING W/RS LR 10:30 TELL A JOKE W/RS LR 11:00 BOWLING W/RS LR 1:15 2ND FLOOR COOKING CLUB (HONEY DIP) W/RS LR 1:15 HONEY BEE CRAYON CREATIONS W/RS LR 2:00 HOOP TOSS W/RS LR 2:30 SUMMER PICTONARY W/RS LR 3:00 HAPPY HOUR LEMON POPPY SEED SCONE BITES W/RS DR 4:00 DICE GAMES W/RS LR 6:00 GOLDEN OLDIES RS LR		
16 COMMUNION WITH JAMES 9:30 TALK ABOUT FAVORITES S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV S/D LR 10:00 TABLE ACTIVITIES S/D LR 10:30 FITNESS FUN & HYDRATE S/D LR 11:00 NAME 10 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			17 WALK TO THE PATIO 9:30 WALK TO THE PATIO W/D P 10:00 GARDENING TALK W/D P 10:30 EXERCISE & REFRESH W/D P 11:00 REMINISCING THE BEACH W/D P 1:15 SING A LONG W/D LR 2:00 BALLOON VOLLEY W/D LR 2:30 IN THE PAST W/D LR 3:00 HAPPY HOUR POTATO CHIPS & FRENCH ONION DIP W/D DR 4:00 DICE GAMES W/D LR 6:00 MUSIC FOR THE SOUL RS LR			18 LEMONADE STAND IN AL 9:30 HOT PLACES TO GO W/R/T LR 10:00 SCARF DANCING & HYDRATION W/R/T LR 10:30 20 QUESTIONS W/R/T LR 11:00 PET THERAPY VEN LR 11:00 LEMONADE STAND IN AL VEN LR 1:15 ROLL OF THE DICE W/R/T LR 2:00 TRIVIA CHALLENGE W/R/T LR 2:30 BALL GAMES W/R/T LR 3:00 HAPPY HOUR CRAB & CHEESE STUFFED MUSHROOMS W/R/T DR 4:00 BINGO W/R/T LR 6:00 MUSICAL STYLINGS OF THE BEATLES RS LR			19 NATIONAL PHOTOGRAPHY DAY 9:30 GARDEN CARE ON THE PATIO T/I/D P 10:00 STRETCHING & REFRESHING T/I/D P 10:30 PATIO PHOTO SHOOT T/I/D P 11:00 BALLOON VOLLEY T/I/D P 1:15 ICE CREAM AT THE PARK TRIP A/T O 1:15 COLOR WITH MUSIC I/D LR 2:00 TABLE GAMES I/D LR 2:30 BALL GAMES I/D LR 3:00 HAPPY HOUR ICE-CREAM I/D DR 4:00 DICE GAMES I/D LR 6:00 SWEET MELODIES RS LR			20 NATIONAL BACON LOVERS DAY 9:30 TRAVEL TO FIJI TALK S/D LR 10:00 CHEER FITNESS & HYDRATE S/D LR 10:30 FAMILY FEUD S/D LR 11:00 SIMON SAYS S/D LR 1:15 MULTIPLE CHOICE S/D LR 2:00 BEAN BAG CHALLENGE S/D LR 2:30 SUMMER HANG MAN S/D LR 3:00 HAPPY HOUR BACON CHEESY BREAD S/D DR 4:00 BINGO S/D LR 6:00 ON SCREEN FARM RS LR			21 1ST FLOOR COOKING CLUB (TRAIL MIX) 9:30 SIT AND TALK W/S/D LR 10:15 YOGA RAY VEN LR 10:30 A-Z FRUIT W/S/D LR 1:15 WALK ABOUT W/S/D LR 2:00 ROLL OF THE DICE W/S/D LR 2:30 BRAIN BENDERS W/S/D LR 3:00 HAPPY HOUR WARM BROWNIES W/S/D DR 4:00 DICE GAMES W/S/D LR 6:00 FEATURE FILM RS LR			22 1ST FLOOR COOKING CLUB (TRAIL MIX) 9:30 CURRENT EVENTS W/RS LR 10:00 SCARF DANCING & HYDRATION W/RS LR 10:30 GARDEN CARE ON THE PATIO W/RS P 11:00 BALLOON VOLLEY W/RS P 1:15 1ST FLOOR COOKING CLUB (TRAIL MIX) W/RS LR 1:15 JUMBO GAMES W/RS LR 2:00 TRIVIA TEASERS W/RS LR 2:30 KICKBALL W/RS LR 3:00 HAPPY HOUR TRAIL MIX W/RS DR 4:00 BINGO W/RS LR 6:00 SOOTHING MELODIES RS LR		
23/30 COMMUNION WITH JAMES 9:30 PICTURE BOOKS S/D LR 9:30 COMMUNION WITH JAMES VEN EG 10:00 CATHOLIC MASS ON TV S/D LR 10:00 TABLE ACTIVITIES S/D LR 10:30 SUNDAY STRETCH & REFRESH S/D LR 11:00 BALLOON VOLLEY 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			24/31 NATIONAL WAFFLE DAY(24) NATIONAL ZOO AWARENESS DAY(31) 9:30 WALK TO THE PATIO W/D P 10:00 FITNESS FUN & HYDRATE W/D P 10:30 PATIO GAMES (24) A-Z AT THE ZOO(31) 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 (24) W/D LR 2:30 ZOO ANIMAL CHARADES(31) W/D LR 3:00 HAPPY HOUR W/D DR 4:00 BINGO W/D LR 6:00 BEACH BOYS CONCERT ON SCREEN (24) RS LR 6:00 ZOO ANIMAL VIDEOS (31) RS LR			25 HORSE THERAPY FARM TRIP 9:30 CHIT CHAT W/R/T LR 10:00 EXERCISE & REFRESH W/R/T LR 10:30 HORSE THERAPY TRIP RS O 10:30 NAME THAT DOG W/R/T LR 11:00 BACK IN TIME 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 LR 3:00 HAPPY HOUR PIGS IN A BLANKET W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 MUSIC FOR THE SOUL RS LR			26 9:30 WHERE IN THE WORLD T/I/D LR 10:00 SCARF DANCING & HYDRATION T/I/D LR 10:30 20 QUESTIONS T/I/D LR 11:00 NOODLE TAP T/I/D LR 1:15 ROLL OF THE DICE T/I/D LR 2:00 TRIVIA TIME T/I/D LR 2:30 BALL GAMES T/I/D LR 3:00 HAPPY HOUR ICE-CREAM T/I/D DR 4:00 BINGO T/I/D LR 6:00 MUSIC STYLINGS OF DEAN MARTIN RS LR			27 9:30 REMEMBERING TV SHOWS S/D LR 10:00 STRETCHING & REFRESHING S/D LR 10:30 TRIVIA TIME S/D LR 11:00 BALLOON VOLLEY S/D LR 1:15 WALK TO THE PATIO S/D P 1:15 SUMMER CRAFTING S LR 2:00 PATIO GAMES S/D P 2:30 BALL GAMES S/D P 3:00 HAPPY HOUR MAC & CHEESE BITES S/D P 4:00 DICE GAMES S/D LR 6:00 SWEET MELODIES RS LR			28 9:30 OUTDOOR SPORTS TALK W/S/D LR 10:00 CHEER FITNESS & HYDRATE W/S/D LR 10:30 HIDDEN OBJECTS W/S/D LR 11:00 BASKETBALL SHOOTOUT W/S/D LR 1:15 MULTIPLE CHOICE W/S/D LR 2:00 ROLL OF THE DICE W/S/D LR 2:30 CLUE TRIVIA W/S/D LR 3:00 HAPPY HOUR LEMONADE & STRAWBERRY CREAM SWIRL CAKE W/S/D DR 4:00 BINGO W/S/D LR 6:00 MOVIE MUSICAL RS LR			29 9:30 SUMMER POETRY READING W/RS LR 10:00 EXERCISE & REFRESH W/RS LR 10:30 WORD GAMES W/RS LR 11:00 WALK ABOUT W/RS LR 1:15 SUMMER CRAFT W/RS LR 2:00 TOSS GAMES W/RS LR 2:30 PICTONARY W/RS LR 3:00 HAPPY HOUR BLUEBERRY SCONE BITES W/RS DR 4:00 BINGO/DICE GAMES W/RS LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR		