

AUGUST 2026

The Arbors At

ISLANDIA WEST TRANSITIONS

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY
S=STACEY
D=DIANE
DA=DEANNA
DB=DIANA
I=ISABEL
JR=JEAN R
JP=JEAN P
MC=MADELYN
PS=PINKY
RO=REBECCA
SM=SABRINA
AH=AARON
I=INDEPENDENT
RS=Recreation staff
V=Volunteer

LOCATION KEY
LV= LIVING ROOM
B=BAR
BI= BISTRO
M= MEDIA ROOM
GR=GAME ROOM
RR= RESIDENT'S
ROOM
DR= DINNING ROOM
CY= COURTYARD
O= OUTING

***=Call 381 for Appt.
AC=Activity Channel

FOR YOUR DINING PLEASURE
BREAKFAST 8AM
LUNCH 12NOON
DINNER 5PM

*All trips are if weather permits.
All programs are subject to change.
All changes will be reflected on the Daily Board.

Your Recreation Director Stacey Conroy will be happy to answer any questions you may have regarding this calendar.

DAILY PROGRAMS
9:15 CURRENT EVENTS
10:00 DAILY EXERCISE
10:30 WALKING CLUB
3:00 HAPPY HOUR
4:00 DAILY GAME
6:00 EVENING MOVIE

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9:00	MAGICAL MELODIES	P	LV
9:15	TODAY'S TOP STORIES	P	LV
10:00	WAKE UP & WORK OUT	P	LV
10:30	GUESSING GAME	JR	LV
10:30	SATURDAY STROLL	P	CM
11:00	DAILY CROSSWORD	JR	LV
1:30	TABLE TOP ACTIVITIES	JR	M
1:30	COURTYARD CHAT	RS	CY
1:30	TRUE OR FALSE	P	LV
2:00	FINISH THE LYRICS	P	LV
3:00	HAPPY HOUR	P/JR	LV
4:00	SHOUT OUT TRIVIA	JR	LV
6:00	SATURDAY NIGHT SHOWING	RS	LV

2 FORGIVENESS DAY
9:00 MOVIE SOUNDTRACKS SM LV
9:15 NEWSDAY SM LV
10:00 SHAPE IT UP! SM LV
10:30 COMMUNION WITH JAMES V LV
11:00 SUNDAY STROLL SM CM
11:00 NAME 10 15 20 RS LV
11:30 WORD IN A WORD GAME RS LV
1:30 TRUE OR FALSE RS LV
1:30 COLORING FOR FUN SM M
2:00 FINISH THE PHRASE RS LV
2:30 WHO SAID THAT? RS LV
3:00 HAPPY HOUR ICE CREAM RS/SM LV
4:00 BINGO RS LV
6:00 EVENING MOVIE RS LV

3 MUSIC THERAPY
9:00 MORNING TUNES SM LV
9:15 WHAT'S IN THE NEWS? SM LV
10:00 WAKE UP, WORK OUT! SM LV
10:30 WALKING CLUB SM CM
10:30 NAME FOODS THAT START WITH "A" JP LV
11:00 UNSCRAMBLE THE LETTERS SM LV
11:30 ABRAHAM PET VISIT V LV
1:30 BOARD GAMES SM M
1:30 YOU BE THE JUDGE JP LV
2:00 JEOPARDY JP LV
2:30 MUSIC THERAPY WITH MARIA MENNITI ENT LV
3:00 HAPPY HOUR WATERMELON JP/SM LV
4:00 TRIVIA CHALLENGE JP LV
6:00 MOVIES, MOVIES, MOVIES RS LV

4 LUNCH TRIP PIZZA
9:00 MUSICAL MUSINGS M LV
9:15 NEWS & VIEWS M LV
10:00 STRETCH & FLEX M LV
10:30 WALKING CLUB M CM
10:30 NAME THINGS THAT ARE YELLOW M CM
11:00 ACTOR HANGMAN GAME M LV
11:00 LUNCH TRIP PIZZA RS O
1:30 MANICURES BY APPT SM M
2:00 WHEEL OF FORTUNE M LV
3:00 HAPPY HOUR CHICK NUGGETS M/SM LV
4:00 WHO AM I? M LV
6:00 SILVER SCREEN CLASSICS SM LV

5 NATIONAL OYSTER DAY
9:00 COUNTRY MUSIC M LV
9:15 TODAY'S HEADLINERS M LV
10:00 MORNING EXERCISE M LV
10:30 WALKING CLUB M CM
10:30 MUSICAL HANGMAN AH LV
11:00 HOMOPHONE WORD GAME AH LV
11:30 NAME THAT ANAGRAM AH LV
1:30 RUMMIKUB GAME AH M
2:00 FACT OR FICTION M LV
3:00 HAPPY HOUR ICE CREAM M/AH LV
4:00 MATCH GAME AH LV
6:00 MOVIE TIME RS LV

6 NATIONAL ROOTBEER FLOAT DAY
9:00 TUNES IN THE AM M LV
9:15 HAPPENINGS AND HOROSCOPES M LV
10:00 STRENGTH TRAINING M LV
10:30 WALKING CLUB M CM
10:30 MATCH GAME AH LV
11:00 WORD WATERFALL AH LV
11:30 A TO Z WORD GAME AH LV
1:30 FILL IN THE BLANK AH LV
1:30 CREATE A COLLAGE M M
2:00 WHEEL OF FORTUNE AH LV
3:00 HAPPY HOUR SOFT PRETZELS AH/M LV
4:00 BINGO AH LV
6:00 MOVIE MANIA RS LV

7 BILLIE BURKE BIO
9:00 SWEET SONGS D LV
9:15 HAPPENINGS & HOROSCOPES D LV
10:00 CHAIR EXERCISES D LV
10:30 WALKING CLUB D CM
10:30 NAME 10..15..20 P LV
11:00 MUSICAL HANGMAN P LV
11:30 BRAIN GAMES P LV
1:30 BILLIE BURKE BIO P LV
1:30 LADDER BALL D M
2:00 FACT OR FICTION P LV
3:00 HAPPY HOUR RASPBERRY PARFAIT P/D LV
4:00 NAME THE FAMOUS FACE P LV
6:00 FRIDAY FILM RS LV

8 NATIONAL CAT DAY
9:00 EASY LISTENING P LV
9:15 CURRENT EVENTS P LV
10:00 WEEKEND WORKOUT P LV
10:30 SATURDAY STROLL P CM
11:00 DAILY CROSSWORD JR LV
1:30 CAT QUIZ JR LV
1:30 WATERCOLOR PAINTING P M
2:00 A TRUE CAT STORY JR LV
2:30 FUNNY ANIMAL VIDEO'S JR LV
3:00 HAPPY HOUR JR/P LV
4:00 GUESSING GAME JR LV
6:00 SATURDAY SHOWING RS LV

9 WHITNEY HOUSTON BIRTHDAY
9:00 BIG BAND ERA SM LV
9:15 WEEK IN REVIEW SM LV
10:00 LETS EXERCISE SM LV
10:30 COMMUNION WITH JAMES V LV
11:00 WALKING CLUB SM CM
11:00 UNSCRAMBLE THE LETTERS RS LV
11:30 NAME RED ITEMS RS LV
1:30 TABLE TOP GAMES SM M
1:30 WHITNEY HOUSTON SONGS & FACTS RS LV
2:00 WHEEL OF FORTUNE RS LV
3:00 HAPPY HOUR ICE CREAM RS/SM LV
4:00 ARMCHAIR TRIVIA RS LV
6:00 SUNDAY MOVIE RS LV

10
9:00 MUSIC TO ENJOY SM LV
9:15 NEWS OF THE DAY SM LV
10:00 SHAKE IT & WORK IT SM LV
10:30 WALKING CLUB SM CM
10:30 WORD IN A WORD RS LV
11:00 A TO Z WORD GAME RS LV
11:30 RHYMING GAME RS LV
1:30 BOARD GAMES/CARDS SM M
1:30 BEAN BAG TOSS RS LV
2:00 JEOPARDY RS LV
3:00 HAPPY HOUR GRAHAM CRACKERS/SMORES DIP RS/SM LV
4:00 BINGO BLITZ RS LV
6:00 EVENING MOVIE RS LV

11 VOLLEYBALL COMPETITION W/EAST
9:00 SHOW TUNES D LV
9:15 NEWSDAY D LV
10:00 CHAIR EXERCISES D LV
10:30 WALKING CLUB D CM
10:30 MULTIPLE CHOICE JP LV
11:00 WORD IN A WORD JP LV
1:30 MANICURES BY APPT JP LV
1:30 VOLLEYBALL COMPETITION W/EAST D CY
2:00 COURTYARD KARAOKE D CY
3:00 HAPPY HOUR TERIYAKI MEATBALLS D/JP LV
4:00 WHO AM I? JP LV
6:00 MOVIE RS LV

12
9:00 LYRICAL NUMBERS M LV
9:15 LATE BREAKING NEWS M LV
10:00 TONE IT UP M LV
10:30 WALKING CLUB M CM
11:00 WORD WATERFALL AH LV
11:30 WHEEL OF FORTUNE AH LV
1:30 MATCH GAME M LV
1:30 RUMMIKUB GAME AH M
2:00 NAME THAT TUNE M LV
3:00 HAPPY HOUR ICE CREAM M/AH LV
4:00 BINGO AH LV
6:00 MOTION PICTURE RS LV

13 LUAU BBQ
9:00 FEMALE VOCALS M LV
9:15 DAILY NEWS M LV
10:00 WORKOUT REGIMEN M LV
10:30 WALKING CLUB M CM
11:00 DAILY CROSSWORD AH LV
11:30 LUAU BBQ RS CY
1:00 HULA DANCER CHANTEL ENT CY
1:30 AFTERNOON MOVIE RS LV
2:00 COURTYARD SING A LONG RS CY
3:00 HAPPY HOUR AH/M LV
4:00 FACT OR FICTION AH LV
6:00 CLASSIC CINEMA RS LV

14 ROSARY
9:00 INSTRUMENTAL ARRANGEMENT D LV
9:15 NATIONAL & LOCAL NEWS D LV
9:45 ROSARY V PDR
10:00 STRETCHING IN THE AM D LV
10:30 WALKING CLUB D CM
11:00 WORD WATERFALL GAME P LV
11:30 NAME 10..15..20 P LV
1:30 FAMILY FEUD D LV
1:30 BOARD GAMES & PUZZLES P M
2:00 WHEEL OF FORTUNE P LV
3:00 HAPPY HOUR CREAMSICLES D/P LV
4:00 WHO AM I TRIVIA P LV
6:00 TGIF MOVIE RS LV

15 JEWELRY VENDER
9:00 SONGS FOR ALL P LV
9:15 WEEKEND UPDATE P LV
10:00 SIT & BE FIT P LV
10:30 JEWELRY VENDER V BI
10:30 WALKING CLUB P CM
11:00 WORD THAT START WITH "A" JR LV
11:30 A TO Z WORD GAME JR LV
1:30 YOU BE THE JUDGE JR LV
1:30 CRAFT CORNER P M
2:00 FUN FACTS JR LV
2:30 FINISH THE LYRICS JR LV
3:00 HAPPY HOUR JR/P LV
4:00 BINGO TIME JR LV
6:00 WEEKEND FILM RS LV

16 TELL A JOKE DAY
9:00 SUNDAY SERENADES SM LV
9:15 WEEKEND UPDATE SM LV
10:00 SUNDAY STRETCHES SM LV
10:30 COMMUNION WITH JAMES V LV
11:00 WEEKEND STROLL SM CM
11:00 UNSCRAMBLE THE LETTERS RS LV
11:30 WORD IN A WORD GAME RS LV
1:30 TOSS & TALK BALL RS LV
1:30 ARTISTIC PAINTING SM M
2:00 DANCE PARTY RS LV
3:00 HAPPY HOUR ICE CREAM RS/SM LV
4:00 WHAT WOULD YOU DO? RS LV
6:00 SUNDAY SHOWING RS LV

17
9:00 CROONERS & SWOONERS SM LV
9:15 NEWS & VIEWS SM LV
10:00 SENIOR FITNESS SM LV
10:30 WALKING CLUB SM LV
11:00 WORD WATERFALL RS LV
11:30 NAME ANAGRAMS RS LV
1:30 TABLE TOP ACTIVITIES SM M
1:30 WOULD YOU RATHER? RS LV
2:00 MOVIE TITLE HANGMAN RS LV
3:00 HAPPY HOUR CHIPS/ONION DIP RS/SM LV
4:00 BINGO RS LV
6:00 MOVIES WE LOVE RS LV

18 LEMONADE STAND
9:00 SWAY TO THE MUSIC D LV
9:15 NEWSDAY D LV
10:00 WORK UP A SWEAT D LV
10:30 WALKING CLUB D CM
11:00 DAILY CROSSWORD JP LV
1:00 LEMONADE STAND VS B
1:30 MANICURES BY APPT JP M
1:30 FACT OR FICTION D LV
2:00 COURTYARD KARAOKE RS CY
3:00 HAPPY CRAB/CHEESE MUSHROOMS D/JP LV
4:00 GUESSING GAME JP LV
6:00 MOVIE RS LV

19 SINGER AL NUCCI
9:00 SUMMER SONGS M LV
9:15 NEWS OF THE DAY M LV
10:00 KEEP IN SHAPE M LV
10:30 WALKING CLUB M CM
11:00 UNSCRAMBLE THE LETTERS AH LV
11:30 SPELLING BEE AH LV
1:30 FILL IN THE BLANK M LV
1:30 ONE TO ONE VISITS AH RR
2:00 NAME THE FAMOUS FACE M LV
2:15 SINGER AL NUCCI ENT LV
3:00 HAPPY HOUR ICE CREAM AH/M LV
4:00 BINGO AH LV
6:00 FEATURE FILM RS LV

20 ART THERAPY
9:00 BEATLES SINGLES M LV
9:15 LOCAL NEWS STORIES M LV
10:00 EVERY WORKOUT COUNTS M LV
10:30 WALKING CLUB M CM
11:00 MUSICAL HANGMAN AH LV
11:30 ODD WORD OUT AH LV
1:30 ART THERAPY WITH CAT ENT M
1:30 BEAN BAG TOSS AH LV
2:00 WHEEL OF FORTUNE AH LV
3:00 HAPPY HOUR BACON BITES AH/M LV
4:00 BRAIN GAMES AH LV
6:00 WHAT'S PLAYING IN THE MOVIES? RS LV

21 SHABBAT SERVICE
9:00 SONGS FOR ALL D LV
9:15 HOROSCOPES & HAPPENINGS D LV
10:00 FLEX & STRETCH D LV
10:30 WALKING CLUB D CM
11:00 WORD JUMBLES P LV
11:30 WORDS THAT START WITH "AU" P LV
1:30 CREATE A COLLAGE P M
1:30 LADDER TOSS D LV
2:00 JEOPARDY D LV
3:00 HAPPY HOUR WARM BROWNIES D/P LV
4:00 BINGO P LV
6:00 FRIDAY FILM RS LV

22 COCO CHANEL FACTS
9:00 MUSIC APPRECIATION P LV
9:15 WHATS IN THE NEWS P LV
10:00 KEEP YOUR BODY HEALTHY P LV
10:30 WALKING CLUB P CM
11:00 A -Z WORD GAME JR LV
11:30 NAME 10.15.20 JR LV
1:30 COCO CHANEL FACTS P LV
1:30 SCRABBLE JR M
2:00 WHEEL OF FORTUNE P LV
3:00 HAPPY HOUR P/JR LV
4:00 WHO AM I? JR LV
6:00 MOVIE CLUB RS LV

23/30 COMMUNION WITH JAMES
9:00 MUSIC IN THE MORNING SM LV
9:15 TODAY'S HEADLINES SM LV
10:00 FITNESS BENEFITS SM LV
10:30 COMMUNION WITH JAMES V LV
11:00 SUNDAY STROLL SM CM
11:00 DAILY CROSSWORD RS LV
1:30 BOARD GAMES & PUZZLES SM M
1:30 MIND JOGGERS (23) RS LV
1:30 MOVIE BAY WATCH (30) RS LV
1:30 SCAVENGER HUNT (30) RS CM
2:00 NAME THAT TUNE (23) URBAN MYTHS (30) RS LV
3:00 HAPPY HOUR ICE CREAM RS/SM LV
4:00 BINGO FUN (23) REMINISCE (30) RS LV
6:00 SUNSET MOVIE RS LV

24/31 SINGER VANCE BRESCIA (31)
9:00 ROCK & ROLL SM LV
9:15 BREAKING NEWS SM LV
10:00 MORNING MOVEMENTS (24) SM LV
10:30 SINGER VANCE BRESCIA (31) ENT LV
10:30 WALKING CLUB (24) SM CM
11:00 WORD WATERFALL (24) RS LV
11:00 CHAIR EXERCISES (31) SM LV
11:30 WALKING CLUB (31) RS CM
11:30 HANGMAN WITH ACTOR NAMES (24) RS LV
1:30 LADDER TOSS RS M
1:30 IT HAPPENED ON LONG ISLAND (24) SM LV
1:30 SCRABBLE (31) SM M
2:00 DANCE PARTY (24) NAME THAT FACE (31) RS LV
3:00 HAPPY HOUR RS/SM LV
4:00 MULTIPLE CHOICE (24) BINGO (31) RS LV
6:00 MOVIES, MOVIES, MOVIES RS LV

25 HORSE THERAPY TRIP
9:00 ACOUSTIC SUNRISE D LV
9:15 LOCAL NEWS D LV
10:00 HORSE THERAPY S O
10:00 TONE UP TUESDAY D LV
10:30 WALKING CLUB D CM
11:00 WORD WATERFALL JP LV
11:30 ANAGRAMS JP LV
1:30 MANICURES BY APPT JP M
1:30 HAPPENED IN AUGUST D LV
2:00 HUMAN FUN FACTS D LV
3:00 HAPPY HOUR PIGS IN BLANKET D/JP LV
4:00 WHO AM I? JP LV
6:00 MOVIES WE LOVE RS LV

26 NATIONAL DOG DAY
9:00 MUSIC, MUSIC, MUSIC M LV
9:15 NEWS & VIEWS M LV
10:00 STRENGTH TRAINING M LV
10:30 WALKING CLUB M CM
11:00 WORD IN A WORD AH LV
11:30 WORD WATERFALL AH LV
1:30 THERAPEUTIC CRAFTING W/CLAY AH M
1:30 FAMILY FEUD M LV
2:00 WHEEL OF FORTUNE M LV
3:00 HAPPY HOUR ICE CREAM AH/M LV
4:00 BINGO AH LV
7:00 MOVIE RS LV

27 NATIONAL PEACH DAY
9:00 MUSIC IN THE AM M LV
9:15 NEWS DISCUSSION M LV
10:00 FITNESS EXPRESSIONS M LV
10:30 WALKING CLUB M CM
11:00 UNSCRAMBLE THE LETTERS AH LV
11:30 RHYMING GAME AH LV
1:30 TABLE ACTIVITIES AH M
1:30 YOU BE THE JUDGE M LV
2:00 WOULD YOU RATHER? M LV
3:00 HAPPY HOUR MAC & CHEESE BITES AH/M LV
4:00 BRAIN GAMES AH LV
6:00 FEATURE FILM RS LV

28 ROSARY
9:00 FRIDAY BALLADS D LV
9:15 TODAY'S HAPPENINGS D LV
9:45 ROSARY V PDR
10:00 SHAPE IT UP D LV
10:30 WALKING CLUB D CM
11:00 ODD WORD OUT P LV
1:30 MUSICAL HANGMAN P LV
1:30 CRAFTY FRIDAY P M
1:30 JEOPARDY D LV
2:00 WHEEL OF FORTUNE D LV
3:00 HAPPY HOUR LEMON COOKIES D/P LV
4:00 BINGO P LV
6:00 MOVIE TIME RS LV

29
9:00 TOP HITS OF THE 60'S P LV
9:15 NEWS OF THE DAY P LV
10:00 FITTER, HEALTHIER, HAPPIER P LV
10:30 WALKING CLUB P CM
11:00 WORD CHAIN GAME JR LV
11:30 NAME 10.15.20 JR LV
1:30 TABLE TOP GAMES P M
1:30 KEEP UP THE BALLOON JR LV
2:00 FAMILY FEUD JR LV
3:00 HAPPY HOUR JR/P LV
4:00 GUESSING GAME JR LV
6:00 LETS GO TO THE MOVIES RS LV

ACTIVITY CALENDAR