

SEPTEMBER 2026

The Arbors At ISLANDIA WEST

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 BUS TRIP WALGREENS 9:00 MUSICAL NOTES MC LV 9:15 TODAY'S TOP STORIES MC LV 10:00 REFRESH YOUR FITNESS MC LV 10:15 BUS TRIP WALGREENS RS O 10:30 WALKING CLUB MC LV 11:00 DAILY CROSSWORD MC CY 1:00 MANICURES BY APPT SM B 1:30 FACT OR FICTION MC LV 2:00 WHO AM I? MC LV 3:00 HAPPY HOUR CHICK NUGGETS MC/SMB 4:00 TRIVIA FUN MC B 6:00 BINGO TIME SM B 7:00 SILVER SCREEN CLASSICS RS M			2 9:00 CROONERS AND SWOONERS D LV 9:15 NEWS DISCUSSION D LV 10:00 SWEAT NOW SHINE LATER D LV 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 D LV 11:30 WORDS THAT START WITH "S" D LV 1:00 SCRABBLE CLUB V B 1:30 FAMILY FEUD I LV 2:00 OLYMPIC TRAINING CORN HOLE D LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/I B 4:00 BAR GAMES D B 6:00 SPEED BINGO I B 7:00 MID WEEK MOVIE RS CY			3 ACTIVITY COMMITTEE 9:00 THE MAGIC OF MUSIC D LV 9:15 TODAY'S HAPPENINGS D LV 10:00 WHERE FITNESS MEETS FUN D LV 10:30 WALKING CLUB D CM 11:00 ACTIVITY MEETING S BI 1:30 FRESH AIR CLUB D CY 1:30 FINISH THE PHRASE I LV 2:00 OLYMPIC TRAINING AXE THROWING I CY 3:00 HAPPY HOUR MINI HOT DOGS I/D B 4:00 NAME THAT TUNE D B 6:00 JACKPOT BINGO I B 7:00 MOVIES WE LOVE RS M			4 NATIONAL WILDLIFE DAY 9:00 MUSIC SOOTHES THE SOUL I LV 9:15 CURRENT EVENTS I LV 10:00 COMMIT TO BE FIT I LV 10:30 WALKING CLUB I CM 11:00 ODD WORD OUT I LV 11:30 A TO Z WORD GAME I LV 1:00 SCRABBLE CLUB V B 1:30 COLORING FOR FUN I B 1:30 URBAN MYTHS SM LV 2:00 NAME THE FAMOUS FACE SM LV 3:00 HAPPY HOUR COCKTAIL MEATBALLS SM/IB 4:00 ARMCHAIR TRIVIA I B 6:00 FRIDAY NIGHT BINGO SM B 7:00 TGIF MOVIES RS M			5 AUTUMN ALPHABET CHALLENGE 9:00 WE PLAY THE HITS I LV 9:15 WEEKEND UPDATE I LV 10:00 GET IN SHAPE, FEEL GREAT! I LV 10:30 SATURDAY STROLL I CM 11:00 AUTUMN ALPHABET CHALLENGE I LV 1:30 COURTYARD CHAT I CY 1:30 YOU BE THE JUDGE RS LV 2:00 FINISH THE PHRASE RS LV 3:00 HAPPY HOUR SUGAR COOKIES RS/I B 4:00 BAR GAMES I B 6:00 WEEKEND BINGO RS B 7:00 SATURDAY NIGHT SHOWING RS M					
6 LEARN BEGINNER SPANISH 9:00 TIME TO ROCK N ROLL JR LV 9:15 HEADLINERS JR LV 10:00 COMMUNION V DR 10:00 TOO FIT TOO QUIT JR LV 10:30 WEEKEND STROLL JR CM 11:00 DAILY CROSSWORD JR LV 1:30 LEARN BEGINNER SPANISH JR LV 1:30 TABLE TOP GAMES RS B 2:00 KARAOKE RS B 3:00 HAPPY HOUR ICE CREAM RO/JR B 4:00 SHOUT OUT TRIVIA JR B 6:00 BINGO FUN RO B 7:00 SILVER SCREEN CLASSICS RS M			7 LABOR DAY 9:00 DANCING TO MUSIC RS LV 9:15 NEWSDAY RS LV 10:00 ENERGIZE YOUR LIFE RS LV 10:30 WALKING CLUB RS CM 11:00 ABRAHAM COMFORT DOG V LV 11:30 A TO Z WORD GAME OF OCCUPATIONS RS LV 1:00 SCRABBLE CLUB V B 1:30 LABOR DAY QUIZ D LV 2:00 REMINISCING ABOUT WORKING DAYS D RR 3:00 HAPPY HOUR PEANUT BUTTER/APPLE DIP D/RS B 4:00 MULTIPLE CHOICE RS B 6:00 JACKPOT BINGO D B 7:00 MOVIES AT NIGHT RS M			8 LABOR DAY BBQ 9:00 SMOOTH JAZZ MC LV 9:15 CURRENT EVENTS MC LV 10:00 FEEL GREAT INSIDE & OUT MC LV 10:30 WALKING CLUB MC CM 11:00 MUSICAL HANGMAN MC LV 11:45 LABOR DAY BBQ RS LV 1:00 MANICURES BY APPT SM B 1:30 OLYMPIC TRAINING CORN HOLE MC LV 2:00 FAMILY FEUD MC LV 3:00 HAPPY HOUR BROWNIES MC/SMB 4:00 WHO AM I? MC B 6:00 CASH BINGO SM B 7:00 MOVIE TIME RS M			9 RAINFOREST BUTTERFLY LECTURE 9:00 DOO WOP HITS D LV 9:15 DAILY CHRONICLES D LV 10:00 SHAPE IT UP D LV 10:30 WALKING CLUB D CM 11:00 WORDS THAT START WITH "E" D LV 11:30 FILL IN THE BLANK D LV 1:00 RAINFOREST BUTTERFLY LECTURE E LV 1:30 ONE ON ONE VISITS D RR 2:00 FACT OR FICTION I LV 3:00 HAPPY HOUR ROOTBEER FLOATS I/D B 4:00 CONVERSATION STARTERS D B 6:00 SPEED BINGO I B 7:00 MID WEEK MOVIE RS M			10 BUS TRIP TARGET 9:00 MOTOWN CLASSICS D LV 9:15 HAPPENINGS AND HOROSCOPES D LV 10:00 STRETCH AND FLEX D LV 10:30 WALKING CLUB D CM 11:00 ODD WORD OUT D LV 11:30 UNSCRAMBLE THE LETTERS D LV 1:00 BUS TRIP TARGET RS O 1:30 WHEEL OF FORTUNE I LV 2:00 JEOPARDY I LV 3:00 HAPPY HOUR BANANA BREAD I/D B 4:00 BRAIN GAMES D B 6:00 BINGO WAS HIS NAME-O I B 7:00 WHAT'S PLAYING AT THE MOVIES? RS M			11 PATRIOT DAY 9:00 MORNING MUSIC I LV 9:15 BREAKING NEWS I LV 9:45 ROSARY V M 10:00 FITTER, HEALTHIER, HAPPIER I LV 10:30 WALKING CLUB I CM 11:00 NAME 10..15..20 I LV 11:30 WORD-IN-A-WORD I LV 1:00 SCRABBLE CLUB V B 1:30 BALLOON VOLLEYBALL SM LV 2:00 URBAN MYTHS I LV 3:00 HAPPY HOUR TUNA SALAD W/CRACKERS SM/IB 4:00 NAME THAT TUNE I B 6:00 DELIGHTFUL BINGO SM B 7:00 FRIDAY FLICK RS M			12 9:00 SONGS FOR ALL I LV 9:15 WEEKEND IN REVIEW I LV 10:00 HUSTLE TO ACQUIRE MUSCLE I LV 10:30 WALKING CLUB I CM 11:00 COFFEE AND CROSSWORDS I LV 1:30 CREATE A COLLAGE I B 1:30 COURTYARD CHAT RS CY 2:00 WHO AM I? RS LV 3:00 HAPPY HOUR DONUT HOLES RS/I B 4:00 TRIVIA FUN I B 6:00 WEEKEND BINGO RS B 7:00 LETS GO TO THE MOVIES I M		
13 GRANDPARENTS DAY 9:00 SUNDAY SERENADES JR LV 9:15 TODAY'S NEWS JR LV 10:00 COMMUNION V DR 10:00 SPRING INTO FITNESS JR LV 10:30 WALKING CLUB JR CM 11:00 WORD IN A WORD "GRANDPARENT" JR LV 11:15 ROSH HASHANAH SERVICE W/RABBI V B 11:30 MOVIE ACTOR HANGMAN JR LV 1:00 SINGER JOHN WALTERS E LV 2:00 YOU BE THE JUDGE RO LV 3:00 HAPPY HOUR ICE CREAM RO/JR B 4:00 REFLECTING ON OUR GRANDPARENTS JR B 6:00 WEEKEND BINGO RO B 7:00 MOVIES TO ENJOY RS M			14 LETIZIA CRAFT VENDER 9:00 MUSICAL TUNES RS LV 9:15 TODAY'S TOP STORIES RS LV 10:00 LETIZIA CRAFT VENDER V BI 10:00 STRETCH & FLEX RS LB 10:30 WALKING CLUB RS CM 11:00 WORD CHAIN GAME RS LV 11:30 NAME 10.15.20 RS LV 1:00 SCRABBLE CLUB V B 1:30 LIFE IN THE 1940'S D LC 2:00 TRUE OR FALSE D LV 3:00 HAPPY HOUR CHEESY CHICK DIP D/RS B 4:00 ARMCHAIR TRIVIA RS B 6:00 BINGO TIME D B 7:00 MOTION PICTURE MONDAY RS M			15 BUS TRIP TJ MAXX 9:00 MUSICAL ENJOYMENT MC LV 9:15 WHAT'S IN THE NEWS? MC LV 10:00 FITNESS RULES! MC LV 10:00 BUS TRIP TJ MAXX RS O 10:30 WALKING CLUB MC CM 11:00 WORD WATERFALL MC LV 11:30 MUSICAL HANGMAN MC LV 1:00 MANICURES BY APPT SM B 1:30 LIFE IN THE 1950'S MC LV 2:00 JEOPARDY MC LV 3:00 HAPPY HOUR CHEESE PUFFS SM/MCB 4:00 PUB GAMES MC B 6:00 KEEP CALM & PLAY BINGO SM B 7:00 FEATURE FILM RS M			16 SINGER JOH ARBORS OLYMPICS N KOURI 9:00 CROONERS AND SWOONERS D LV 9:15 NEWS AND VIEWS D LV 10:15 ARBORS OLYMPICS D CY COME TO THE COURTYARD CY AND CHEER FOR YOUR PEERS! CY 4:00 SHOUT OUT TRIVIA D B 6:00 BINGO HOUR I B 7:00 MID WEEK MOVIE RS M			17 HAPPINESS GROUP WITH CAT 9:00 CLASSICAL MUSIC D LV 9:15 NEWS FLASH D LV 10:00 LETS GO EXERCISE D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD D LV 11:30 HOMOPHONE GAME D LV 1:30 HAPPINESS GROUP WITH CAT E B 1:30 LIFE IN THE 1960'S I LV 2:00 WHEEL OF FORTUNE I LV 3:00 HAPPY HOUR SWEET TATOR TOTS D/I B 4:00 BRAIN GAMES D B 6:00 LETS PLAY BINGO! I B 7:00 SILVER SCREEN CLASSIC RS M			18 SHABBAT SERVICE 9:00 MOTOWN HITS I LV 9:15 NEWS DISCUSSION I LV 10:00 SENIOR FITNESS I LV 10:30 WALKING CLUB I CM 11:00 DAILY CROSSWORD I LV 1:00 SCRABBLE CLUB V B 1:30 LIFE IN THE 1970'S SM LV 2:00 FINISH THE PHRASE I LV 3:00 HAPPY HOUR CHEESY BREAD SM/IB 4:00 SHABBAT SERVICE V PDR 4:00 WHO AM I? I B 6:00 WANNA PLAY BINGO? SM B 7:00 FILM FRIDAY RS M			19 SEPTEMBER TIDBITS 9:00 LOVELY TUNES I LV 9:15 WEEKEND UPDATE I LV 10:00 SHAKE IT WORK IT I LV 10:30 WEEKEND STROLL I CM 11:00 WORD CHAIN GAME I LV 11:30 MUSICAL HANGMAN I LV 1:30 FUN TIDBITS ABOUT SEPTEMBER RS LV 1:30 TABLE TOP GAMES I B 2:00 FAMILY FEUD RS LV 3:00 HAPPY HOUR CHOC CHIP MUFFINS RS/I B 4:00 BAR TRIVIA I B 6:00 BINGO RS B 7:00 SATURDAY SHOWING I M		
20 FALL FESTIVAL 9:00 AUTUMN PLAYLIST JR LV 9:15 NEWS FLASH JR LV 10:00 COMMUNION V DR 10:00 THE CALL TO FALL INTO FITNESS JR LV 10:30 AUTUMN STROLL JR CM 11:00 DAILY CROSSWORD JR LV 1:00 SINGER KAREN BELLO E LV 1:30 ONE ON ONE VISITS JR RR 2:00 JOKES & RIDDLES RO LV 3:00 HAPPY HOUR ICE CREAM RO/JR B 4:00 PUB GAMES JR B 6:00 B.I.N.G.O. RO B 7:00 MOVIE SHOWING RS M			21 LUNCH TRIP WENDYS 9:00 MONDAY MELODIES RS LV 9:15 TODAY'S HEADLINERS RS LV 10:00 WAKE UP WORK OUT RS LV 10:30 WALKING CLUB RS CM 11:00 UNSCRAMBLE THE LETTERS RS LV 11:30 LUNCH TRIP WENDYS RS O 1:00 SCRABBLE CLUB V B 1:30 BIO ON RAY CHARLES RS LV 1:30 COURTYARD CHAT D CY 2:00 RAY CHARLES SONGS RS LV 3:00 HAPPY HOUR COOKIE DOUGH DIP RS/DB 4:00 ARMCHAIR TRIVIA RS B 6:00 EVENING BINGO D B 7:00 MOVIE MANIA RS M			22 FIRST DAY OF AUTUMN 9:00 MUSIC APPRECIATION MC LV 9:15 NEWSDAY MC LV 10:00 SENIOR WORKOUT MC LV 10:30 WALKING CLUB MC CM 11:00 NAME THAT MOVIE HANGMAN MC LV 11:30 WORD IN A WORD MC CY 1:00 MANICURES BY APPT SM B 1:30 PUMPKIN PUTT MC LV 2:00 WHEEL OF FORTUNE MC LV 3:00 HAPPY HOUR APPLE FRITTERS SM/MCB 4:00 MULTIPLE CHOICE MC B 6:00 \$ BINGO \$ SM B 7:00 SUNSET MOVIE RS M			23 VENDER AVON/VETS CHAT 9:00 ELVIS CLASSICS D LV 9:15 TODAY'S NEWS D LV 10:00 VENDER AVON V BI 10:00 CHAIR EXERCISES D LV 10:30 WALKING CLUB D CM 11:00 AUTUMN WORD GAME D LV 11:00 VETS CHAT V BI 1:00 SCRABBLE CLUB V B 1:30 QUIPO QUIZ D LV 1:30 CREATIVE OUTLET I RR 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR ROOTBEER FLOATS D/I B 4:00 BRAIN GAMES D B 6:00 SPEED BINGO I B 7:00 MOVIES, MOVIES, MOVIES RS M			24 RESIDENT COUNCIL/FOOD COMMITTEE 9:00 BIG BAND ERA D LV 9:15 NATIONAL & LOCAL NEWS D LV 10:00 MORNING WARMUPS D LV 10:30 RESIDENT COUNCIL S LV 11:00 FOOD COMMITTEE LV 1:30 BEAN BAG TOSS D LV 1:30 WATERCOLORING PAINTING I B 1:30 URBAN MYTHS D LV 3:00 HAPPY HOUR STUFFED MUSHROOMS D/I B 4:00 GAMES AT THE BAR D B 6:00 WHOSE PLAYING BINGO? I B 7:00 MOTION PICTURE RS M			25 ROSARY 9:00 SHOW TUNES I LV 9:15 CURRENT EVENTS I LV 9:45 ROSARY V BI 10:00 LETS EXERCISE I LV 10:30 WALKING CLUB I CM 11:00 MUSICAL HANGMAN I LV 11:30 NAME 10..15..20 I LV 1:00 SCRABBLE CLUB V B 1:30 30 MINUTE MYSTERIES SM B 1:30 ONE ON ONE VISITS I RR 2:00 YOU BE THE JUDGE SM LV 3:00 HAPPY HOUR CHEESE & CRACKERS SM/IB 4:00 ARMCHAIR TRIVIA I B 6:00 FUN AT BINGO SM B 7:00 FRIDAY FILM RS M			26 NATIONAL PANCAKE DAY 9:00 SONGS FOR ALL I LV 9:15 SATURDAY POST I LV 10:00 WEEKEND IN REVIEW I LV 10:30 SATURDAY STROLL I CM 11:00 DAILY CROSSWORD I LV 1:30 TABLE TOP GAMES I B 1:30 URBAN MYTHS RS LV 2:00 FILL IN THE BLANK RS LV 3:00 HAPPY HOUR PEACH CAKE RS/I B 4:00 WHO AM I? I B 6:00 EVENING BINGO RS B 7:00 BIG SCREEN CLASSIC RS M		
27 LECTURE WWII HEROS 9:00 SWEET LYRICS JR LV 9:15 POSITIVE NEWS STORIES JR LV 10:00 COMMUNION V DR 10:00 GET ACTIVE JR LV 10:30 WEEKEND STROLL JR CM 11:00 ODD WORD OUT JR LV 11:30 A TO Z WORD GAME JR LV 1:30 LECTURE WWII HEROS E LV 1:30 ONE ON ONE VISITS RO RR 3:00 HAPPY HOUR ICE CREAM RO/JR B 4:00 SHOUT OUT TRIVIA JR B 6:00 SUNDAY BINGO RO B 7:00 MEET ME AT THE CINEMA RS M			28 CRAZY HAT DAY 9:00 COUNTRY MUSIC RS LV 9:15 HAPPENINGS & HOROSCOPES RS LV 10:00 SIT & BE FIT RS LV 10:30 WALKING CLUB RS LV 11:00 WORD IN A WORD RS LV 11:30 ANAGRAM RS LV 1:00 SCRABBLE CLUB V B 1:30 KEEP UP THE BALLOON D LV 2:00 MIND JOGGERS D LV 3:00 HAPPY HOUR BANANA PUDDING DIP D/RS B 4:00 GUESS WHO? RS B 6:00 BINGO FOR CASH D B 7:00 MOVIE MANIA RS M			29 LUNCH TRIP CAPTAIN BILL'S 9:00 MUSIC ENJOYMENT MC LV 9:15 DAILY NEWS MC LV 10:00 CHAIR EXERCISES MC LV 10:30 WALKING CLUB MC CM 11:00 LUNCH TRIP CAPTAIN BILL'S RS O 11:00 UNSCRAMBLE THE LETTERS MC LV 11:30 WORD CHAIN GAME MC LV 1:00 MANICURES BY APPT SM B 1:30 FAMILY FEUD MC LV 2:00 WHAT CAME FIRST? MC LV 3:00 HAPPY HOUR SOFT PRETZELS MC/SMB 4:00 BAR GAMES MC B 6:00 BINGO FUN SM B 7:00 TUESDAY FILM RS M			30 LI MARITIME MUSEUM TRIP 9:00 CLASSIC TUNES D LV 9:15 DAILY CHRONICLES D LV 10:00 WAKE UP WORK OUT D LV 10:30 WALKING CLUB D CM 11:00 NAME THAT HOMOPHONE D LV 11:30 A TO Z WORD GAME D LV 1:00 SCRABBLE CLUB V B 1:00 LI MARITIME MUSEUM TRIP RS O 3:00 HAPPY HOUR ROOTBEER FLOATS D/I B 4:00 TRIVIA FUN D B 6:00 SPEED BINGO I B 7:00 MID WEEK MOVIE RS M			STAFF KEY S=STACEY D=DIANE DA=DEANNA I=ISABEL DB=DIANA P=PINKY JR=JEAN R=REBECCA SM=SABRINA I= INDEPENDENT RS=Recreation staff V=Volunteer ***=Call 381 for Appt. AC=Activity Channel LOCATION KEY LV=LIVING ROOM L=LOUNGE AREA BI=BISTRO M=MEDIA ROOM LI=LIBRARY UP=UPPER PARLOR RR=RESIDENT'S ROOM 3F=3RD FLOOR CM=COMMUNITY CY=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING			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.					
																				