

ACTIVITY CALENDAR

OCTOBER 2022The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 STAFF KEY D=DIANE JR=JEAN R SC=SHAVARD A=AARON R=REBECCA JP=JEAN P M=MADELYN C=CHLOE P=PINKY 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	1 HOMEMADE COOKIE DAY 9:00 ELVIS HITS M LV 9:15 DAILY NEWS M LV 10:00 FIT & FABULOUS M LV 10:30 WALKING CLUB M LV 11:00 WORDS THAT START WITH PH AM LV 11:00 ONE ON ONE VISITS M RR 1:30 MATCH GAME A LV 1:30 FALL CRAFTS M M 2:00 WHEEL OF FORTUNE A LV 2:30 JEOPARDY A LV 3:00 HAPPY HOUR CHOC CHIP COOKIES A/M LV 4:00 TRIVIA FUN A LV 6:00 THURSDAY SHOWING SC LV	2 WORLD SMILE DAY 9:00 CLASSIC HITS OF THE 70'S D LV 9:15 WE REPORT YOU DECIDE D LV 10:00 SWEAT WITH STYLE D LV 10:30 WALKING CLUB D CM 11:00 NAME 10..15..20 P LV 11:30 WORDS THAT START WITH "S" P LV 1:30 URBAN MYTHS D LV 1:30 2-12 DICE GAME P M 2:00 NEVER HAVE I EVER GAME D LV 3:00 HAPPY HOUR RICE PUDDING D/P LV 4:00 BINGO P LV 6:00 FRIDAY FILM RS LV	3 DESIGN MASON JARS 9:00 MORNING MELODIES P LV 9:15 NEWSDAY P LV 10:00 FITNESS BEYOND LIMITS P LV 10:30 WEEKEND STROLL P CM 11:00 HANGMAN WITH MOVIE STARS JR LV 1:30 JOHNNY BURKE AMERICAN SONGWRITER BIO JR LV 1:30 DESIGN MASON JARS P M 2:00 NAME THAT FAMOUS FACE JR LV 3:00 HAPPY HOUR CUPCAKES JR/P LV 4:00 TRUE OR FALSE JR LV 6:00 SATURDAY NIGHT SHOWING RS LV	
4 BUSTER KEATON BIO 9:00 MUSIC FEEDS THE SOUL SC LV 9:15 LOCAL NEWS SC LV 10:00 GET FIT STAY FIT SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:00 WORD IN A WORD A LV 11:30 NAME 10.15.20 A LV 1:30 DRAW A BEETLE DICE GAME SC M 1:30 BUSTER KEATON BIO A LV 2:00 KEEP UP THE BALLOON A LV 3:00 HAPPY HOUR ICE CREAM A/SCLV 4:00 BINGO FUN A LV 6:00 SUNDAY MOVIE RS LV	5 MUSIC & PET THERAPY 9:00 BIG BAND MEDLEY RS LV 9:15 ALL THE NEWS RS LV 10:00 STRONG BODY, STRONG MIND RS LV 10:30 WALKING CLUB RS CM 11:00 UNSCRAMBLE THE LETTERS JP LV 11:30 PET THERAPY WITH ABRAHAM V LV 1:30 ONE ON ONE'S JP RR 1:30 TRUE OR FALSE RS LV 2:00 YOU BE THE JUDGE RS LV 2:30 MUSIC THERAPY WITH MARIA MENNITI ENT LV 3:00 HAPPY HOUR CHILI DIP RS/JP LV 4:00 MULTIPLE CHOICE JP LV 6:00 MOTION PICTURE RS LV	6 LUNCH TRIP MAMA ANGELINA'S 9:00 COUNTRY MUSIC D LV 9:15 NEWS FOR ALL D LV 10:00 HEALTH IS WEALTH D LV 10:30 WALKING CLUB D CM 11:00 WORDS THAT START WITH CH D LV 11:00 LUNCH TRIP MAMA ANGELINA'S JP O 11:30 WORD CHAIN GAME D LV 1:30 MANICURES BY APPT JP M 1:30 URBAN MYTHS D LV 2:00 FINISH THE PHRASE D LV 3:00 HAPPY HOUR PIZZA BITES D/JP LV 4:00 BINGO JP LV 6:00 SILVER SCREEN CLASSICS RS LV	7 CARRY A TUNE WEEK 9:00 SOFT ROCK M LV 9:15 BEST NEWS OF THE DAY M LV 10:00 CHAIR EXERCISES FOR SENIORS M LV 10:30 WALKING CLUB M CM 11:00 NAME 10.15.20 M LV 11:30 MUSICAL HANGMAN M LV 1:30 MIND JOGGERS A LV 1:30 TABLE TOP GAMES M M 2:00 REMEMBER WHEN... A LV 3:00 HAPPY HOUR ICE CREAM A/M LV 4:00 BRAIN GAMES A LV 6:00 MID WEEK MOVIE RS LV	8 9:00 MUSIC N MOTION M LV 9:15 WHAT'S IN THE NEWS? M LV 10:00 FITNESS EXPRESS M LV 10:30 WALKING CLUB M CM 11:00 A TO Z WORD GAME A LV 11:30 WORD WATERFALL A LV 1:30 CREATE WITH CLAY A M 1:30 WHEEL OF FORTUNE M LV 2:00 JOKES & RIDDLES M LV 3:00 HAPPY HOUR FLUFFERNUTTER M/A LV 4:00 BINGO A LV 7:00 NIGHTLY MOVIE RS LV	9 ROSARY 9:00 BROADWAY TUNES D LV 9:15 NEWS & HOROSCOPES D LV 9:45 ROSARY V M 10:00 LETS EXERCISE! D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD P LV 1:30 KEEP UP THE BALLOON P LV 1:30 BOARD GAMES & PUZZLES D M 2:00 MATCH GAME P LV 3:00 HAPPY HOUR CINNAMON SQUARES D/P LV 4:00 ARMCHAIR TRIVIA P LV 7:00 FRIDAY FILM RS LV	10 9:00 SING A LONGS P LV 9:15 CURRENT EVENTS P LV 10:00 COMMIT TO BE FIT P LV 10:30 WALKING CLUB P CM 11:00 WORD CHAIN GAME JR LV 11:30 ODD WORD OUT JR LV 1:30 WATER COLOR PAINTING P M 1:30 WOULD YOU RATHER? JR LV 2:00 JEOPARDY JR LV 3:00 HAPPY HOUR GARLIC BREAD STICKS JR/P LV 4:00 TRUE OR FALSE JR LV 6:00 NIGHTLY MOVIE RS LV
11 COMMUNION 9:00 JAZZ SC LV 9:15 TODAY'S TOPICS SC LV 10:00 MOVE GROOVE & IMPROVE SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:30 WORDS THAT START WITH "E" A LV 1:30 NAME THAT TUNE A LV 1:30 TABLE TOP GAMES A M 2:00 FACT OR FICTION SC LV 3:00 HAPPY HOUR ICE CREAM SC/ALV 4:00 TIME TO PLAY BINGO A LV 6:00 SUNDAY MOVIE RS LV	12 COLUMBUS DAY 9:00 SOFT ROCK RS LV 9:15 DAILY CHRONICLES RS LV 10:00 FIT & FABULOUS RS LV 10:30 WALKING CLUB RS CM 11:00 ODD WORD OUT JP LV 11:30 UNSCRAMBLE THE LETTERS JP LV 1:30 COLUMBUS DAY FACTS RS LV 1:30 ONE TO ONE VISITS JP RR 2:00 JEOPARDY RS LV 3:00 HAPPY HOUR SOFT PRETZELS RS/JP LV 4:00 SHOUT OUT TRIVIA JP LV 6:00 CLASSIC MOVIES RS LV	13 HOME SCHOOL KIDS VISIT 9:00 MUSIC TO ENJOY D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 HOME SCHOOL KIDS VISIT V LV 10:00 CHAIR FITNESS D LV 1:30 MANICURES BY APPT JP M 1:30 IT HAPPENED IN OCTOBER D LV 2:00 NAME THE FAMOUS FACE D LV 3:00 HAPPY HOUR POTATO PUFFS D/JP LV 4:00 BINGO JP LV 6:00 NIGHT TIME MOVIES RS LV	14 9:00 MORNING MELODIES M LV 9:15 NEWS AND VIEWS M LV 10:00 STRETCH AND FLEX M LV 10:30 WALKING CLUB M CM 11:00 HOMOPHONE GAME A LV 11:30 ANAGRAM GAME A LV 1:30 TABLE TOP GAMES M M 1:30 MATCH GAME A LV 2:00 FAMILY FEUD M LV 3:00 HAPPY HOUR ICE CREAM M/A LV 4:00 MUSIC VIDEOS A LV 7:00 NIGHTLY MOVIE RS LV	15 ART THERAPY 9:00 SONGS FOR ALL D LV 9:15 TODAY'S HEADLINERS D LV 10:00 SIT & BE FIT D LV 10:30 WALKING CLUB D CM 11:00 WORD CHAIN GAME D LV 11:30 A TO Z WORD GAME D LV 1:30 ART THERAPY D M 1:30 I LOVE LUCY SC LV 2:00 URBAN MYTHS D LV 3:00 HAPPY HOUR CORN NUGGETS D/SC LV 4:00 MULTIPLE CHOICE D LV 6:00 SILVER SCREEN CLASSICS RS LV	16 SHABBAT SERVICE 9:00 MUSIC APPRECIATION D LV 9:15 TODAY'S NEWS D LV 10:00 STRETCHING IN THE AM D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME WITH NAMES P LV 11:30 WORD IN A WORD P LV 1:30 ANGELA LANSBURY BIO D LV 1:30 ADULT COLORING P M 2:00 FINISH THE LYRIC D LV 3:00 HAPPY HOUR POPCORN D/P LV 4:00 SHABBAT SERVICE V BI 4:00 BINGO P LV 6:00 MOVIES AT NIGHT RS LV	17 DESIGN A SARDINE COLLAGE 9:00 SONGS FOR ALL P LV 9:15 WEEKEND UPDATE P LV 10:00 GET IN SHAPE P LV 10:30 WALKING CLUB P CM 11:00 MUSICAL HANGMAN JR LV 11:30 WORD IN A WORD JR LV 1:30 DESIGN A SARDINE COLLAGE P GR 1:30 YOU BE THE JUDGE JR LV 2:00 WHAT YEAR WAS THAT JR LV 3:00 HAPPY HOUR WARM BROWNIES JR/P LV 4:00 ARMCHAIR TRIVIA JR LV 6:00 MOVIE AT NIGHT RS LV
18 COMMUNION WITH JAMES 9:00 LOVELY TUNES SC LV 9:15 WEEK IN REVIEW SC LV 10:00 STRONG BODY, STRONG MIND SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WALKING CLUB SC CM 11:00 ODD WORD OUT A LV 11:30 WORD WATERFALL A LV 1:30 IT HAPPENED IN OCTOBER A LV 1:30 COLORING SC M 2:00 NAME THAT TUNE A LV 3:00 HAPPY HOUR ICE CREAM A/SC LV 4:00 PLAY BINGO A LV 6:00 MOVIE SHOWING RS LV	19 SINGER JOHNNY WHIMPLE 9:00 ACOUSTIC SUNRISE RS LV 9:15 DAILY DOSE RS LV 10:00 COMMIT TO BE FIT RS LV 10:30 WALKING CLUB RS CM 11:00 UNSCRAMBLE THE LETTERS JP LV 11:30 NAME 10..15..20 JP LV 1:30 SINGER JOHNNY WHIMPLE ENT LV 2:30 WHO AM I? JP LV 3:00 HAPPY HOUR SWEET POTATO FRIES RS/JP LV 4:00 BRAIN GAMES JP LV 6:00 MOVIES WE LOVE RS LV	20 BELA LUGOSI BIO 9:00 MUSICAL MEDIATION D LV 9:15 NEWS OF THE DAY D LV 10:00 SHAKE IT & WORK IT OUT! D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD JP LV 1:30 MANICURES BY APPT JP M 1:30 BELA LUGOSI BIO D LV 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR CANDIED BACON D/JP LV 4:00 ANIMAL FUN FACTS JP LV 7:00 LETS GO TO THE MOVIES RS LV	21 DECORATE PUMPKINS 9:00 HITS FROM THE 50'S M LV 9:15 NEWS OF THE DAY M LV 10:00 TONE UP M LV 10:30 WALKING CLUB M CM 11:00 WORD IN A WORD A LV 11:30 ODD WORD OUT A LV 1:30 FAMILY FEUD A LV 1:30 DECORATE PUMPKINS M M 2:00 MATCH GAME A LV 3:00 HAPPY HOUR ICE CREAM M/A LV 4:00 BINGO A LV 6:00 NIGHTTIME MOVIE RS LV	22 SINGER AL NUCCI 9:00 MUSIC, MUSIC, MUSIC M LV 9:15 TODAY'S NEWS M LV 10:00 CHAIR EXERCISES M LV 10:30 WALKING CLUB M LV 11:00 A TO Z WORD GAME M LV 11:30 WORDS THAT START WITH SM M LV 1:30 HISTORY FUN FACTS A LV 1:30 ONE TO ONE VISITS M RR 2:15 SINGER AL NUCCI ENT LV 3:00 HAPPY HOUR NUTTY TRAIL MIX A/M LV 4:00 NAME THAT FAMOUS FACE A LV 6:00 MOVIES TO ENJOY RS LV	23 ROSARY 9:00 TUNES FROM 70'S D LV 9:15 FRONT PAGE NEWS D LV 9:45 ROSARY V M 10:00 SIT & BE FIT D LV 10:30 WALKING CLUB D CM 11:00 DAILY CROSSWORD P LV 1:30 FINISH THE PHRASE D LV 1:30 ARTS N CRAFTS CORNER P M 2:00 FILL IN THE BLANK D LV 3:00 HAPPY HOUR CARROT FRIES D/P LV 4:00 ARMCHAIR TRIVIA P LV 6:00 TGIF MOVIES RS LV	24 NATIONAL BOLONGA DAY 9:00 SONGS FOR ALL P LV 9:15 NEWSDAY P LV 10:00 KEEP IN SHAPE P LV 10:30 WALKING CLUB P CM 11:00 WORDS THAT START WITH "O" JR LV 11:30 NAME 10..15..20 JR LV 1:30 WHAT WOULD YOU DO? JR LV 1:30 BOARD GAMES P M 2:00 TRIVIA PERSONALITIES JR LV 3:00 HAPPY HOUR CRANBERRY MUFFINS JR/P LV 4:00 WALK DOWN MEMORY LANE JR LV 7:00 MOVIE TIMEWALKING CLUB RS LV
25 STORIES OUT OF A HAT 9:00 MUSIC IN THE MORNING SC LV 9:15 DAILY CHRONICLES SC LV 10:00 STAY FIT DON'T QUIT SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WALKING CLUB SC CM 11:00 A TO Z WORD GAME FOODS A LV 11:30 UNSCRAMBLE THE LETTERS A LV 1:30 STORIES OUT OF A HAT A LV 1:30 BOARD OR CARD GAMES SC M 2:00 WHO SAID THAT? A LV 3:00 HAPPY HOUR ICE CREAM SC/ALV 4:00 MULTIPLE CHOICE A LV 6:00 SUNSET MOVIE RS LV	26 MULTI SENSORY STATION 9:00 MUSIC IN THE AM RS LV 9:15 DAILY NEWS RS LV 10:00 SWEAT WITH STYLE RS LV 10:00 CRAFT VENDOR LETIZIA V BI 10:30 WALKING CLUB RS CM 11:00 WORD IN A WORD JP LV 11:30 NAME 10..15..20 JP LV 1:30 MULTI SENSORY STATION JP M 1:30 FAMILY FEUD RS LV 2:00 KEEP UP THE BALLOON RS LV 3:00 HAPPY HOUR PUMPKIN PIE DIP RS/JP LV 4:00 BINGO FEVER JP LV 6:00 MOTION PICTURE RS LV	27 WHAT DOES IT MEAN TO YOU? 9:00 COUNTRY MUSIC D LV 9:15 NEWSDAY D LV 10:00 MOVE GROOVE & IMPROVE D LV 10:30 WALKING CLUB D CM 11:00 WORD SCRAMBLE JP LV 11:30 WORD WATERFALL JP LV 1:30 MANICURES BY APPT JP M 1:30 YOU BE THE JUDGE D LV 2:00 WHAT DOES IT MEAN TO YOU? D LV 3:00 HAPPY HOUR CHICK FINGERS D/JP LV 4:00 BRAIN GAMES JP LV 6:00 NIGHTLY MOVIE RS LV	28 FALL TEA PARTY 9:00 BIG BAND MELODY M LV 9:15 WHAT'S IN THE NEWS M LV 10:00 FITTER, HEALTHIER, HAPPIER M LV 10:30 WALKING CLUB M CM 11:00 VETS GROUP V PDR 11:00 FALL TEA PARTY M/A M 1:30 TRUE OR FALSE A LV 1:30 BOARD GAMES & PUZZLES M M 2:00 NAME THE FAMOUS FACE A LV 3:00 HAPPY HOUR ICE CREAM A/M LV 4:00 BINGO A LV 6:00 MOVIE TIME RS LV	29 NATIONAL CAT DAY 9:00 CROONERS & SWOONERS M LV 9:15 NEWSDAY M LV 10:00 WORK IT OUT M LV 10:30 WALKING CLUB S LV 11:00 MUSICAL HANGMAN LV 1:30 FINISH THE PHRASE A LV 1:30 DESIGN YOUR CAT M M 2:00 TIDBITS ALL ABOUT CATS A LV 3:00 HAPPY HOUR FRANKS & BEANS A/M LV 4:00 ARMCHAIR TRIVIA A LV 6:00 NIGHTLY MOVIE RS LV	30 HENRY WINKLER BIO 9:00 SOFT JAZZ D LV 9:15 NEWSDAY D LV 10:00 HEALTH IS WEALTH D LV 10:30 WALKING CLUB D CM 11:00 ANAGRAM GAME P LV 11:30 HOMOPHONE GAME P LV 1:30 COLORING FOR COORDINATION P M 1:30 HENRY WINKLER BIO D LV 2:00 WHEEL OF FORTUNE D LV 3:00 HAPPY HOUR BOO BERRY PARFAIT D/P LV 4:00 BINGO TIME P LV 6:00 TGIF MOVIES RS LV	31 UNDER THE SEA HALLOWEEN THEME 9:00 SPOOKY TUNES P LV 9:15 HORRO-SCOPES P LV 10:00 YOU GOT IT, HAUNT IT P LV 10:30 MASQUERADE MARCH P CM 11:00 WORD IN A WORD "HALLOWEEN" JR LV 11:30 A TO Z WORD GAME CANDIES JR LV 1:30 DOUBLE O WORD GAME P LV 1:30 ZOMBIE SCAVENGER HUNT JR M 2:00 JOKES AND RIDDLES P LV 3:00 HAPPY HOUR CARAMEL APPLE CAKE JR/P LV 4:00 KARAOKE JR LV 6:00 FRIGHT NIGHT FLICK RS LV