ACTIVITY CALENDAR

November 2026

The Arbors At ISLANDIA EAST SAFECARE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *DAYLIGHT SAVINGS FALL BACK* 9:30 FALL FOLIAGE SCENES D/DD LR 9:30 **COMMUNION WITH JAMES** VEN EG 10:00 **CATHOLIC MASS ON TV** D/DD LR 10:00 TABLE GAMES D/DD LR 10:30 SCARF DANCING & REFRESHMENTS D/DD LR 11:00 HANGMAN D/DD LR 1:15 ROLL OF THE DICE D/DD/K LR 2:00 TRIVIA CHALLENGE D/DD/K LR 2:30 BALL GAMES D/DD/K LR 3:00 **HAPPY HOUR SUNDAES** D/DD/K DR 4:00 BINGO D/DD/K LR 6:00 COUNTRY MUSIC RS LR	**2** *MARIA MENITTI MUSIC THERAPY* 9:30 CELEBRITY GUESS W/D/DD LR 10:00 STRETCHING & REFRESHING W/D/DD LR 10:30 BRAIN GAMES W/D/DD LR 11:00 BALLOON VOLLEY W/D/DD LR 1:15 **MARIA MENITTI MUSIC THERAPY** VEN LR 2:15 TABLE TALK W/D/DD LR 2:30 TOSS GAMES W/D/DD LR 3:00 **HAPPY HOUR PUMPKIN HUMMUS & CHIPS** W/D/DD DR 4:00 DICE GAMES W/D/DD LR 6:00 SWEET MELODIES RS LR	**3** *ELECTION DAY* 9:30 **HISTORY OF ELECTIONS** W/R/T LR 10:00 **SENSORY GROUP** T LR 10:00 CHEER FITNESS & HYDRATE W/R/T LR 10:30 FAMILY FEUD 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 GUESSING GAME W/R/T LR 3:00 **HAPPY HOUR SPICED APPLE FRITTERS** W/R/T DR 4:00 BINGO W/R/T LR 6:00 MOTOWN MUSIC RS LR	**4** 9:30 FAVORITE VEGGIES T/I/DD LR 10:00 EXERCISE & REFRESH T/I/DD LR 10:30 PAINTING FALL LEAVES T/I/DD LR 11:00 WALK ABOUT T/I/DD LR 1:15 **TRIP TO THE LAKE WITH DONUTS** A/T O 1:15 NUMBERS TRIVIA I/DD LR 2:00 BRAIN BENDERS I/DD LR 2:30 BALL TOSS I/DD LR 3:00 **HAPPY HOUR ICE CREAM** I/DD DR 4:00 DICE GAMES T/I/DD LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR	**5** *AMERICAN FOOTBALL DAY* 9:30 HOT TOPICS D/M/DD LR 10:00 SCARF DANCING & HYDRATION D/M/DD LR 10:30 CLUE TRIVIA D/M/DD LR 11:00 BALLOON VOLLEYBALL D/M/DD LR 1:15 JUMBO GAMES D/M/DD LR 2:00 SING A LONG D/M/DD LR 2:30 **FOOTBALL TOSS** D/M/DD LR 3:00 **HAPPY HOUR FIG NEWTONS** D/M/DD DR 4:00 BINGO D/M/DD LR 6:00 HAPPY SONGS RS LR	**6** 9:30 PICTURE BOOKS W/DD LR 10:00 STRETCHING & REFRESHING W/DD LR 10:30 FUN FACTS W/DD LR 11:00 NAME 10 W/DD LR 1:15 MARCHING BAND W/DD LR 2:00 HOOP TOSS W/DD LR 2:30 PICTIONARY W/DD LR 3:00 **HAPPY HOUR WARM SUGAR COOKIES** W/DD DR 4:00 DICE GAMES W/DD LR 6:00 GOLDEN GIRLS RS LR	**7** 9:30 MOVIE TALK W/M LR 10:00 FITNESS FUN &HYDRATION W/M LR 10:30 TRUE OR FALSE W/M LR 11:00 HIDDEN OBJECTS W/M LR 1:15 MUSIC & DANCING W/M LR 2:00 TRIVIA CHALLENGE W/M LR 2:30 NOODLE TENNIS W/M LR 3:00 **HAPPY HOUR ORANGE CRANBERRY SCONES** W/M DR 4:00 BINGO W/M LR 6:00 DANCING ON SCREEN RS LR
8 *NATIONAL TONGUE TWISTER DAY* 9:30 FILL IN THE BLANK D/DD LR 9:30 **COMMUNION WITH JAMES** VEN EG 10:00 CATHOLIC MASS ON TV D/DD LR 10:00 TABLE ACTIVITIES D/DD LR 10:30 EXERCISE & REFRESH D/DD LR 11:00 REMINISCING D/DD LR 1:15 SING A LONG D/DD/K LR 2:00 BALLOON VOLLEY D/DD/K LR 2:30 **TONGUE TWISTERS** D/DD/K LR 3:00 **HAPPY HOUR SUNDAES** D/DD/K DR 4:00 DICE GAMES D/DD/K LR 6:00 MUSIC FOR THE SOUL RS LR	**9** 9:30 SCENES OF AUSTRALIA W/D/DD LR 10:00 SCARF DANCING & HYDRATION W/D/DD LR 10:30 CLUE TRIVIA W/D/DD LR 1:15 ROLL OF THE DICE W/D/DD LR 2:00 TRIVIA CHALLENGE W/D/DD LR 2:30 BALL GAMES W/D/DD LR 3:00 **HAPPY HOUR FRENCH ONION DIP & CHIPS** W/D/DD DR 4:00 BINGO W/D/DD LR 6:00 MUSICAL STYLINGS OF JOHNNY MATHIS RS LR	**10** *SENSORY GROUP* 9:30 CELEBRITY QUIZ W/R/T LR 10:00 **SENSORY GROUP** 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 1:15 SING A LONG W/R/T LR 2:00 TABLE GAMES W/R/T LR 2:30 BALL GAMES W/R/T LR 3:00 **HAPPY HOUR VANILLA CUP CAKES** W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 SWEET MELODIES RS LR	**11** *VETERANS DAY ENTERTAINMENT WITH LYZA AL* 9:30 CHIT CHAT T/I/DD LR 10:00 CHEER FITNESS & HYDRATE T/I/DD LR 10:30 FAMILY FEUD T/I/DD LR 11:00 ACTIVE GAMES T/I/DD LR 1:15 MULTIPLE CHOICE T/I/DD LR 2:00 BEAN BAG CHALLENGE T/I/DD LR 2:00 **HONORING OUR VETERANS** RS ELO 2:30 **VETERANS DAY ENTERTAINMENT WITH LYZA** AL VEN ELO 2:30 WORD RHYMES T/I/DD LR 3:00 **HAPPY HOUR ICE CREAM** T/I/DD DR 4:00 BINGO T/I/DD LR 6:00 ON SCREEN GAME SHOW RS LR	**12** 9:30 AMAZING WORLD ARCHITECTURE D/M/DD LR 10:00 EXERCISE & REFRESH D/M/DD LR 10:30 WORD CHALLENGE D/M/DD LR 11:00 WALK ABOUT D/M/DD LR 1:15 ROLL OF THE DICE D/M/DD LR 2:00 TRIVIA TEASERS D/M/DD LR 2:30 **FIZ ENTERTAINMENT AL** VEN ELO 2:30 **AUTUMN PICTIONARY** D/M/DD LR 3:00 **HAPPY HOUR BANANA BREAD** D/M/DD DR 4:00 **DICE DRAW A TREE** D/M/DD LR 6:00 BIG BAND MUSIC RS LR	**13** 9:30 HOT TOPICS W/DD LR 10:00 SCARF DANCING & HYDRATION W/DD LR 10:30 CLUE TRIVIA W/DD LR 11:00 BALLOON VOLLEY W/DD LR 1:15 JUMBO GAMES W/DD LR 2:00 SING A LONG W/DD LR 2:30 KICKBALL W/DD LR 3:00 **HAPPY HOUR BROWNIES** W/DD DR 4:00 BINGO W/DD LR 6:00 ON SCREEN ROMANCE RS LR	**14** *WEEKEND CRAFTING* 9:30 PICTURE BOOKS W/M LR 10:00 STRETCHING & REFRESHING W/M LR 10:30 FACE THE FACTS W/M LR 11:00 SIMON SAYS W/M LR 1:15 **WEEKEND CRAFTING** W/M LR 2:00 HOOP TOSS W/M LR 2:30 PICTIONARY W/M LR 3:00 **HAPPY HOUR SWEET POTATO BITES** W/M DR 4:00 DICE GAMES W/M LR 6:00 GOLDEN OLDIES RS LR
15 *COMMUNION WITH JAMES* 9:30 TALK ABOUT FAVORITES D/DD LR 9:30 **COMMUNION WITH JAMES** VEN EG 10:00 **CATHOLIC MASS ON TV** D/DD LR 10:00 TABLE ACTIVITIES D/DD LR 10:30 FITNESS FUN & HYDRATE D/DD LR 11:00 NAME 10 D/DD LR 1:15 MULTIPLE CHOICE D/DD/K LR 2:00 TOSS GAMES D/DD/K LR 2:30 GUESSING GAME D/DD/K LR 3:00 **HAPPY HOUR SUNDAES** D/DD/K DR 4:00 BINGO D/DD/K LR 6:00 MUSIC MONTAGE RS LR	**16** *VIOLINIST ALBERT IN AL* 9:30 YARDWORK TALK W/D/DD LR 10:00 EXERCISE & REFRESH W/D/DD LR 10:30 MIX AND MATCH W/D/DD LR 11:00 REMINISCING W/D/DD LR 1:15 TAKE A WALK W/D/DD LR 2:00 SING A LONG W/D/DD LR 2:30 BALLOON VOLLEY W/D/DD LR 3:00 **HAPPY HOUR SALSA & TORTILLA CHIPS** W/D/DD DR 3:45 **VIOLINIST ALBERT IN AL** VEN ELO 4:00 DICE GAMES W/D/DD LR 6:00 ANDRE RIEU IN CONCERT RS LR	**17** *PET THERAPY* 9:30 PLACES TO GO W/R/T LR 10:00 **SENSORY GROUP** 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 NOODLE TAP W/R/T 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 APPLE CINNAMON MUFFINS** W/R/T DR 4:00 BINGO W/R/T LR 6:00 MUSICAL STYLINGS OF THE BEATLES RS LR	**18** *MICKEY MOUSE DAY* 9:30 **ALL ABOUT MICKEY MOUSE & FRIENDS** T/I/DD LR 10:00 STRETCHING & REFRESHING T/I/DD LR 10:30 GUESS THE DISNEY CHARACTER T/I/DD LR 11:00 BALLOON VOLLEY T/I/DD LR 1:15 **FALL SCENIC DRIVE TRIP** A/T O 1:15 WATER COLOR WITH MUSIC I/DD LR 2:00 TABLE GAMES I/DD LR 2:30 BALL GAMES I/DD LR 3:00 **HAPPY HOUR ICE CREAM** I/DD DR 4:00 DICE GAMES T/I/DD LR 6:00 SWEET MELODIES RS LR	**19** *TASTE OF THE ARBORS OPEN HOUSE* 9:30 TABLE TALK D/M/DD LR 10:00 CHEER FITNESS & HYDRATE D/M/DD LR 10:30 **A-Z THANKSGIVING DINNER** D/M/DD LR 11:00 BALL GAMES D/M/DD LR 1:15 MUSICAL MARCH D/M/DD LR 2:00 **PUMPKIN TOSS** D/M/DD LR 2:30 **OPENHOUSE ENTERTAINMENT AL** D/M/DD LR 2:30 **AUTUMN PICTIONARY** D/M/DD LR 3:00 **HAPPY HOUR PUMPKIN CAKE** D/M/DD DR 4:00 BINGO D/M/DD LR 6:00 MUSIC MEDITATION RS LR	**20** *YOGA CLASS WITH RAY* 9:30 SIT & TALK W/DD LR 10:15 **YOGA RAY** VEN LR 11:00 AUTUMN WORDS W/DD LR 1:15 CRAFTING HOUR W/DD LR 2:00 A-Z ON THE FARM W/DD LR 2:30 BEACH BALL TOSS W/DD LR 3:00 **HAPPY HOUR SPICED PEARS** W/DD DR 4:00 DICE GAMES W/DD LR 6:00 FEATURE FILM RS LR	**21** *ART CLUB* 9:30 HOT TOPICS W/M LR 10:00 SCARF DANCING & HYDRATION W/M LR 10:30 CLUE TRIVIA W/M LR 11:00 BALLOON VOLLEY W/M LR 1:15 **ART CLUB** V LR 1:15 CRAYON CREATIONS W/M LR 2:00 JUMBO GAMES W/M LR 2:30 SING A LONG W/M LR 3:00 **HAPPY HOUR GINGERBREAD CAKE** W/M DR 4:00 BINGO W/M LR 6:00 SOOTHING MELODIES RS LR
22 *COMMUNION WITH JAMES* 9:30 PICTURE BOOKS D/DD LR 9:30 **COMMUNION WITH JAMES** VEN EG 10:00 **CATHOLIC MASS ON TV** D/DD LR 10:00 TABLE ACTIVITIES D/DD LR 10:30 SUNDAY STRETCH & REFRESH D/DD LR 11:00 BALLOON VOLLEY D/DD LR 1:15 TRIVIA TEASERS D/DD/K LR 2:00 DANCE TO DISCO D/DD/K LR 2:30 20 QUESTIONS D/DD/K LR 3:00 **HAPPY HOUR SUNDAES** D/DD/K DR 4:00 DICE GAMES D/DD/K LR 6:00 ON SCREEN TAP DANCING RS LR	**23** *NATIONAL BOOK WEEK* 9:30 BOOK CHAT W/D/DD LR 10:00 FITNESS FUN & HYDRATE W/D/DD LR 10:30 NAME 10 W/D/DD LR 11:00 CHEER TO THE MUSIC W/D/DD LR 1:15 BALLOON VOLLEY W/D/DD LR 2:00 GUESSING GAME W/D/DD LR 2:30 BOWLING W/D/DD LR 3:00 **HAPPY HOUR APPLES & PEANUT BUTTER** W/D/DD DR 4:00 BINGO W/D/DD LR 6:00 MUSIC MONTAGE RS LR	**24** *VANCE ENTERTAINMENT* 9:30 CHIT CHAT T/R/W LR 10:00 **VANCE ENTERTAINMENT** VEN LR 10:30 MIX AND MATCH T/R/W LR 11:00 BACK IN TIME T/R/W LR 1:15 ROCK AROUND THE CLOCK T/R/W LR 2:00 TABLE TALK T/R/W LR 2:30 BALLOON VOLLEY T/R/W LR 3:00 **HAPPY HOUR BROWNIES** T/R/W DR 4:00 DICE GAMES T/R/W LR 6:00 ANDREA BOCELLI IN CONCERT RS LR	**25** 9:30 WHERE IN THE WORLD T/I/DD LR 10:00 SCARF DANCING & HYDRATION T/I/DD LR 10:30 20 QUESTIONS T/I/DD LR 11:00 NOODLE TAP T/I/DD LR 1:15 ROLL OF THE DICE T/I/DD O 2:00 TRIVIA CHALLENGE T/I/DD LR 2:30 BALL GAMES T/I/DD LR 3:00 **HAPPY HOUR ICE CREAM** T/I/DD LR 4:00 BINGO T/I/DD DR 6:00 MUSIC STYLINGS OF DEAN MARTIN RS LR	**26** *THANKSGIVING* 9:30 **REMINISCING THANKSGIVING** R/DD LR 10:00 STRETCHING & REFRESHING R/DD LR 10:30 WHEEL OF FORTUNE R/DD LR 11:00 BALLOON VOLLEY R/DD LR 1:15 **WATER COLORING TURKEYS** R/DD LR 2:00 BALL GAMES R/DD LR 2:30 **THANKFUL WORDS** R/DD LR 3:00 **HAPPY HOUR APPLE CRISP** R/DD DR 4:00 DICE GAMES R/DD LR 6:00 SWEET MELODIES RS LR	**27** 9:30 TABLE TALK W/DD LR 10:00 CHEER FITNESS & HYDRATE W/DD LR 10:30 FAMILY FEUD W/DD LR 11:00 BASKETBALL SHOOTOUT W/DD LR 1:15 ROLL OF THE DICE W/DD LR 2:00 BEAN BAG CHALLENGE W/DD LR 2:30 CELEBRITY GUESS W/DD LR 3:00 **HAPPY HOUR CINNAMON SUGAR DONUT HOLES** W/DD DR 4:00 BINGO W/DD LR 6:00 MOVIE TIME RS LR	**28** 9:30 POETRY READING W/M LR 10:00 EXERCISE & REFRESH W/M LR 10:30 WORD CHALLENGE W/M LR 11:00 MUSIC MARCH W/M LR 1:15 PICTIONARY W/M LR 2:00 TOSS GAMES W/M LR 2:30 BRAIN GAMES W/M LR 3:00 **HAPPY HOUR PUMPKIN BREAD PUDDING** W/M DR 4:00 DICE GAMES W/M LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR
29 *COMMUNION WITH JAMES* 9:30 MORNING CHAT D/DD LR 9:30 **COMMUNION WITH JAMES** VEN EG 10:00 **CATHOLIC MASS ON TV** D/DD LR 10:00 TABLE ACTIVITIES D/DD LR 10:30 NOODLE FITNESS & REFRESHMENTS D/DD LR 11:00 WORD POWER D/DD LR 1:15 TOSS GAMES D/DD/K LR 2:00 SUNDAY SING A LONG D/DD/K LR 2:30 BRAIN GAMES D/DD/K LR 3:00 **HAPPY HOUR SUNDAES** D/DD/K DR 4:00 BINGO D/DD/K LR 6:00 PETER PAUL & MARY ON SCREEN RS LR	**30** *TONY T & MARGUERITA ROSE ENTERTAINMENT* 9:30 WHERE IN THE WORLD? W/D/DD LR 10:00 STRETCH & REFRESH W/D/DD LR 10:30 COLD PICTIONARY W/D/DD LR 11:00 BALLOON VOLLEY W/D/DD LR 1:15 TRIVIA TIME W/D/DD LR 2:00 DANCE DANCE DANCE W/D/DD LR 2:30 GUESSING GAME I/DS/W LR 2:30 **TONY T & MARGUERITA ROSE ENTERTAINMENT** AL W/D/DD ELO 3:00 **HAPPY HOUR SPINACH DIP & PITA CHIPS** W/D/DD DR 4:00 DICE GAMES W/D/DD LR 6:00 ON SCREEN COUNTRY DANCING LR					

STAFF KEY
V=Valerie Director
T=Tatiana
I=Indasia
D=Danielle
M=Michelle
W=Wilfred
A=Anne
R=Rahat
K=Keara
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.