ACTIVITY CALENDAR

November 2026

The Arbors At ISLANDIA WEST TRANSITIONS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *DAYLIGHT SAVING TIME ENDS* 9:00 MUSIC IN THE MORNING SC LV 9:15 CURRENT EVENTS SC LV 10:00 SUNDAY STRETCHES SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL A CM 11:00 WORDS STARTING WITH "N" QUIZ SC LV 11:30 THE NUMBER 11 QUIZ SC LV 1:30 TABLE TOP GAMES SC M 1:30 MATCH GAME A LV 2:00 JEOPARDY A LV 3:00 **HAPPY HOUR ICE CREAM** A/SC LV 4:00 BINGO A LV 6:00 WEEKEND FILM RS LV	**2** *MUSIC THERAPY* 9:00 AM TUNES SA LV 9:15 WHAT'S IN THE NEWS? SA LV 10:00 MOVEMENT TO MUSIC SA LV 10:30 WALKING CLUB SA CM 11:00 WHEEL OF FORTUNE JP LV 11:30 **PET THERAPY WITH ABRAHAM** V LV 1:30 ARTISTIC COLORING SA M 1:30 KEEP UP THE BALLOON JP LV 2:00 FILL IN THE BLANKS JP LV 2:30 **MUSIC THERAPY WITH MARIA** ENT LV 3:00 **HAPPY HOUR PUMPKIN HUMMUS** SA/JP LV 4:00 TRUE OR FALSE JP LV 6:00 EVENING MOVIE RS LV	**3** *ELECTION DAY* 9:00 HISTORICAL TUNES D LV 9:15 NEWSDAY D LV 10:00 POLITICAL WORKOUT D LV 10:30 VOTING PARADE WALKING CLUB D CM 11:00 HANGMAN WITH SONGS JP LV 11:30 A TO Z WORD GAME JP LV 1:30 MANICURES BY APPT JP M 1:30 HAPPENINGS IN NOVEMBER D LV 2:00 WHO AM I? D LV 3:00 **HAPPY HOUR SPICED APPLE FRITTERS** D/JP LV 4:00 BABY BOOM TRIVIA JP LV 6:00 NIGHTLY MOVIE RS LV	**4** 9:00 GREATEST HITS M LV 9:15 TODAY'S TOP STORIES M LV 10:00 TONE UP M LV 10:30 WALKING CLUB MM CM 11:00 WORDS THAT START WITH ST A LV 1:30 MIND JOGGERS M LV 1:30 RUMMIKUB A M 2:00 NAME THAT CELEBRITY M LV 3:00 **HAPPY HOUR ICE CREAM** M/A LV 4:00 BINGO A LV 6:00 MOVIE MANIA RS LV	**5** *BINGO* 9:00 SING A LONG TUNES M LV 9:15 HAPPENINGS AND HOROSCOPES M LV 10:00 WAKE UP & WORK OUT M LV 10:30 WALKING CLUB M CM 11:00 MOVIE HANGMAN A LV 11:30 WORD IN A WORD GAME A LV 1:30 **AFTERNOON BINGO** M LV 1:30 ONE ON ONE VISITS A RR 2:00 NAME THE FAMOUS FACE M LV 3:00 **HAPPY HOUR FIG NEWTONS** M/A LV 4:00 YOU BE THE JUDGE A LV 6:00 MOVIES, MOVIES, MOVIES RS LV	**6** *ROSARY WITH LINDA* 9:00 MUSIC APPRECIATION D LV 9:15 NEWS DISCUSSION D LV 9:45 **ROSARY WITH LINDA** V PDR 10:00 STRETCH & FLEX D LV 10:30 WALKING CLUB D CM 11:00 WORD CHAIN GAME P LV 11:30 NAME 10..15..20 THINGS THAT START WITH W P LV 1:30 BOARD GAMES/CARDS P M 1:30 FILL IN THE BLANK D LV 2:00 IT HAPPENED IN NOVEMBER D LV 3:00 **HAPPY HOUR SUGAR COOKIES** D/P LV 4:00 SHOUT OUT TRIVIA P LV 6:00 TGIF MOVIES RS LV	**7** *VIOLINISTS* 9:00 AM TUNES P LV 9:15 TODAY'S TOPICS P LV 10:00 EXERCISE BASICS P LV 10:30 WEEKEND STROLL P CM 11:00 UNSCRAMBLE THE LETTERS JR LV 11:30 MUSICAL HANGMAN JR LV 1:30 TRUE OR FALSE P LV 2:00 **VIOLINISTS** VR LV 2:30 ANIMAL VIDEOS RS LV 3:00 **HAPPY HOUR ORANGE/CRANBERRY SCONES** P/JR LV 4:00 SATURDAY BINGO JR LV 6:00 SATURDAY NIGHT SHOWING RS LV
8 *SINGER MARY PECK* 9:00 SUNDAY TUNES SC LV 9:15 NEWS AND VIEWS SC LV 10:00 **VENDOR VANESSA CROCHET ITEMS** V BI 10:00 CHAIR EXERCISES SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:00 WORDS THAT START WITH "O" QUIZ A LV 11:30 A TO Z WORD GAME A LV 1:30 SINGER MARY PECK ENT LV 2:30 FILL IN THE BLANK SC LV 3:00 **HAPPY HOUR ICE CREAM** A/SC LV 4:00 TRIVIA CHALLENGE A LV 6:00 MOTION PICTURE RS LV	**9** 9:00 BIG BAND MEDLEY SA LV 9:15 DAILY NEWS SA LV 10:00 STRENGTH TRAINING SA LV 10:30 WALKING CLUB SA CM 11:00 WORD IN A WORD JP LV 11:30 NAME 10.15.20 JP LV 1:30 FINISH THE LYRIC JP LV 1:30 CREATIVE EXPRESSIONS SA M 2:00 QUIPO QUIZ JP LV 3:00 **HAPPY HOUR ONION DIP/CHIPS** SA/JP LV 4:00 FACT OR FICTION JP LV 6:00 MOVIE AT NIGHT RS LV	**10** *FLU PREVENTION LECTURE WITH RN LAURA* 9:00 SUNRISE SONGS D LV 9:15 NEWSDAY D LV 10:00 EXERCISE REGIMEN D LV 10:30 **FLU PREVENTION LECTURE** V CM 11:00 ODD WORD OUT JP LV 11:30 SPELLING BEE JP LV 1:30 BAG BEAN TOSS IN HULA HOOP D LV 1:30 MANICURES BY APPT JP M 2:00 BLANK SLATE GAME D LV 3:00 **HAPPY HOUR VANILLA CUPCAKES** D/JP LV 4:00 BINGO BLITZ JP LV 6:00 CINEMA TIME RS LV	**11** *BUS TRIP DUNKIN DONUTS* 9:00 PATRIOTIC MUSIC M LV 9:15 HAPPY VETERANS NEWS M LV 10:00 SWEAT FOR THE BRAVE M LV 10:30 VETERANS DAY STROLL M CM 11:00 WATCH NYC VETERANS PARADE A LV 1:30 **BUS TRIP DUNKIN DONUTS** A O 1:30 MATCH GAME M LV 2:00 WAR SONG QUIZ M LV 3:00 **HAPPY HOUR ICE CREAM** M/A LV 4:00 MULTIPLE CHOICE A LV 6:00 MOVIE NIGHT RS LV	**12** 9:00 HAPPY MUSIC M LV 9:15 HAPPENINGS AND HOROSCOPES M LV 10:00 MOVE GROOVE & IMPROVE M LV 10:30 WALKING CLUB M CM 11:00 WORDS THAT START WITH "O" A LV 11:30 A TO Z WORD GAME A LV 1:30 NAME THAT CELEBRITY A LV 1:30 JEWELRY MAKING M M 2:00 WHEEL OF FORTUNE A LV 3:00 **HAPPY HOUR BANANA BREAD** A/M LV 4:00 BINGO A LV 6:00 EVENING MOVIE RS LV	**13** *WORLD KINDNESS DAY* 9:00 COUNTRY MUSIC D LV 9:15 NEWSDAY D LV 10:00 STAY FIT, CAN'T QUIT D LV 10:30 WALKING CLUB D CM 11:00 INSPIRING ADJECTIVE WORD GAME P LV 11:30 NAME 10.15.20 OCCUPATIONS P LV 1:30 ANIMAL FACTS D LV 1:30 FALL COLORING P M 2:00 URBAN MYTHS D LV 3:00 **HAPPY HOUR BROWNIES** D/P LV 4:00 SING A LONGS P LV 6:00 AT THE MOVIES RS LV	**14** *JEWELRY VENDOR* 9:00 MUSIC IN THE MORNING P LV 9:15 WEEK IN REVIEW P LV 10:00 **VICKY JEWELRY VENDOR** V BI 10:00 SHAPE YOUR FUTURE P LV 10:30 WEEKEND STROLL JR CM 11:00 MOVIE ACTOR HANGMAN JR LV 11:30 UNSCRAMBLE THE LETTERS P LV 1:30 BOARD GAMES/PUZZLES P M 1:30 KEEP UP THE BALLOON JR LV 2:00 MUSICAL HANGMAN JR LV 3:00 **HAPPY HOUR SWEET POTATO BITES** JR/P LV 4:00 AFTERNOON BINGO JR LV 6:00 WEEKEND MOVIE RS LV
15 *LI ASSEMBLY SING ALONG* 9:00 SOULFUL BLUES SC LV 9:15 TODAY'S TOP STORIES SC LV 10:00 CHAIR EXERCISES SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:00 WORD WATERFALL GAME A LV 11:00 WORD IN A WORD GAME A LV 1:30 TRUE OR FALSE A LV 2:00 **LI ASSEMBLY SING ALONG** V LV 3:00 **HAPPY HOUR ICE CREAM** A/SC LV 4:00 WEEKEND BINGO A LV 6:00 AT THE MOVIES RS LV	**16** *CREATE LEAF COLLAGE* 9:00 MORNING TUNES SA LV 9:15 NEWSDAY SA LV 10:00 WAKE UP, WORK OUT! SA LV 10:30 WALKING CLUB SA CM 11:00 MUSICAL HANGMAN JP LV 11:30 HOMOPHONE WORD GAME JP LV 1:30 **CREATE LEAF COLLAGE** SA M 1:30 FAMILY FEUD JP LV 2:00 WHEEL OF FORTUNE JP LV 3:00 **HAPPY HOUR SALSA & CHIPS** JP/SA LV 4:00 HOLLYWOOD TRIVIA JP LV 6:00 CLASSIC MOVIE RS LV	**17** 9:00 MORNING MUSIC D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 STRETCHING & FLEXING D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD GAME JP LV 11:30 COMPOUND WORD GAME JP LV 1:30 MANICURES BY APPT JP M 1:30 KEEP UP THE BALLOON D LV 2:00 WOULD YOU RATHER? D LV 3:00 **HAPPY HOUR APPLE CINNAMON MUFFINS** D/JP LV 4:00 MULTIPLE CHOICE JP LV 6:00 TUESDAY CINEMA RS LV	**18** *CREATE LAVENDER SACHETS* 9:00 MORNING MELODIES M LV 9:15 NEWS AND VIEWS M LV 10:00 CHAIR EXERCISES M LV 10:30 WALKING CLUB M CM 11:00 WORD IN A WORD A LV 11:30 MATCH GAME A LV 1:30 YOU BE THE JUDGE A LV 1:30 **CREATE LAVENDER SACHETS** M M 2:00 FINISH THE LYRIC A LV 2:30 WHAT YEAR WAS THAT? A LV 3:00 **HAPPY HOUR ICE CREAM** A/M LV 4:00 BINGO A LV 6:00 EVENING MOVIE RS LV	**19** *PLAY MONOPOLY DAY* 9:00 EASY LISTENING M LV 9:15 CURRENT EVENTS M LV 10:00 TOO FIT TO QUIT M LV 10:30 WALKING CLUB M CM 11:00 A TO Z WORD GAME A LV 11:30 UNSCRAMBLE THE LETTERS A LV 1:30 **PLAY MONOPOLY** A M 1:30 MATCH GAME M LV 2:00 WHEEL OF FORTUNE M LV 3:00 **HAPPY HOUR PUMPKIN CAKE** M/A LV 4:00 ARMCHAIR TRIVIA A LV 6:00 MEET ME AT THE MOVIE RS LV	**20** *ROSARY/SHABBAT SERVICE* 9:00 SING YOUR HEART OUT D LV 9:15 HOROSCOPES AND HAPPENINGS D LV 9:45 ROSARY WITH LINDA D PDR 10:00 STRETCHING IN THE AM D LV 10:30 WALKING CLUB D CM 11:00 CROSSWORDS P LV 1:30 TABLE TOP ACTIVITIES P M 1:30 NAME THAT TUNE D LV 2:00 HOT POTATO D LV 3:00 **HAPPY HOUR POACHED PEARS** D/P LV 4:00 STORY TELLING ROUND P LV 6:00 MOVIES AT NIGHT RS LV	**21** *SINGER JOHN KOURI* 9:00 SHOWTUNES P LV 9:15 DAILY NEWS P LV 10:00 WEEKEND WORKOUT P CM 10:30 WEEKEND STROLL P LV 11:00 WORD CHAIN GAME JR LV 11:30 WORD IN A WORD GAME JR LV 1:30 FILL IN THE BLANK JR LV 2:00 UNDERWATER FACTS JR LV 2:15 **SINGER JOHN KOURI** ENT LV 3:00 **HAPPY HOUR GINGERBREAD CAKE** JR/P LV 4:00 BINGO JR LV 6:00 SATURDAY SHOWING RS LV
22 *TRAVEL ACTIVITY* 9:00 SUNDAY SERENADES SC LV 9:15 DAILY CHRONICLES SC LV 10:00 SIT & GET FIT SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:00 WORDS THAT START WITH TH A LV 11:30 MUSICAL HANGMAN A LV 1:30 **TRAVEL ACTIVITY** A M 1:30 WHAT YEAR WAS THAT? SC LV 2:00 NAME THE PERSONALITY SC LV 3:00 **HAPPY HOUR ICE CREAM** SC/A LV 4:00 MULTIPLE CHOICE A LV 6:00 MOVIE SHOWING RS LV	**23** *ESPRESSO DAY* 9:00 MUSIC IN THE MORNING SA LV 9:15 HOROSCOPES & NEWS SA LV 10:00 SWEAT SMILE REPEAT SA LV 10:30 WALKING CLUB SA CM 11:00 UNSCRAMBLE THE LETTERS JP LV 11:30 A TO Z WORD GAME JP LV 1:30 THE HISTORY OF ESPRESSO SA LV 1:30 BOARD GAMES JP M 2:00 WHAT WOULD YOU DO? SA LV 3:00 **HAPPY HOUR PEANUT BUTTER/APPLES** SA/JP LV 4:00 BINGO CALLS JP LV 6:00 MOVIES, MOVIES, MOVIES RS LV	**24** 9:00 MELODIC MORNING D LV 9:15 TODAY'S HEADLINERS D LV 10:00 TOO FIT TO QUIT D LV 10:30 WALKING CLUB D CM 11:00 HOMOPHONE GAME JP LV 11:30 NAME ANAGRAMS JP LV 1:30 **MANICURES BY APPT** JP M 1:30 QUIPO QUIZ D LV 2:00 MATCH GAME D LV 3:00 **HAPPY HOUR CHOCOLATE CAKE** D/JP LV 4:00 ARMCHAIR TRIVIA JP LV 6:00 MOTION PICTURE RS LV	**25** *PARFAIT DAY* 9:00 AUTUMN TUNES M LV 9:15 DAILY DOSE M LV 10:00 MOVING & GROOVING M LV 10:30 WALKING CLUB M CM 11:00 MOVIE TITLE HANGMAN A LV 11:00 VETERANS DISCUSSION GROUP V PDR 11:30 NAME 10..15..20 M LV 1:30 RUMMIKUB M M 1:30 REMEMBER WHEN… A LV 2:00 FAMILY FEUD A LV 3:00 **HAPPY HOUR ICE CREAM** A/M LV 4:00 WHO AM I? A LV 6:00 SILVER SCREEN CLASSIC RS LV	**26** *HAPPY THANKSGIVING* 9:00 MACY'S THANKSGIVING PARADE M LV 9:15 TRADITIONAL NEWS STORIES M LV 10:00 WORK THOSE LEGS M LV 10:30 STUFFING STRUT M LV 11:00 COMPOUND WORD GAME M LV 11:30 THANKSGIVING WORD SCRAMBLE M LV 1:30 COLORING FOR THE HOLIDAYS A M 2:00 **LETS TALK TURKEY** A LV 3:00 **HAPPY HOUR APPLE CRISP** A LV 4:00 SHARE THANKSGIVING MEMORIES A LV 6:00 HOLIDAY MOVIE RS LV	**27** *BLACK FRIDAY* 9:00 MELODIC MORNINGS D LV 9:15 BREAKING NEWS D LV 10:00 GET FIT & LOOK GREAT D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD P LV 11:30 MOVIE ACTOR HANGMAN P LV 1:30 TABLE TOP ACTIVITIES P M 1:30 **AFTERNOON BINGO** D LV 3:00 **HAPPY HOUR SUGAR DONUT HOLES** D/P LV 4:00 TRUE OR FALSE P LV 6:00 EVENING MOVIE RS LV	**28** *DESIGN A THANKFUL TREE* 9:00 AM JAZZ P LV 9:15 NEWS FLASH P LV 10:00 SENIOR EXERCISE P LV 10:30 WEEKEND STROLL P CM 11:00 DAILY CROSSWORD JR LV 1:30 NAME THE FAMOUS FACE JR LV 1:30 **THANKFUL TREE PROJECT** P M 2:00 CHICKEN SOUP FOR THE SOUL JR LV 3:00 **HAPPY HOUR PUMPKIN BREAD PUDDING** JR/P LV 4:00 SHOUT OUT TRIVIA JR LV 6:00 MOVIE TIMEWALKING CLUB RS LV
29 *LOUISA MARY ALCOTT BIO* 9:00 MUSIC IN THE MORNING SC LV 9:15 NEWS & VIEWS SC LV 10:00 MORNING EXERCISE SC LV 10:30 COMMUNION WITH JAMES V LV 11:00 WEEKEND STROLL SC CM 11:00 UNSCRAMBLE THE LETTERS A LV 11:30 NAME 10..15..20 A LV 1:30 **LOUISA MARY ALCOTT BIO** A LV 1:30 SHOOT POOL SC GR 2:00 YOU BE THE JUDGE A LV 3:00 **HAPPY HOUR ICE CREAM** A/SC LV 4:00 WEEKEND BINGO A LV 6:00 SUNDAY SHOWING RS LV	**30** 9:00 SWEET MELODIES SA LV 9:15 NEWSDAY SA LV 10:00 NEVER TOO FIT SA LV 10:30 WALKING CLUB JP CM 11:00 WORD IN A WORD SA LV 11:30 WORD CHAIN GAME SA LV 1:30 CREATIVE PAINTING SA M 1:30 JEOPARDY JP LV 2:00 GUESS WHO? JP LV 3:00 **HAPPY HOUR SPINACH DIP** JP/SA LV 4:00 MULTIPLE CHOICE JP LV 6:00 MONDAY FILM RS LV	**STAFF KEY** D=DIANE JR=JEAN R SC=SHAVARD A=AARON R=REBECCA JP=JEAN P M=MADELYN C=CHLOE P=PINKY SA=SHANNON 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		