ACTIVITY CALENDAR

November 2026

The Arbors At ISLANDIA WEST

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 JR LV 9:15 CURRENT EVENTS JR LV 10:00 SUNDAY STRETCHES JR LV 10:00 COMMUNION WITH JAMES V DR 10:30 WEEKEND STROLL JR CM 11:00 WORDS STARTING WITH "N" QUIZ JR LV 11:30 THE NUMBER 11 QUIZ JR LV 1:30 BEAN BAG TOSS IN HULA HOOP R LV 1:30 MATCH GAME JR LV 2:00 JEOPARDY R LV 3:00 HAPPY HOUR ICE CREAM R/JR B 4:00 BAR GAMES JR B 6:00 LETS PLAY BINGO! R B 7:00 WEEKEND FILM RS M	**2** PET THERAPY 9:00 AM TUNES D LV 9:15 WHAT'S IN THE NEWS? D LV 10:00 MOVEMENT TO MUSIC D LV 10:30 WALKING CLUB D CM 11:00 ABRAHAM DOG VISIT 11:30 UNSCRAMBLE THOSE LETTERS 1:00 SCRABBLE CLUB D LV 1:30 KEEP UP THE BALLOON 2:00 WHEELOF FORTUNE V BI 3:00 HAPPY HOUR PUMPKIN HUMMUS D/N LV 4:00 ARMCHAIR TRIVIA D/N B 6:00 BINGO TIME 7:00 EVENING MOVIE N B	**3** ELECTION DAY/HAPPINESS GROUP 9:00 HISTORIAL TUNES D LV 9:15 NEWSDAY D LV 10:00 POLITICAL WORKOUT D LV 10:30 VOTING PARADE WALKING CLUB V CM 11:00 HANGMAN WITH SONGS D LV 11:30 A TO Z WORD GAME 1:30 MANICURES BY APPT 1:30 HAPPINESS GROUP WITH CAT 3:00 HAPPY HOUR SPICED APPLE FRITTERS D B 4:00 BABY BOOM TRIVIA D B 6:00 JACKPOT BINGO RS B 7:00 NIGHTLY MOVIE RS M	**4** BAY CITY RAMBLERS 9:00 GREATEST HITS 9:15 TODAY'S TOP STORIES 10:00 TONE UP 10:30 WALKING CLUB 11:00 WORDS THAT START WITH ST 1:30 BAY CITY RAMBLERS 1:30 ONE ON ONE VISITS 3:00 HAPPY HOUR ICE CREAM FLOATS 4:00 TRENDING TOPICS 6:00 B.I.N.G.O. 7:00 MOVIE MANIA	**5** ACTIVITY COMMITTEE 9:00 SING A LONG TUNES 9:15 HAPPENINGS AND HOROSCOPES 10:00 WAKE UP & WORK OUT 10:30 WALKING CLUB 11:00 ACTIVITY COMMITTEE 11:30 WORD IN A WORD GAME 1:30 AFTERNOON BINGO 1:30 FAMILY FEUD 2:00 NAME THE FAMOUS FACE 3:00 HAPPY HOUR FIG NEWTONS 4:00 JOKES & RIDDLES 6:00 BINGO CALLS 7:00 MOVIES, MOVIES, MOVIES	**6** ROSARY WITH LINDA 9:00 MUSIC APPRECIATION D LV 9:15 NEWS DISCUSSION D LV 9:45 ROSARY WITH LINDA 10:00 STRETCH & FLEX D DI 10:30 WALKING CLUB D CM 11:00 WORD CHAIN GAME D LV 11:30 NAME 10..15..20 THINGS THAT START WITH W A B 1:00 SCRABBLE CLUB D 1:30 FILL IN THE BLANK V BI 2:00 IT HAPPENED IN NOVEMBER A LV 3:00 HAPPY HOUR SUGAR COOKIES A/D B 4:00 SHOUT OUT TRIVIA D B 6:00 BINGO AT NIGHT A B 7:00 TGIF MOVIES RS M	**7** VIOLINISTS 9:00 AM TUNES G LV 9:15 TODAYS TOPICS G LV 10:00 EXERCISE BASICS G LV 10:30 WEEKEND STROLL G CM 11:00 UNSCRAMBLE THE LETTERS G LV 11:30 MUSICAL HANGMAN 1:30 VIOLINISTS E LV 2:00 TRUE OR FALSE AM LV 2:30 ANIMAL VIDEOS 3:00 HAPPY HOUR ORANGE/CRANBERRY SCONES AM/G B 4:00 GROUP TRIVIA G B 6:00 JACKPOT BINGO AM B 7:00 SATURDAY NIGHT SHOWING RS M
8 VENDOR VANESSA CROCHET ITEMS 9:00 SUNDAY TUNES JR LV 9:15 NEWS AND VIEWS JR LV 10:00 VENDOR VANESSA CROCHET ITEMS V BI 10:00 COMMUNION WITH JAMES V DR 10:00 MOVING & GROOVING JR LV 10:30 WEEKEND STROLL JR CM 11:00 WORDS THAT START WITH "O" QUIZ JR LV 11:30 A TO Z WORD GAME JR LV 1:30 TABLE TOP GAMES JR B 1:30 WHAT WOULD YOU DO? R LV 2:00 FILL IN THE BLANK R LV 3:00 HAPPY HOUR ICE CREAM R/JR B 4:00 TRIVIA CHALLENGE JR B 6:00 CASH BINGO R B 7:00 MOTION PICTURE RS M	**9** LUNCH TRIP PANERA BREAD 9:00 BIG BAND MEDLEY E LV 9:15 DAILY NEWS E LV 10:00 STRENGTH TRAINING E LV 10:30 WALKING CLUB E CM 11:00 WORD IN A WORD D LV 11:00 LUNCH TRIP PANERA BREAD V B 1:00 SCRABBLE CLUB D LV 1:30 FINISH THE LYRIC 1:30 CREATIVE EXPRESSIONS E B 2:00 QUIPO QUIZ D LV 3:00 HAPPY HOUR ONION DIP/CHIPS E/D B 4:00 KARAOKE E B 6:00 BINGO FOR $ D B 7:00 MOVIE AT NIGHT RS M	**10** FLU PREVENTION LECTURE 9:00 SUNRISE SONGS D LV 9:15 NEWSDAY D LV 10:00 EXERCISE REGIMEN D LV 10:30 WALKING CLUB 10:30 BALLOT WALK D CM 1:30 BAG BEAN TOSS IN HULA HOOP D LV 1:30 MANICURES BY APPT 2:00 BLANK SLATE GAME 3:00 HAPPY HOUR VANILLA CUPCAKES D/DA B 4:00 SHOUT OUT TRIVIA DA B 6:00 BINGO BLITZ RS M 7:00 CINEMA TIME	**11** VETERANS DAY 9:00 PATRIOTIC MUSIC D LV 9:15 HAPPY VETERANS NEWS D LV 10:00 SWEAT FOR THE BRAVE D LV 10:30 VETERANS DAY STROLL 11:00 WATCH NYC VETERANS PARADE 1:00 SCRABBLE CLUB D CM 1:30 SALUTE TO OUR VETERANS V B 2:00 WAR SONG QUIZ G LV 3:00 HAPPY HOUR ICE CREAM FLOATS D/G B 4:00 MULTIPLE CHOICE DA B 6:00 SPEED BINGO G B 7:00 MOVIE NIGHT RS M	**12** LUNCH TRIP MAMA ANGELINA'S 9:00 HAPPY MUSIC D LV 9:15 HAPPENINGS AND HOROSCOPES D LV 10:00 MOVE GROOVE & IMPROVE D LV 10:30 WALKING CLUB D LV 11:00 DAILY CROSSWORD 11:15 LUNCH TRIP MAMA ANGELINA'S RS O 1:30 PLAY MONOPOLY E LV 1:30 ONE ON ONE VISITS D LV 3:00 HAPPY HOUR BANANA BREAD D/AM B 4:00 BRAIN GAMES D B 6:00 JACKPOT BINGO AM B 7:00 EVENING MOVIE RS M	**13** WORLD KINDNESS DAY 9:00 COUNTRY MUSIC D LV 9:15 NEWSDAY D LV 10:00 STAY FIT, CAN'T QUIT NU LV 10:30 WALKING CLUB D CM 11:00 INSPIRING ADJECTIVE WORD GAME D LV 11:30 NAME 10.15.20 OCCUPATIONS NU LV 1:00 SCRABBLE CLUB V BI 1:30 FALL COLORING NU BI 2:00 URBAN MYTHS D LV 3:00 HAPPY HOUR BROWNIES NU/D B 4:00 BAR GAMES RS B 6:00 BINGO RULES TT B 7:00 AT THE MOVIES RS M	**14** JEWELRY VENDOR 9:00 MUSIC IN THE MORNING G LV 9:15 WEEK IN REVIEW G LV 10:00 VICKY JEWELRY VENDOR RS O 10:00 SHAPE YOUR FUTURE G LV 10:30 WALKING CLUB 11:00 MOVIE ACTOR HANGMAN 11:30 UNSCRAMBLE THE LETTERS G RR 1:30 BOARD GAMES/PUZZLES AM B 1:30 KEEP UP THE BALLOON G LV 2:00 MUSICAL HANGMAN G LV 3:00 HAPPY HOUR SWEET POTATO BITES G/AM B 4:00 CONVERSATION STARTERS G B 6:00 CASH BINGO AM B 7:00 WEEKEND MOVIE RS M
15 COMMUNION WITH JAMES 9:00 SOULFUL BLUES JR LV 9:15 TODAY'S TOP STORIES JR LV 10:00 CHAIR EXERCISES JR LV 10:00 COMMUNION WITH JAMES V DR 10:30 WEEKEND STROLL JR CM 11:00 WORD WATERFALL GAME JR LV 11:00 WORD IN A WORD GAME JR LV 1:30 AFTERNOON BINGO JR B 1:30 RUMMIKUB R BI 2:00 TRUE OR FALSE R LV 3:00 HAPPY HOUR ICE CREAM R/JR B 4:00 JOKES & RIDDLES JR B 6:00 BINGO R B 7:00 AT THE MOVIES RS M	**16** BUS TRIP WALGREENS 9:00 MORNING TUNES E LV 9:15 NEWSDAY E LV 10:00 BUS TRIP WALGREENS 10:00 WAKE UP, WORK OUT! E LV 10:30 WALKING CLUB E CM 11:00 MUSICAL HANGMAN V LV 11:30 HOMOPHONE WORD GAME D RR 1:00 SCRABBLE CLUB V B 1:30 CREATIVE COLORING E B 1:30 FAMILY FEUD D LV 2:00 WHEEL OF FORTUNE V BI 3:00 HAPPY HOUR SALSA & CHIPS D/E B 4:00 HOLLYWOOD TRIVIA E B 6:00 WHO SAID BINGO? D B 7:00 CLASSIC MOVIE RS M	**17** FRANK SINATRA ENTERTAINER 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 DAILY CROSSWORD DA/E O 1:30 MANICURES BY APPT 1:30 FRANK SINATRA ENTERTAINER D LV 3:00 HAPPY HOUR APPLE CINNAMON MUFFINS DA/DB 4:00 MULTIPLE CHOICE D B 6:00 BINGO TIME DA B 7:00 TUESDAY CINEMA RS M	**18** CREATE LAVENDER SACHETS 9:00 MORNING MELODIES D LV 9:15 NEWS AND VIEWS D LV 10:00 CHAIR EXERCISES D LV 10:30 WALKING CLUB D CM 11:00 WORD IN A WORD G LV 11:30 MATCH GAME G LV 1:00 SCRABBLE CLUB V B 1:30 CREATE LAVENDER SACHETS D LV 2:00 FINISH THE LYRIC D LV 2:30 WHAT YEAR WAS THAT? G LV 3:00 HAPPY HOUR ICE CREAM FLOATS D/G B 4:00 SING A LONG D B 6:00 SPEED BINGO G B 7:00 EVENING MOVIE RS M	**19** LOU RIGGIO & HIS ACCORDIAN 9:00 EASY LISTENING D LV 9:15 CURRENT EVENTS D LV 10:00 TOO FIT TO QUIT D LV 10:30 WALKING CLUB D CM 11:00 A TO Z WORD GAME D LV 11:30 UNSCRAMBLE THE LETTERS D LV 1:30 LOU RIGGIO & HIS ACCORDIAN AM B 1:30 CREATIVE COLORING 3:00 HAPPY HOUR PUMPKIN CAKE D/AM B 4:00 ARMCHAIR TRIVIA D B 6:00 BINGO FOR CASH AM B 7:00 MEET ME AT THE MOVIE RS B	**20** ROSARY/SHABBAT SERVICE 9:00 SING YOUR HEART OUT D LV 9:15 HOROSCOPES AND HAPPENINGS D LV 9:45 ROSARY WITH LINDA 10:00 STRETCHING IN THE AM D LV 10:30 WALKING CLUB D CM 11:00 CROSSWORDS D LV 1:00 SCRABBLE CLUB V B 1:30 WOULD YOU RATHER? D LV 2:00 HOT POTATO A LV 3:00 HAPPY HOUR POACHED PEARS A/D B 4:00 STORY TELLING ROUND D B 6:00 BINGO A B 7:00 MOVIES AT NIGHT RS M	**21** SINGER JOHN KOURI 9:00 SHOWTUNES G LV 9:15 DAILY NEWS G LV 10:00 WEEKEND WORKOUT G CM 10:30 WEEKEND STROLL G LV 11:00 WORD CHAIN GAME AM LV 11:30 WORD IN A WORD GAME G RR 1:00 SINGER JOHN KOURI ENT LV 1:00 ONE ON ONE VISITS RR RR 2:15 MATCH GAME SA LV 3:00 HAPPY HOUR GINGERBREAD CAKE G/AMB 4:00 BRAIN GAMES G B 6:00 NIGHTTIME BINGO AM B 7:00 SATURDAY SHOWING RS M
22 TRAVEL ACTIVITY 9:00 SUNDAY SERENADES JR LV 9:15 DAILY CHRONICLES JR LV 10:00 COMMUNION WITH JAMES V DR 10:30 WEEKEND STROLL JR CM 11:00 WORDS THAT START WITH TH JR LV 11:30 MUSICAL HANGMAN JR LV 1:30 TRAVEL ACTIVITY R B 1:30 TABLE TOP GAMES JR B 3:00 HAPPY HOUR ICE CREAM JR/R B 4:00 MULTIPLE CHOICE JR B 6:00 LETS PLAY BINGO! R B 7:00 MOVIE SHOWING RS M	**23** SINGER JOHN WALTERS 9:00 MUSIC IN THE MORNING E LV 9:15 HOROSCOPES & NEWS E LV 10:00 SWEAT SMILE REPEAT E LV 10:30 WALKING CLUB E CM 11:00 UNSCRAMBLE THE LETTERS E LV 11:30 A TO Z WORD GAME D LV 1:30 SINGER JOHN WALTERS E LV 3:00 HAPPY HOUR PEANUT BUTTER/APPLES E/D B 4:00 KARAOKE E B 6:00 EVENING BINGO D B 7:00 MOVIES, MOVIES, MOVIES RS M	**24** BUS TRIP TJ MAXX 9:00 MELODIC MORNING D LV 9:15 TODAY'S HEADLINERS D LV 10:00 TOO FIT TO QUIT D LV 10:15 BUS TRIP TJ MAXX G O 10:30 WALKING CLUB 11:00 HOMOPHONE GAME D LV 11:30 NAME ANAGRAMS DA LV 1:00 MANICURES BY APPT DA B 1:30 QUIPO QUIZ D LV 3:00 HAPPY HOUR CHOCOLATE CAKE DA/DB 4:00 ARMCHAIR TRIVIA DA B 6:00 JACKPOT BINGO D B 7:00 MOTION PICTURE RS M	**25** RESIDENT & FOOD COUNCIL 9:00 AUTUMN TUNES D LV 9:15 DAILY DOSE D LV 10:00 MOVING & GROOVING D LV 10:30 RESIDENT COUNCIL D CM 11:00 FOOD COUNCIL G LV 11:00 VETERANS DISCUSSION GROUP 11:30 NAME 10..15..20 G LV 1:00 SCRABBLE CLUB V B 1:30 REMEMBER WHEN… D LV 2:00 FAMILY FEUD D LV 3:00 HAPPY HOUR ICE CREAM FLOATS D/G B 4:00 WHO AM I? D B 6:00 SPEED BINGO G B 7:00 SILVER SCREEN CLASSIC RS M	**26** HAPPY THANKSGIVING 9:00 MACYS THANKSGIVING PARADE D LV 9:15 TRADITIONAL NEWS STORIES D LV 10:00 WORK THOSE LEGS D LV 10:30 STUFFING STRUT D LV 11:00 COMPOUND WORD GAME D LV 11:30 THANKSGIVING WORD SCRAMBLE AM B 1:30 COLORING FOR THE HOLIDAYS AM LV 2:00 LETS TALK TURKEY D B 3:00 HAPPY HOUR APPLE CRISP AM/DB 4:00 SHARE THANKSGIVING MEMORIES D B 6:00 HOLIDAY MOVIE AM B	**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 D LV 11:30 MOVIE ACTOR HANGMAN D LV 1:00 SCRABBLE CLUB V B 1:30 AFTERNOON BINGO D RR 3:00 HAPPY HOUR SUGAR DONUT HOLES A/D B 4:00 TRENDING TOPICS D B 6:00 BINGO BLITZ A B 7:00 EVENING MOVIE RS M	**28** RED PLANET DAY 9:00 AM JAZZ A LV 9:15 NEWS FLASH A LV 10:00 SENIOR EXERCISE G LV 10:30 WEEKEND STROLL G CM 11:00 DAILY CROSSWORD G LV 1:30 NAME THE FAMOUS FACE G LV 1:30 PUZZLES/BOARD GAMES AM B 2:00 CHICKEN SOUP FOR THE SOUL G LV 3:00 HAPPY HOUR PUMPKIN BREAD PUDDING AM/G B 4:00 SHOUT OUT TRIVIA G B 6:00 BINGO AT NIGHT AM B 7:00 MOVIE TIME WALKING CLUB RS M
29 VENDOR KAREN 9:00 MUSIC IN THE MORNING JR LV 9:15 NEWS & VIEWS JR LV 10:00 COMMUNION WITH JAMES V DR 10:00 VENDOR KAREN V BI 10:30 WEEKEND STROLL JR CM 11:00 UNSCRAMBLE THE LETTERS JR LV 11:30 NAME 10..15..20 JR LV 1:30 LOUISA MARY ALCOTT BIO R LV 1:30 CARD GAME BLACK JACK JR B 2:00 YOU BE THE JUDGE R LV 3:00 HAPPY HOUR ICE CREAM R/JR B 4:00 ARMCHAIR TRIVIA JR B 6:00 DID SOMEONE YELL BINGO? R B 7:00 SUNDAY SHOWING RS M	**30** LI CAT LECTURE WITH CHERYLL 9:00 SWEET MELODIES SC LV 9:15 NEWSDAY SC LV 10:00 NEVER TOO FIT SC LV 10:30 WALKING CLUB SC CM 11:00 WORD IN A WORD SC LV 11:30 WORD CHAIR GAME SC LV 1:00 SCRABBLE CLUB V B 1:30 LI CAT LECTURE WITH CHERYLL V LV 3:00 HAPPY HOUR SPINACH DIP SC/DB 4:00 BAR GAMES SC B 6:00 EVENING BINGO D B 7:00 MONDAY FILM RS M					

STAFF KEY
S=STACEY
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
***=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.