

January 2020

The Arbors At WESTBURY Tel: 516-333-6400
www.thearborsassistedliving.com

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



STAFF KEY		LOCATION KEY
A-Andrilisa	NI-Nisha	B - Bistro
AS-Antonia	M-Martha	D - Dining Room
B-Deborah	N-Nancy	GR - Great Room
D-Deysy	R-Margaret	M - Media Room
F-Fatima	Y-Joy	O - Outings
J-Jessica P	E-All Staff	P - Patio
H-Asha	I - Independent	UN - Upper Nook
		SB - Smart Board

BANKING HOURS	BREAKFAST SERVED
MONDAY - FRIDAY 11:00 AM - 3:00 PM	7:30 AM & 8:45 AM
TECH TUTORING	LUNCH SERVED
TUESDAYS & SATURDAYS 1:30 PM	11:30 AM & 12:45 PM
POKER CLUB	DINNER SERVED
TUESDAYS	4:30 PM & 5:45 PM

1	NEW YEAR'S DAY		
9:00	MUSIC ENJOYMENT	H	GR
10:15	TODAY'S NEWS	H	GR
10:30	MORNING BINGO	N	GR
10:45	NEW YEAR'S DAY WORD SEARCH	H	GR
12:00	MEDITATIVE COLORING	I	GR
1:30	WALKING CLUB	H	GR
1:30	SB: NEW YEAR'S DAY FUN FACTS	N	GR
2:00	AFTERNOON MOVIE	H	GR
2:00	NEWYEAR'S RESOLUTIONS DISCUSSION	H	GR
2:30	CRAFT CORNER: WINTER WONDERLAND MINI HOUSE	N	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	SB: WINTER MELODIES	N	GR
5:30	INDEPENDENT COLORING	I	GR
6:00	EVENING MOVIE	N	GR

2	WINTER JEWELRY MAKING		
9:00	MORNING DELIGHT	M	GR
9:15	TRIP TO HAIR SALON	B	O
10:30	LET'S STRETCH	F	GR
10:30	SPA MANICURE	F	GR
10:30	MORNING EXERCISE	Y	GR
11:15	LEFT RIGHT CENTER	F	GR
12:00	INDEPENDENT READING	I	GR
1:30	A-Z TRIVIA	F	GR
2:00	MEN'S BARBERSHOP TRIP	B	O
2:00	MOVIE MATINEE	F	GR
2:30	WINTER JEWELRY MAKING	F	GR
3:30	SOCIAL HOUR	E	GR
4:00	MEN'S COMEDY CLUB	B	M
4:00	SB: BEST OF BING CROSBY	F	GR
5:30	INDEPENDENT CARD GAMES	F	GR
7:00	BINGO BASH	N	GR
8:15	MOVIE AT SUNSET	N	M

3	JEOPARDY CHALLENGE		
9:00	MUSIC APPRECIATION	B	GR
10:15	TODAY'S NEWS	B	GR
10:30	LET'S STRETCH	F	GR
10:30	RUMMIKUB	B	GR
11:15	WHAT IF? REMINISCING	F	GR
12:00	INDEPENDENT CHIT CHAT	I	GR
1:30	SB: HANGMAN	B	GR
1:45	BAKING CLUB: THREE KINGS CAKE	F	GR
2:00	MOVIE MATINEE	F	M
2:00	SHABBAT SERVICES	F	GR
2:30	JEOPARDY CHALLENGE	B	GR
3:30	SOCIAL HOUR	E	GR
4:00	CROCHET & KNITTING W/ FATIMA	F	GR
4:00	SB: BEST OF DORIS DAY	F	GR
5:30	INDEPENDENT CARD GAMES	I	GR
7:00	BINGO BASH	N	GR
8:15	EVENING MOVIE	N	GR

4	CHECKERS W/ BLAKE		
9:00	MORNING MUSIC	B	GR
10:15	NEWS AND DISCUSSION	B	GR
10:30	WEEKEND STRETCH	F	GR
10:30	CHECKERS W/ BLAKE	B	GR
11:15	BOWLING	F	GR
11:30	TABLE TALK	B	GR
12:00	INDEPENDENT PUZZLES	I	GR
1:30	SB: WHO WANTS TO BE A MILLIONAIRE	B	GR
1:45	FIRESIDE CHAT	F	GR
2:00	MOVIE MATINEE	F	M
2:30	HORSE RACING	F	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	SB: BEST OF THE 60'S	N	GR
5:30	INDEPENDENT CHIT CHAT	I	GR
7:00	BINGO FEVER	S	GR
8:15	MOVIE NIGHT	S	M

5	UNLIMITED CARDS BINGO		
9:00	MUSIC APPRECIATION	Y	GR
10:15	CATHOLIC SERVICES	Y	GR
10:45	SUNDAY NEWS	Y	GR
11:00	MORNING STRETCH	N	GR
11:30	20 QUESTIONS	Y	GR
12:00	INDEPENDENT CARD GAMES	I	GR
1:00	SPORTS CENTER: MEDIA ROOM	N	M
1:30	SB: CROSSWORDS	Y	GR
1:30	TECH TUTORING	A	GR
1:30	WORD SEARCH W/ NANCY	N	GR
2:30	UNLIMITED CARDS BINGO	N	GR
2:30	MAH JONGG	I	GR
3:30	SOCIAL HOUR	E	GR
4:00	SB: BARBRA STREISAND IN CONCERT	N	GR
5:30	INDEPENDENT PUZZLES	I	GR
7:00	EVENING BINGO	H	GR
8:15	MEET ME AT THE MOVIES	H	M

6	NEW RESIDENT TEA		
9:00	MORNING TUNES	Y	GR
10:15	SB: ROSARY SERVICE	Y	GR
10:30	NEW RESIDENT TEA	A	M
10:45	NEWS AND VIEWS	Y	GR
11:00	EXERCISE TO THE MUSIC	Y	GR
11:30	SB: ROD STEWART IN CONCERT	Y	GR
12:00	INDEPENDENT WORD SEARCH	I	GR
1:30	SPA MANICURE	N	GR
1:30	SB: NATIONAL DAYS WORD GAME	Y	GR
2:00	MOVIE MATINEE	N	GR
2:15	WALKING CLUB	Y	GR
2:30	GLEE CLUB	N	GR
2:30	LEFT RIGHT CENTER	Y	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	SB: THE MILLS BROTHERS HITS	Y	GR
4:00	WRITING CLUB	N	GR
5:30	INDEPENDENT FIRESIDE CHAT	I	GR
7:00	BINGO BASH	H	GR
8:15	MOVIE AT EIGHT	H	M

7	RESIDENT COUNCIL MEETING		
9:00	MUSIC DELIGHT	Y	GR
9:15	TRIP TO JAKE'S 58 CASINO	B	O
10:15	CURRENT EVENTS	Y	GR
10:30	SENIOR FITNESS W/ METRO PHYSICAL THERAPY	F	GR
11:15	LEFT RIGHT CENTER	F	GR
12:00	INDEPENDENT PUZZLES	I	GR
1:15	NAIL SALON	F	GR
1:30	TECH TUTORING	A	GR
1:30	SB: CROSSWORD PUZZLE	Y	GR
2:00	AFTERNOON MOVIE	Y	M
2:15	RESIDENT COUNCIL MEETING	Y	GR
3:00	POKER CLUB	I	GR
3:15	MEXICAN TRAIN DOMINOES	I	GR
3:30	SOCIAL HOUR	E	GR
4:00	SB: HITS OF THE 40'S	F	GR
5:30	INDEPENDENT WORD SEARCH	I	GR
7:00	BINGO FEVER	H	GR
8:30	LATE NIGHT MOVIE	H	GR

8	LUNCHEON AT THE ORIENT		
8:30	CATHOLIC MASS TRIP	B	O
9:00	MUSIC ENJOYMENT	Y	GR
10:15	TODAY'S NEWS	P	GR
10:30	EXERCISE TO MUSIC	F	GR
11:00	LUNCHEON AT THE ORIENT	B	O
11:15	SCATTERGORIES	F	GR
12:00	INDEPENDENT READING	I	GR
1:30	REMINISCING OF THE TIMES...	F	GR
2:00	TRIP TO TARGET	B	O
2:00	CATHOLIC MASS	Y	GR
2:30	WALKING CLUB	Y	GR
2:30	BEAN BAG TOSS	F	GR
3:30	SOCIAL HOUR	E	GR
3:45	BOOK CLUB W/ JOY	Y	GR
4:00	SB: BEST OF THE 60'S	P	GR
5:30	INDEPENDENT COLORING	I	GR
7:00	BINGO FUN	H	GR
8:15	EVENING MOVIE	H	M

9	WINTER WONDERLAND OPEN HOUSE		
9:00	MORNING DELIGHT	M	GR
9:15	TRIP TO HAIR SALON	B	O
10:15	MIDWEEK NEWS	F	GR
10:30	'THE HARMONAIRES' WESTBURY SENIOR CENTER MUSICAL PERFORMANCE	Y	GR
11:15	WINTER REMINISCING	F	GR
12:00	INDEPENDENT COLORING: WINTER SCENES	I	GR
1:15	GUESS HOW MANY MARSHMALLOWS	Y	GR
1:30	WINTER JEOPARDY	S	GR
2:00	MOVIE MATINEE	Y	GR
2:00	WINTER PARTY W/ AMI JANE	E	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	SB: FUN WINTER FACTS	F	GR
5:30	INDEPENDENT CARD GAMES	F	GR
7:00	BINGO NIGHT	H	GR
8:15	MOVIE AT SUNSET	H	M

10	CROSSWORD PUZZLE		
9:00	MORNING MUSIC	B	GR
10:15	TODAY'S NEWS	B	GR
10:30	LET'S STRETCH	F	GR
10:30	RUMMIKUB	B	GR
11:15	YOU BE THE JUDGE	H	GR
12:00	INDEPENDENT CHIT CHAT	I	GR
1:15	NAIL SALON	F	GR
1:30	SB: HANGMAN	N	GR
2:00	MOVIE MATINEE	N	M
2:00	SHABBAT SERVICES	B	GR
2:30	SB: CROSSWORD PUZZLE	F	GR
3:30	SOCIAL HOUR	E	GR
4:00	SB: NAT KING COLE TUNES	F	GR
4:00	CROCHET & KNITTING W/ FATIMA	F	GR
5:30	INDEPENDENT READING	I	GR
7:00	BINGO BLITZ	N	GR
8:15	LET'S GO TO THE MOVIES	N	M

11	RED HAT SOCIETY: WINTER ORNAMENT		
9:00	MUSIC ENJOYMENT	B	M
10:15	WEEKEND NEWS	B	GR
10:30	EXERCISE	F	GR
10:30	CHECKERS W/ BLAKE	B	GR
11:00	FRAN JEWELRY VENDOR	I	GR
11:15	PENNY ANTE	F	GR
11:30	SB: RICE GAME TRIVIA	B	GR
12:00	INDEPENDENT COLORING	I	GR
1:30	SB: FAMILY FEUD	F	GR
2:00	MOVIE MATINEE	F	M
2:30	RED HAT SOCIETY: WINTER ORNAMENT	F	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	SB: DOO-WOP TUNES	M	M
5:30	INDEPENDENT CARD GAMES	I	GR
7:00	BINGO MANIA	S	GR
8:15	MOVIE NIGHT	S	M

12	HARMONICA W/ FITZGERALD		
9:00	MORNING TUNES	Y	GR
10:15	CATHOLIC SERVICES	Y	GR
10:45	SUNDAY NEWS	Y	GR
11:00	RELAXING STRETCH	N	GR
11:30	SB: HANGMAN	Y	GR
12:00	INDEPENDENT CARD GAMES	I	GR
1:00	SPORTS CENTER: MEDIA ROOM	N	M
1:30	TECH TUTORING	A	GR
1:30	SB: RICE GAME TRIVIA	Y	GR
2:30	MAH JONGG	I	GR
2:30	UNLIMITED CARDS BINGO	N	GR
3:30	SOCIAL HOUR	E	M
3:30	HARMONICA W/ FITZGERALD	E	GR
4:00	SB: BEST OF PERRY COMO	Y	GR
5:30	INDEPENDENT CROSSWORDS	I	GR
7:00	BINGO FEVER	H	GR
8:15	MOVIE AT SUNSET	H	M

13	MORNING MEDITATION		
9:00	MUSIC APPRECIATION	Y	M
10:15	SB: ROSARY SERVICE	Y	GR
10:45	CURRENT EVENTS	Y	GR
10:45	MORNING MEDITATION	N	M
11:00	STRETCH TO THE MUSIC	Y	GR
11:30	WHAT WOULD YOU DO?	Y	GR
12:00	INDEPENDENT COLORING	I	GR
1:30	REMINISCING BY THE FIREPLACE	Y	GR
1:30	SB: CROSSWORDS	N	GR
2:00	MOVIE MATINEE	N	M
2:15	WALKING CLUB	Y	GR
2:30	GLEE CLUB	N	GR
3:30	SOCIAL HOUR	E	GR
4:00	WRITING CLUB: WINTER VACATIONS	N	GR
4:00	SB: GENE AUTRY TUNES	N	GR
5:30	INDEPENDENT WORD SEARCH	I	GR
7:00	BINGO BLITZ	H	GR
8:15	MOVIE NIGHT	H	M

14	HORSE RACING		
9:00	MUSIC ENJOYMENT	M	GR
10:15	NEWS & VIEWS	F	GR
10:15	TRIP TO WALMART	B	O
10:30	MORNING EXERCISE	Y	GR
11:30	TABLE TALK	F	GR
12:00	INDEPENDENT PUZZLES	Y	GR
1:15	SB: WHO WANTS TO BE A MILLIONAIRE	F	GR
1:30	TECH TUTORING	A	GR
1:30	SB: CROSSWORDS	Y	GR
2:00	MOVIE MATINEE	Y	M
2:00	TRIP TO DOLLAR TREE	B	O
2:15	HORSE RACING	Y	GR
3:00	POKER CLUB	I	GR
3:15	MEXICAN TRAIN DOMINOES	I	GR
3:30	SOCIAL HOUR	E	GR
4:00	SB: CLASSIC ROCK TUNES	F	GR
5:30	INDEPENDENT CHIT CHAT	I	GR
7:00	BINGO BASH	H	GR
8:15	EVENING MOVIE	H	M

15	ART ON WHEELS W/ CHRIS		
8:30	CATHOLIC MASS TRIP	B	O
9:00	MUSIC DELIGHT	M	GR
10:15	NEWS AND DISCUSSION	Y	GR
10:30	NAIL SALON	F	GR
10:30	EXERCISE	Y	GR
11:00	LUNCHEON AT GYROLICIOUS	B	GR
11:15	REMINISCING SESSION	Y	GR
12:00	INDEPENDENT COLORING	I	GR
1:30	KINGS IN THE CORNER	F	P
1:30	SB: MICHAEL BUBLE IN CONCERT	Y	O
2:00	TRIP TO AC MOORE	B	M
2:00	MOVIE MATINEE	F	GR
2:00	WALKING CLUB	Y	GR
2:15	ART ON WHEELS W/ CHRIS	Y	M
3:00	VET'S CHAT W/ PAT	F	GR
3:30	SOCIAL HOUR	E	GR
3:45	BOOK CLUB W/ JOY	Y	GR
4:00	SB: BEST OF EILEEN BARTON	F	GR
5:30	INDEPENDENT PUZZLES	I	GR
7:00	EVENING BINGO	H	M
8:15	LET'S GO TO THE MOVIES	H	M

16	MEN'S COMEDY CLUB		
9:00	MORNING MUSIC	F	GR
9:15	TRIP TO HAIR SALON	B	O
10:15	TODAY'S NEWS	F	GR
10:30	EXERCISE TO MUSIC	F	GR
11:15	BOWLING	F	GR
12:00	INDEPENDENT READING	I	GR
1:30	NAIL SALON	H	GR
1:30	SB: CROSSWORD PUZZLE	Y	GR
2:00	MEN'S BARBERSHOP TRIP	B	O
2:00	MOVIE MATINEE	F	GR
2:30	BIBLE STUDY & PRAYERS	F	GR
3:00	REMINISCING BY THE FIREPLACE	Y	GR
3:30	SOCIAL HOUR	E	GR
4:00	MEN'S COMEDY CLUB	B	M
4:00	SB: THE SUPREMES DOCUMENTARY	F	GR
5:30	INDEPENDENT WORD SEARCH	I	GR
7:00	BINGO BONANZA	N	GR
8:15	MOVIE NIGHT	N	M

17	BOCCE BALL		
9:00	MUSIC APPRECIATION	B	GR
10:15	NEWS AND VIEWS	B	GR
10:30	LET'S STRETCH	F	GR
10:30	RUMMIKUB	B	GR
11:00	GOLF	F	GR
12:00	INDEPENDENT WORD SEARCH	I	GR
1:30	TABLE GAMES	B	GR
1:45	BAKING CLUB: BLUE SNOWFLAKE COOKIE	F	GR
2:00	MOVIE MATINEE	F	M
2:00	SHABBAT SERVICES	B	GR
2:30	BOCCE BALL	B	GR
3:30	BIRTHDAY SOCIAL	E	GR
4:00	CROCHET & KNITTING W/ FATIMA	F	GR
4:00	SB: THE FOUR ACES	F	GR
5:30	INDEPENDENT CARD GAMES	I	GR
7:00	BINGO FUN	N	GR
8:15	MOVIE AT EIGHT	N	M

18	GLEE CONCERT		
9:00	MORNING TUNES	G	GR
10:15	CURRENT EVENTS	G	GR
10:30	SENIOR FITNESS W/ HOME ADVANTAGE	F	GR
10:30	PHYSICAL THERAPY	B	GR