

September 2020

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

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 NEWS & VIEWS DISCUSSION 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	2 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY REMINISCING 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	3 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY BEAN BAG TOSS 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	4 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 COOKING DEMO ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	5 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY KARAOKE 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	
6 10:00 SUNDAY MASS ACTIVITY CHANNEL 11:00 MORNING STRETCH ACTIVITY CHANNEL 11:30 STAFF SOCIAL VISITS 12:00 MOVIE W/LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	7 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY BOWLING 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	8 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 GARDENING CLUB ACTIVITY 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	9 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY TRIVIA 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	10 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY POETRY 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	11 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY NAME THAT TUNE 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	12 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HOW TO – CRAFTS FROM YOUR ROOM ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	
13 10:00 SUNDAY MASS ACTIVITY CHANNEL 11:00 MORNING STRETCH ACTIVITY CHANNEL 11:30 STAFF SOCIAL VISITS 12:00 MOVIE W/LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	14 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY INSPIRATIONAL READINGS 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	15 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 COOKING DEMO ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	16 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY KARAOKE 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	17 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY GOLF 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	18 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY HOLLYWOOD GOSSIP 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	19 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 DEAN MARTIN ROASTS - ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	
20 10:00 SUNDAY MASS ACTIVITY CHANNEL 11:00 MORNING STRETCH ACTIVITY CHANNEL 11:30 STAFF SOCIAL VISITS 12:00 MOVIE W/LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	21 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY SING ALONG 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	22 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY JEOPARDY 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	23 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY REMINISCING 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	24 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 COMEDY SHOW ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	25 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 COMEDY SHOW ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	26 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 COOKING DEMO ACTIVITY CHANNEL 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	
27 10:00 SUNDAY MASS ACTIVITY CHANNEL 11:00 MORNING STRETCH ACTIVITY CHANNEL 11:30 STAFF SOCIAL VISITS 12:00 MOVIE W/LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	28 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY REMINISCING 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	29 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY NEWS & VIEWS 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	30 11:00 MORNING STRETCH ACTIVITY CHANNEL 12:00 MOVIE W/ LUNCH ACTIVITY CHANNEL 1:00 AFTERNOON WALKS 2:15 MOBILE SOCIAL HOUR 4:00 HALLWAY TRIVIA 5:00 MOVIE W/ DINNER ACTIVITY CHANNEL	BANKING HOURS MONDAY - FRIDAY 11:00 AM - 3:00 PM COMPUTER CLUB MONDAY - FRIDAY 9:00 AM - 10:00 AM WALKING CLUB MONDAY /WEDNESDAY/ THURSDAY 2:00 PM	BREAKFAST SERVED 7:30 AM & 8:45 AM LUNCH SERVED 11:30 AM & 12:45 PM DINNER SERVED 4:30 PM & 5:45 PM	STAFF KEY A - Antonia B-Deborah C - Camille D-Deysy F-Fatima JP - Jessica P M-Martha P-Patricia R-Margaret Y-Joy E-All Staff LOCATION KEY B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio	<p>*All trips are if weather permits. *All programs are subject to change. Change will be reflected on the Daily Board.</p> <p>Your Recreation Director will be happy to answer any questions you may have regarding this calendar.</p>