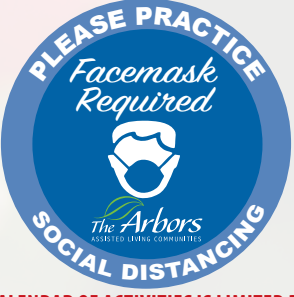


May 2021

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

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PLEASE PRACTICE <i>Facemask Required</i> SOCIAL DISTANCING THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION		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 M=MICHAEL F=FATIMA N=NANCY J=JIMMY B=BLAKE A=ANTONIA ER=ERICA E=ALL STAFF I=INDEPENDENT LOCATION KEY B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	*All trips are if weather permits. *All programs are subject to change. Change will be reflected on the Daily Board. Your Recreation Director Michael Fils will be happy to answer any questions you may have regarding this calendar.		1 MAY BIRTHDAY SOCIAL 10:00 NEWS AND DISCUSSIONS B GR 11:15 FITNESS F GR 11:30 WORD GAME B GR 1:00 MOVIE MATINEE IR GR 2:00 AFTERNOON TRIVIA B M 2:30 MAY BIRTHDAY SOCIAL N GR 4:00 CONVERSATION CORNER B GR 5:00 EVENING MOVIE I GR
2 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 SUNDAY STRETCH N GR 11:30 FINISHING WORDS F M 1:00 MOVIE MATINEE IR 2:00 1ST BINGO F GR 3:00 2ND BINGO E M 4:00 TABLE GAMES N GR 5:00 EVENING MOVIE I IR	3 10:00 NEWS AND DISCUSSION N GR 11:00 LIGHT N LIVELY FITNESS F GR 11:30 TRIVIA I GR 1:00 MOVIE MATINEE N IR 2:00 SNACK SOCIAL N GR 2:00 1ST BINGO N GR 3:00 2ND BINGO N GR 4:00 MEXICAN TRAIN DOMINOES Y GR 5:00 EVENING MOVIE I IR	4 WRITING CLUB 10:00 CURRENT EVENTS & UPDATES B R 11:15 EXERCISE WITH MUSIC F GR 11:30 WRITING CLUB F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B M 2:00 1ST BINGO F GR 3:00 2ND BINGO I GR 4:00 MIND JOGGERS B GR 5:00 EVENING MOVIE I IR	5 CINCO DE MAYO 10:00 MID WEEK NEWS B GR 11:15 WEDNESDAY WORKOUT F GR 11:30 CINCO DE MAYO WORD GAME B GR 1:00 MOVIE MATINEE F IR 2:00 GUESS HOW MANY LOLLIPOPS B GR 2:30 CINCO DE MAYO SOCIAL F GR 4:00 SING ALONG W/BLAKE F GR 5:00 EVENING MOVIE I IR	6 NEW RESIDENT TEA 10:00 NEWS AND VIEWS Y GR 10:30 BALLOON VOLLEYBALL F GR 11:15 BALLOON VOLLEYBALL F GR 11:30 NEW RESIDENT TEA I GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B R 2:00 1ST BINGO E GR 3:00 2ND BINGO E GR 4:00 TABOO F GR 5:00 EVENING MOVIE I IR	7 10:00 MORNING UPDATE AND NEWS F GR 11:15 FRIDAY FITNESS F GR 11:30 POETRY WITH JIMMY F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B GR 2:00 1ST BINGO F GR 3:00 2ND BINGO E GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	8 MOTHER'S DAY PARTY 10:00 NEWS AND DISCUSSIONS F GR 11:15 EXERCISE WITH MUSIC F GR 11:30 WORD GAME B GR 1:00 MOVIE MATINEE I IR 2:00 MOTHER' DAY SOCIAL B M 3:30 1ST SEATING BINGO E GR 4:00 2ND SEATING BINGO B GR 5:00 EVENING MOVIE I IR
9 MOTHER'S DAY 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:15 SUNDAY STRETCH F GR 11:30 SB: MOTHERS DAY FUN FACTS N GR 1:00 MATINEE MOVIE I IR 2:00 SNACK SOCIAL N GR 2:00 1ST BINGO F GR 3:00 2ND BINGO E M 4:00 MAH JONGG F GR 5:00 EVENING MOVIE I IR	10 ARTS AND CRAFTS 10:00 NEWS AND DISCUSSION N GR 11:15 STRETCH TO THE MUSIC F GR 1:00 MATINEE MOVIE I IR 2:00 SNACK SOCIAL N M 2:00 1ST BINGO F GR 3:00 2ND BINGO N GR 4:00 ARTS AND CRAFTS I GR 5:00 EVENING MOVIE N IR	11 GLEE CLUB 10:00 CURRENT EVENTS & UPDATES B GR 11:15 MORNING EXERCISE F IR 11:30 CRANIUM CRUSHERS F GR 1:00 MATINEE MOVIE I GR 2:00 SNACK SOCIAL B M 2:00 GLEE CLUB F GR 3:00 1ST BINGO B GR 4:00 2ND BINGO E GR 5:00 EVENING MOVIE I IR	12 VETS CHAT W/ PAT 10:00 MID WEEK NEWS B R 10:30 BALLOON VOLLEYBALL N GR 11:00 BALLOON VOLLEYBALL B GR 11:15 BAKING CLUB F GR 1:00 MATINEE MOVIE F IR 2:00 SNACK SOCIAL B GR 2:00 1ST BINGO B GR 3:00 2ND BINGO F M 3:00 VETS CHAT W/ PAT B GR 4:00 MANDALA ART Y GR	13 MEN'S COMEDY CLUB 10:00 NEWS AND VIEWS B O 11:15 EXERCISE TO MUSIC F GR 11:30 CROSSWORD PUZZLE F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL F GR 2:00 1ST BINGO E GR 3:00 2ND BINGO F GR 3:00 MENS CLUB F GR 4:00 AFTERNOON CARD GAMES F GR 5:00 EVENING MOVIE I IR	14 RESIDENT COUNCIL 10:00 MORNING UPDATE AND NEWS B GR 11:15 CHAIR EXERCISE N GR 11:30 BOWLING N GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B GR 2:00 RESIDENT COUNCIL MEETING N GR 3:00 RESIDENT COUNCIL MEETING B GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	15 ARMED FORCE DAY 10:00 NEWS AND DISCUSSIONS G GR 11:00 WEEKEND STRETCHES F GR 11:30 WORD GAME F GR 1:00 MATINEE MOVIE I IR 2:00 ARMED FORCES SOCIAL B M 2:00 1ST BINGO F GR 3:00 2ND BINGO E GR 4:00 INDOOR WALKING CLUB F GR 5:00 EVENING MOVIE I IR
16 UNLIMITED CARD BINGO 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:30 WHAT'S TRENDING Y GR 1:00 MATINEE MOVIE N IR 2:00 SNACK SOCIAL Y GR 2:00 1ST UNLIMITED BINGO I GR 3:00 2ND UNLIMITED BINGO N GR 4:00 TOPICS TO DISCUSS E GR 5:00 EVENING MOVIE I IR	17 ART GROUP 10:00 NEWS AND DISCUSSION Y GR 11:00 EXERCISE TO THE MUSIC Y GR 11:30 WALKING CLUB Y GR 1:00 MATINEE MOVIE Y IR 2:00 SNACK SOCIAL B GR 2:00 1ST BINGO Y GR 3:00 2ND BINGO N GR 4:00 SPRING TIME ART GROUP N GR 5:30 EVENING MOVIE I IR	18 WOMEN'S CLUB 10:00 CURRENT EVENTS & UPDATES Y GR 11:15 EXERCISE TO MUSIC F GR 11:30 WOMEN'S CLUB Y GR 1:00 MOVIE MATINEE Y IR 2:00 SNACK SOCIAL Y M 2:15 1ST BINGO Y GR 3:15 2ND BINGO I GR 4:00 RUMMIKUB E GR 5:00 EVENING MOVIE I IR	19 10:00 MID WEEK NEWS B O 11:15 WEDNESDAY WORKOUT Y GR 11:30 SB: ELVIS PRESLEY MUSIC B O 1:00 MOVIE MATINEE F IR 2:00 SNACK SOCIAL B O 2:00 1ST BINGO F M 3:00 2ND BINGO Y GR 4:00 SB: CLASSICAL MUSIC HOUR E GR 5:00 EVENING MOVIE I IR	20 COOKING PRESENTATION W CHEF 10:00 NEWS AND VIEWS B R 10:30 BALLOON VOLLEYBALL F GR 11:15 BALLOON VOLLEYBALL F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B R 2:00 COOKING PRESENTATION W CHEF F M 2:30 1ST BINGO F GR 3:30 2ND BINGO E GR 4:00 CREATIVE WRITING E GR 5:00 EVENING MOVIE N IR	21 10:00 MORNING UPDATE AND NEWS H GR 11:15 FRIDAY FITNESS B GR 11:30 POETRY WITH JIMMY F GR 1:00 MOVIE MATINEE F IR 2:00 SNACK SOCIAL F GR 2:15 1ST BINGO H GR 2:30 2ND BINGO F GR 4:00 SHABBAT SERVICES E 5:00 EVENING MOVIE I IR	22 10:00 NEWS AND DISCUSSIONS G GR 11:15 WEEKEND STRETCH F GR 11:30 WORD GAME F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B GR 2:15 1ST BINGO F GR 2:30 2ND BINGO E GR 4:00 KARAOKE HOUR F GR 5:00 EVENING MOVIE I IR
23/30 MAHJONG 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 SUNDAY STRETCH N GR 11:30 MAH JONGG F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL F GR 2:15 1ST BINGO N GR 2:30 2ND BINGO N GR 4:00 RELAXATION AND MUSIC F GR 5:30 EVENING MOVIE I IR	24/31 10:00 NEWS AND DISCUSSION B GR 11:15 STRETCH TO MUSIC F GR 11:30 A-Z TRIVIA F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL B GR 2:00 1ST BINGO N GR 3:00 2ND BINGO N GR 5:30 EVENING MOVIE I IR	25 GLEE CLUB 10:00 CURRENT EVENTS & UPDATES B GR 11:15 CHAIR YOGA F GR 11:30 TABLE TOPICS F GR 1:00 MOVIE MATINEE I IR 2:00 GLEE CLUB Y M 2:30 SNACK SOCIAL F GR 3:00 1ST BINGO E GR 4:00 2ND BINGO F GR 5:30 EVENING MOVIE I IR	26 10:00 MID WEEK NEWS B R 10:45 BALLOON VOLLEYBALL 11:15 BALLOON VOLLEYBALL N GR 1:00 MOVIE MATINEE I R 2:00 SNACK SOCIAL B R 2:15 1ST BINGO N GR 3:00 2ND BINGO 4:00 AFTERNOON MEDITATION & STRETCHING F GR 5:00 EVENING MOVIE I R	27 BOWLING 10:00 NEWS AND VIEWS B R 11:15 CHAIR FITNESS N GR 11:30 WORD PUZZLES N GR 1:00 MOVIE MATINEE I R 2:00 SNACK SOCIAL B R 2:00 1ST BINGO GR 3:00 2ND BINGO F 4:00 BOWLING F GR 5:00 EVENING MOVIE I R	28 PIZZA TAKE OUT FRIDAY 10:00 MORNING UPDATE AND NEWS B R 11:15 STRENGTH & MOVEMENTS F GR 11:30 RING TOSS F GR 1:00 MOVIE MATINEE I R 2:00 SNACK SOCIAL B R 2:00 1ST BINGO F GR 3:00 2ND BINGO GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I R	29 10:00 NEWS AND DISCUSSIONS B R 11:15 CHAIR FITNESS F GR 11:30 WORD GAME F GR 1:00 MOVIE MATINEE I GR 2:00 SNACK SOCIAL E GR 2:00 1ST BINGO GR 3:00 2ND BINGO GR 4:00 INDEPENDENT BOARD GAMES 5:00 EVENING MOVIE I GR