

June 2021

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

RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION	STAFF KEY M=MICHAEL F=FATIMA N=NANCY J=JIMMY B=BLAKE A=ANTONIA ER=ERICA MA=MAGGIE 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	1 10:00 CURRENT EVENTS & UPDATE F GR 11:15 LET'S STRETCH F GR 11:30 ALL ABOUT GROUND HOG DAY Y GR 1:00 AFTERNOON MOVIE F GR 1:30 1ST SEATING BINGO A GR 2:00 SNACK SOCIAL Y IR 2:30 2ND BINGO Y GR 4:00 MEXICAN TRAIN DOMINOES F GR 5:00 EVENING MOVIE I GR	2 BAKING W/ FATIMA 10:00 MID WEEK NEWS Y GR 11:15 LET'S STRETCH P GR 11:30 BEAN BAG TOSS F GR 1:00 MATINEE MOVIE F GR 2:00 SNACK SOCIAL B O 2:00 BAKING W FATIMA Y GR 2:15 SNACK SOCIAL Y GR 2:30 1ST BINGO F GR 3:30 2ND BINGO E GR 5:00 EVENING MOVIE I GR	3 BOOK CLUB 10:00 NEWS AND VIEWS B GR 11:15 FITNESS F GR 11:30 A TO Z TRIVIA N GR 1:00 MOVIE MATINEE IR 2:00 SNACK SOCIAL B GR 2:15 1ST BINGO N GR 3:00 2ND BINGO I GR 4:00 BOOK CLUB IR 5:00 EVENING MOVIE H GR	4 10:00 MORNING UPDATE AND NEWS B GR 11:15 FITNESS J GR 11:30 POETRY WITH JIMMY GR 1:00 MOVIE MATINEE GR 2:00 SNACK SOCIAL B GR 2:00 1ST BINGO F GR 3:00 2ND BINGO F GR 4:00 SHABBAT SERVICE GR 5:00 EVENING MOVIE F GR	5 KARAOKE WITH BLAKE 10:00 NEWS AND DISCUSSIONS B GR 11:15 FITNESS F GR 11:30 WORD GAME B GR 1:00 MOVIE MATINEE IR 2:00 AFTERNOON TRIVIA B M 2:30 KARAOKE WITH BLAKE N GR 4:00 CONVERSATION CORNER B GR 5:00 EVENING MOVIE I GR
6 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 MUSIC APPRECIATION :CLASSICAL N GR 3:00 1ST BINGO E GR 4:00 2ND BINGO N GR 5:00 EVENING MOVIE I IR	7 BASKET BALL HOOPS SHOT 10:00 NEWS AND DISCUSSION N GR 11:00 LIGHT N LIVELY FITNESS F GR 11:30 BASKET BALL HOOPS SHOT 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	8 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	9 BIBLE STUDY GOUP 10:00 MID WEEK NEWS B GR 11:15 WEDNESDAY WORKOUT F GR 11:30 TRENDING TOPICS B GR 1:00 MOVIE MATINEE F IR 2:00 1ST BINGO B GR 2:30 SNACK SOCIAL F GR 3:00 2ND BINGO F M 4:00 BIBLE STUDY GROUP F GR 5:00 EVENING MOVIE I IR	10 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	11 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	12 JUNE BIRTHDAY SOCIAL 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 JUNE BIRTHDAY SOCIAL B M 3:30 1ST SEATING BINGO E GR 4:00 2ND SEATING BINGO B GR 5:00 EVENING MOVIE I IR
13 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:15 SUNDAY STRETCH F 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	14 FLAG DAY 10:00 NEWS AND DISCUSSION N GR 10:45 FLAG DAY CEREMONY N M 11:15 STRETCH TO THE MUSIC F GR 1:00 MATINEE MOVIE I IR 2:00 SNACK SOCIAL N M 2:00 FATHERS DAY CARDS F GR 3:00 1ST BINGO N GR 4:00 2ND BINGO E GR 5:00 EVENING MOVIE N IR	15 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	16 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 MAKE GRADUATION CARDS B GR 3:00 VETS CHAT W/ PAT B GR 3:00 1ST SEATING BINGO E GR 4:00 2ND SEATING BINGO Y GR 5:00 EVENING MOVIE F IR	17 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	18 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	19 10:00 NEWS AND DISCUSSIONS G GR 11:00 WEEKEND STRETCHES F GR 11:30 WORD GAME F GR 1:00 AFTERNOON MOVIE I IR 2:00 WALKING CLUB INDOOR/OUTDOOR B M 2:00 HAVE A SNACK F GR 3:00 1ST BINGO E GR 4:00 2ND BINGO F GR 5:00 EVENING MOVIE I IR
20 FATHER'S DAY 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:30 STORIES ABOUT DAD Y GR 1:00 MATINEE MOVIE N IR 2:00 FATHER'S DAY 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	21 ART GROUP / BASKETBALL 10:00 NEWS AND DISCUSSION Y GR 11:00 NATIONAL YOGA DAY Y GR 11:30 BASKETBALL HOOPS SHOT 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	22 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	23 SENIOR PROM 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 2:30 COCKTAIL HOUR F M 3:00 SENIOR PROM CELEBRATION Y GR 4:00 AWARD CEREMONY E GR 5:00 EVENING MOVIE I IR	24 CLASS OF 2021 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 2:30 CLASS OF 2021 PHOTOSHOOT F M 3:30 2021 BANQUET F GR 4:00 MUSIC APPRECIATION E GR 5:00 EVENING MOVIE N IR	25 PIZZA TAKE OUT FRIDAY 10:00 MORNING UPDATE AND NEWS H GR 11:15 FRIDAY FITNESS B GR 11:30 SPELLING CHALLENGE 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	26 NATIONAL DAY OF JOY 10:00 NEWS AND DISCUSSIONS G GR 11:15 WEEKEND STRETCH F GR 11:30 GIVE A LITTLE JOY DISCUSSION 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
27 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	28 BASKET BALL HOOPS SHOT 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 BASKETBALL HOOPS SHOT B GR 3:00 1ST BINGO N GR 4:00 2ND BINGO N GR 5:30 EVENING MOVIE I IR	29 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	30 10:00 MID WEEK NEWS B R 10:45 BALLOON VOLLEYBALL N GR 11:15 BALLOON VOLLEYBALL I R 1:00 MOVIE MATINEE I R 2:00 SNACK SOCIAL B R 2:15 1ST BINGO N GR 3:00 2ND BINGO F GR 4:00 AFTERNOON MEDITATION & STRETCHING F GR 5:00 EVENING MOVIE I R	BANKING HOURS MONDAY - FRIDAY 11:00 AM - 3:00 PM BREAKFAST SERVED 7:30 AM & 8:45 AM COMPUTER CLUB MONDAY - FRIDAY 9:00 AM - 10:00 AM LUNCH SERVED 11:30 AM & 12:45 PM DINNER SERVED 4:30 PM & 5:45 PM WALKING CLUB MONDAY / WEDNESDAY / THURSDAY 2:00 PM	*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.	