

November 2021

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

## RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 NEWS AND DISCUSSION Y GR 11:00 MORNING FITNESS Y GR 11:30 GUESS 10 Y GR 1:00 MOVIE MATINEE N IR 2:00 WALKING CLUB Y GR 2:30 AFTERNOON SOCIAL N GR 3:30 BINGO E GR 4:30 CONVERSATION CORNER N GR 5:00 EVENING MOVIE I IR	<b>2 GLEE CLUB</b> 10:00 CURRENT EVENTS & UPDATE F GR 11:15 LET'S STRETCH F GR 11:30 CRANIUM CRUSHERS Y GR 1:00 AFTERNOON MOVIE F GR 2:00 GLEE CLUB A GR 2:30 SNACK SOCIAL Y IR 3:30 AFTERNOON BINGO Y GR 4:00 MEXICAN TRAIN DOMINOES F GR 5:00 EVENING MOVIE I GR	<b>3 CVS BUS TRIP</b> 10:00 MID WEEK NEWS Y GR 10:45 BALLOON VOLLEY BALL P GR 11:30 TRAVEL CLUB: NORWAY F GR 1:00 MATINEE MOVIE F GR 2:00 CVS BUS TRIP Y IR 2:00 MUSIC APPRECIATION Y GR 2:15 SNACK SOCIAL Y GR 3:30 AFTERNOON BINGO E GR 4:00 LATE DAY STRETCH P GR 5:00 EVENING MOVIE I GR	<b>4 SCENIC TRIP</b> 10:00 NEWS AND VIEWS B GR 11:15 FITNESS F GR 11:30 A TO Z TRIVIA N GR 2:00 MOVIE MATINEE Y GR 2:00 SCENIC RIDE IR 2:30 SNACK SOCIAL B GR 3:30 AFTERNOON BINGO I GR 4:00 CARD GAMES IR 5:00 EVENING MOVIE H GR	<b>5</b> 10:00 MORNING UPDATE AND NEWS B GR 11:15 FITNESS J GR 11:30 BEAN BAG TOSS GR 12:00 MATINEE MOVIE F GR 2:00 WORD IN A WORD B GR 3:00 AFTERNOON BINGO F GR 4:00 SHABBAT SERVICE GR 5:00 EVENING MOVIE F GR	<b>6</b> 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 3:30 AFTERNOON BINGO GR 4:00 CONVERSATION CORNER B GR 5:00 EVENING MOVIE I GR
<b>7 DAYLIGHT SAVING TIME</b> 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 CHESS & CHECKERS GAMES N GR 3:00 AFTERNOON BINGO E GR 4:00 FIRESIDE CHATS N GR 5:00 EVENING MOVIE I IR	<b>8 DOLLAR TREE</b> 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 DOLLAR TREE BUS TRIP N GR 2:00 BOARD GAME BONANZA N GR 3:00 AFTERNOON BINGO N GR 4:00 CELEBRITY DOCUMENTARY Y GR 5:00 EVENING MOVIE I IR	<b>9 LIBRARY TRIP</b> 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 JERICHO LIBRARY TRIP F GR 3:30 AFTERNOON BINGO E GR 4:00 MIND JOGGERS B GR 5:00 EVENING MOVIE I IR	<b>10 MICHAEL'S CRAFT STORE</b> 10:00 MID WEEK NEWS B GR 10:45 BALLOON VOLLEY BALL I GR 11:30 TRENDING TOPICS B GR 1:00 MOVIE MATINEE F IR 2:00 MICHAEL'S CRAFT STORE B O 2:30 SNACK SOCIAL F GR 3:00 AFTERNOON BINGO F M 4:00 SCRABBLE GAME F GR 5:00 EVENING MOVIE I IR	<b>11 VETERANS DAY</b> 10:00 NEWS AND VIEWS Y GR 10:30 CHAIR EXERCISE F GR 11:00 SB: HISTORY OF VETERAN'S DAY F GR 11:30 WORD GAMES I GR 1:00 MOVIE MATINEE I IR 2:00 VETERAN'S DAY CEREMONY B R 2:30 VETERAN'S SOCIAL E GR 3:00 VETERAN'S DAY PARTY E GR 4:00 TRIVIA F GR 5:00 EVENING MOVIE I IR	<b>12 JEOPARDY CHALLENGE</b> 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 JEOPARDY CHALLENGE E GR 4:00 AFTERNOON BINGO F GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	<b>13 HORSE RACING</b> 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 HORSE RACING B M 3:30 AFTERNOON BINGO E GR 4:00 DEAR ABBY B GR 5:00 EVENING MOVIE I IR
<b>14 KARAOKE</b> 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 1:30 VIOLIN PERFORMANCE AT LIBRARY N GR 2:00 SNACK SOCIAL N GR 2:00 KARAOKE IN THE GREAT ROOM F GR 3:00 AFTERNOON BINGO E M 4:00 MANICURES & MUSIC F GR 5:00 EVENING MOVIE I IR	<b>15 LIDL GROCERY / NEW RESIDENT TEA</b> 10:00 NEWS AND DISCUSSION N GR 10:30 JAKE 58 TRIP N M 11:15 STRETCH TO THE MUSIC F GR 11:30 NEW RESIDENT TEA F GR 1:00 MATINEE MOVIE I IR 2:00 SNACK SOCIAL N M 2:00 BEAN BAG TOSS F GR 4:00 AFTERNOON BINGO E GR 4:00 SB: DEAN MARTIN MUSIC I GR 5:00 EVENING MOVIE N IR	<b>16 TARGET / GLEE CLUB</b> 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 AFTERNOON BINGO B GR 4:00 FAMOUS CELEBRITY BIO F GR 5:00 EVENING MOVIE I IR	<b>17 VETS CHAT W/ PAT</b> 10:00 MID WEEK NEWS B R 10:30 BALLOON VOLLEYBALL N GR 11:15 SPELLING BEE CHALLENGE F GR 1:00 MATINEE MOVIE F IR 2:00 SNACK SOCIAL B GR 2:00 BAKING CLUB B GR 3:00 VETS CHAT W/ PAT B GR 3:00 AFTERNOON BINGO E GR 4:00 RUMMIKUB Y GR 5:00 EVENING MOVIE F IR	<b>18 EARLY MORNING MASS TRIP</b> 9:00 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS B O 11:15 EXERCISE TO MUSIC F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK SOCIAL F GR 2:00 SING ALONG W/ NANCY E GR 3:00 AFTERNOON BINGO F GR 3:00 MENS CLUB F GR 4:00 AFTERNOON CARD GAMES F GR 5:00 EVENING MOVIE I IR	<b>19 NOV BIRTHDAY PARTY</b> 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 BASKETBALL HOOP SHOT N GR 3:00 SNACK SOCIAL B GR 1:30 AFTERNOON BINGO B GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	<b>20 JEWELRY MAKING W/ FATIMA</b> 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 JEWELRY MAKING W/ FATIMA B M 2:00 HAVE A SNACK F GR 3:00 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER F GR 5:00 EVENING MOVIE I IR
<b>21 SUNDAY SUNDAYES</b> 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 SUNDAY SUNDAYES I GR 3:00 AFTERNOON BINGO N GR 4:00 TOPICS TO DISCUSS E GR 5:00 EVENING MOVIE I IR	<b>22 STOP &amp; SHOP</b> 10:00 NEWS AND DISCUSSION Y GR 10:45 MORNING FITNESS Y GR 11:30 MUSIC THROUGH THE DECADES Y GR 1:00 MATINEE MOVIE Y IR 2:00 SNACK SOCIAL B GR 2:00 WOMEN'S CLUB Y GR 3:00 AFTERNOON BINGO N GR 4:00 CONVERSATION CORNER N GR 5:30 EVENING MOVIE I IR	<b>23 RESIDENT COUNCIL MEETING</b> 10:00 CURRENT EVENTS & UPDATES Y GR 11:15 EXERCISE TO MUSIC F GR 11:30 CRANIUM CRUSHERS Y GR 1:00 MOVIE MATINEE Y IR 2:00 RESIDENT COUNCIL MEETING Y M 2:15 SNACK SOCIAL Y GR 3:15 AFTERNOON BINGO I GR 4:00 RUMMIKUB E GR 5:00 EVENING MOVIE I IR	<b>24 GRATITUDE CARD MAKING</b> 10:00 CURRENT EVENTS B O 10:15 BALLOON VOLLEYBALL M GR 11:30 BRAIN GAMES B O 1:00 MOVIE MATINEE F IR 2:00 GRATITUDE CARD MAKING B O 3:00 AFTERNOON BINGO Y GR 5:00 EVENING MOVIE I IR	<b>25 THANKSGIVING DAY</b> 10:00 NEWS AND VIEWS B R 10:30 CHAIR EXERCISE F GR 11:15 RING TOSS F GR 1:00 MOVIE MATINEE I IR 2:00 ART BY DEBBIE VIOLA B R 3:00 AFTERNOON BINGO F GR 4:00 TABLE GAMES E GR 5:00 EVENING MOVIE N IR	<b>26 PIZZA TAKE OUT FRIDAY</b> 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 BALL TOSS F GR 2:15 SNACK SOCIAL H GR 2:30 AFTERNOON BINGO F GR 4:00 SHABBAT SERVICES E 5:00 EVENING MOVIE I IR	<b>27 MAH JONGG</b> 10:00 NEWS AND DISCUSSIONS G GR 11:15 WEEKEND STRETCH F GR 11:30 WORD IN A WORD F GR 1:00 MOVIE MATINEE I IR 2:00 I LOVE LUCY B GR 3:00 AFTERNOON BINGO E GR 4:00 DEAR ABBY F GR 5:00 EVENING MOVIE I IR
<b>28 WINE &amp; CHEESE TASTING</b> 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 YOU BE THE JUDGE F GR 1:00 MOVIE MATINEE I IR 2:00 MAH JONGG F GR 3:30 AFTERNOON BINGO N GR 4:00 RELAXATION AND MUSIC F GR 5:30 EVENING MOVIE I IR	<b>29 SCENIC RIDE / WOMEN'S CLUB</b> 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 WOMEN'S CLUB B GR 2:00 SNACK SOCIAL N GR 3:30 AFTERNOON BINGO B GR 4:00 CELEBRITY DOCUMENTARY F GR 5:30 EVENING MOVIE I IR	<b>30 TJ MAX / GLEE CLUB</b> 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 2:00 TJ MAX BUS TRIP B GI 2:30 SNACK SOCIAL F GR 3:00 AFTERNOON BINGO E GR 4:00 INDEPENDENT CARD GAMES F GR 5:30 EVENING MOVIE I IR	<b>STAFF KEY</b> M=MICHAEL F=FATIMA N=NANCY J=JIMMY DE=DANIELLE A=ANTONIA D=DAVID E=ALL STAFF I=INDEPENDENT  <b>LOCATION KEY</b> B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	<b>BANKING HOURS</b> MONDAY - FRIDAY 11:00 AM - 3:00 PM  <b>COMPUTER CLUB</b> MONDAY - FRIDAY 9:00 AM - 10:00 AM  <b>WALKING CLUB</b> MONDAY /WEDNESDAY/ THURSDAY 2:00 PM  <b>BREAKFAST SERVED</b> 7:30 AM & 8:45 AM  <b>LUNCH SERVED</b> 11:30 AM & 12:45 PM  <b>DINNER SERVED</b> 4:30 PM & 5:45 PM	<p><i>*ALL TRIPS ARE IF WEATHER PERMITS. *ALL PROGRAMS ARE SUBJECT TO CHANGE. CHANGE WILL BE REFLECTED ON THE DAILY BOARD.</i></p> <p><i>YOUR RECREATION DIRECTOR MICHAEL FILS WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING THIS CALENDAR.</i></p>	