

October 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	STAFF KEY M=MICHAEL F=FATIMA N=NANCY J=JIMMY DE=DANIELLE A=ANTONIA D=DAVID 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	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	*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 KOHL'S SHOPPING 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 2:00 KOHL'S SHOPPING F GR 3:00 AFTERNOON BINGO F GR 4:00 SHABBAT SERVICE GR 5:00 EVENING MOVIE F GR	2 OCTOBERFEST 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 BEER & CHIPS TASTING N GR 3:30 AFTERNOON BINGO GR 4:00 CONVERSATION CORNER B GR 5:00 EVENING MOVIE I GR
3 CHESS & CHECKERS GAMES 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	4 DOLLAR TREE 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 BOARD GAME BONANZA N GR 3:00 AFTERNOON BINGO N GR 4:00 CELEBRITY DOCUMENTARY Y GR 5:00 EVENING MOVIE I IR	5 LIBRARY TRIP 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	6 MICHAEL'S CRAFT STORE 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	7 WALMART 10:00 NEWS AND VIEWS Y GR 10:30 MORNING FITNESS F GR 11:30 WORD GAMES I GR 1:00 MOVIE MATINEE I IR 2:00 INDOOR GOLF B R 2:00 SNACK SOCIAL E GR 3:00 AFTERNOON BINGO E GR 4:00 TABOO F GR 5:00 EVENING MOVIE I IR	8 BETHPAGE RESTORATION 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 BETHPAGE RESTORATION F GR 2:00 CARD GAMES E GR 4:00 AFTERNOON BINGO F GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	9 RING TOSS 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 KARAOKE HOUR B M 3:30 AFTERNOON BINGO E GR 4:00 DEAR ABBY B GR 5:00 EVENING MOVIE I IR
10 VIOLIN PERFORMANCE AT THE LIBRARY 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 MAH JONGG F GR 3:00 PIANO PERFORMANCE E M 4:00 MANICURES & MUSIC F GR 5:00 EVENING MOVIE I IR	11 COLUMBUS DAY 10:00 NEWS AND DISCUSSION N GR 10:30 JAKE 58 TRIP N M 11:15 STRETCH TO THE MUSIC 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	12 TARGET / 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 AFTERNOON BINGO B GR 4:00 FAMOUS CELEBRITY BIO F GR 5:00 EVENING MOVIE I IR	13 VETS CHAT W/ PAT 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	14 NEW RESIDENT TEA 10:00 NEWS AND VIEWS B O 11:15 EXERCISE TO MUSIC F GR 11:30 NEW RESIDENT TEA 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	15 ALBERT MULAD VIOLIN PERFORMANCE 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 3:30 AFTERNOON BINGO B GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	16 JEWELRY MAKING W/ FATIMA 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
17 SUNDAY SUNDAYES 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	18 STOP & SHOP 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	19 RESIDENT COUNCIL MEETING 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	20 BIRTHDAY PERFORMANCE 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 WHAT WOULD YOU DO? B O 3:00 BIRTHDAY PERFORMANCE Y GR 3:00 BIRTHDAY CELEBRATION Y GR 5:00 EVENING MOVIE I IR	21 ART BY DEBBIE VIOLA 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	22 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	23 MAH JONGG 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
24/31 WINE & CHEESE TASTING 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 11:30 HALLOWEEN TRIVIA (31ST) Y GR 1:00 MOVIE MATINEE I IR 2:00 MAH JONGG F GR 3:00 COSTUME PARADE (31ST) E GR 3:30 AFTERNOON BINGO N GR 4:00 RELAXATION AND MUSIC F GR 5:30 EVENING MOVIE I IR	25 WOMEN'S CLUB 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	26 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 AFTERNOON BINGO E GR 4:00 INDEPENDENT CARD GAMES F GR 5:30 EVENING MOVIE I IR	27 FALL CRAFT W/ FATIMA 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 FALL CRAFT W/ FATIMA N GR 3:00 AFTERNOON BINGO 4:00 MEXICAN TRAIN DOMINOES F GR 5:00 EVENING MOVIE I R	28 EARLY MORNING TRIP FOR MASS CATHOLIC MASS TRIP 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 RING TOSS GR 3:00 AFTERNOON BINGO F 4:00 BOWLING F GR 5:00 EVENING MOVIE R	29 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 BOWLING F GR 3:00 AFTERNOON BINGO GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I R	30 HALLOWEEN MUSICAL ENTERTAINMENT 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 3:00 AFTERNOON BINGO 4:00 INDEPENDENT BOARD GAMES 5:00 EVENING MOVIE I GR