

January 2022

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

RECREATION CALENDAR

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 NEW YEAR'S DAY / CHAIR YOGA 10:00 NEWS AND DISCUSSIONS B GR 11:15 CHAIR YOGA WITH JANICE F GR 11:30 NEW YEAR'S DAY DISCUSSION B GR 1:00 MOVIE MATINEE IR 2:00 AFTERNOON TRIVIA B M 3:30 AFTERNOON BINGO GR 4:00 NAME THAT TUNE B GR 7:00 EVENING MOVIE I GR	8 SING ALONG WITH MICHAEL 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 SING ALONG WITH MICHAEL B M 3:30 AFTERNOON BINGO E GR 4:00 DEAR ABBY B GR 7:00 EVENING MOVIE I IR
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 CHESS & CHECKERS GAMES N GR 3:00 AFTERNOON BINGO E GR 4:00 FIRESIDE CHATS N GR 7:00 EVENING MOVIE I IR	3 JAKES 58 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 JAKE'S 58 N GR 2:00 BOARD GAME BONANZA N GR 3:00 AFTERNOON BINGO N GR 4:00 CELEBRITY DOCUMENTARY Y GR 7:00 EVENING MOVIE I IR	4 WALMART 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 WALMART B M 2:00 WALKING CLUB IN THE BUILDING F GR 3:00 SNACK SOCIAL I GR 3:30 AFTERNOON BINGO E GR 4:00 MIND JOGGERS B GR 7:00 EVENING MOVIE I IR	5 JERICHO LIBRARY 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 JERICHO LIBRARY B GR 2:30 SNACK SOCIAL F GR 3:00 AFTERNOON BINGO F M 4:00 SCRABBLE GAME F GR 7:00 EVENING MOVIE I IR	6 ENTERTAINMENT BY GREGOY MULAD 8:30 BUS TRIP FOR MASS B R 10:00 NEWS AND VIEWS Y GR 10:30 CHAIR EXERCISE F GR 11:30 WORD GAMES I GR 1:00 MOVIE MATINEE I IR 2:00 YOU BE THE JUDGE B R 2:00 TABLE TOPICS Y GR 3:00 MUSIC BY GREGORY MULAD E GR 4:00 TRIVIA F GR 7:00 EVENING MOVIE I IR	7 JEOPARDY CHALLENGE 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 7:00 EVENING MOVIE I IR	15 JANUARY BIRTHDAY PARTY 10:00 NEWS AND DISCUSSIONS G GR 11:00 CHAIR YOGA WITH JANICE F GR 11:30 WORD GAME F GR 1:00 AFTERNOON MOVIE I IR 2:00 MIND JOGGERS B M 2:00 HAVE A SNACK F GR 3:00 JANUARY BIRTHDAY PARTY E GR 4:00 CONVERSATION CORNER F GR 7:00 EVENING MOVIE I IR
9 KARAOKE 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 KARAOKE IN THE GREAT ROOM F GR 3:00 AFTERNOON BINGO E M 4:00 MANICURES & MUSIC F GR 7:00 EVENING MOVIE I IR	10 LIDL GROCERY / NEW RESIDENT TEA 10:00 NEWS AND DISCUSSION N GR 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: DISCO HITS I GR 7:00 EVENING MOVIE N IR	11 MAGIC SHOW / 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 MAGIC SHOW IN THE GREAT ROOM B GR 4:00 FAMOUS CELEBRITY BIO F GR 7:00 EVENING MOVIE I IR	12 VETS CHAT - BAKING CLUB 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 B GR 3:00 AFTERNOON BINGO E GR 4:00 RUMMIKUB Y GR 7:00 EVENING MOVIE F IR	13 RED LOBSTER LUNCHEON / ART W DEBBIE 8:30 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS B O 11:15 EXERCISE TO MUSIC F GR 11:30 RED LOBSTER LUNCHEON F GR 1:00 MOVIE MATINEE I IR 2:00 ART W/ DEBBIE VIOLA F GR 3:00 AFTERNOON SNACK E GR 3:00 AFTERNOON BINGO F GR 3:00 MENS CLUB F GR 4:00 AFTERNOON CARD GAMES F GR 7:00 EVENING MOVIE I IR	14 WOMEN'S CLUB WITH NANCY 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 WOMEN'S CLUB WITH NANCY N GR 3:00 SNACK SOCIAL B GR 3:30 AFTERNOON BINGO B GR 4:00 SHABBAT SERVICES F GR 7:00 EVENING MOVIE I IR	22 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 YOU BE THE JUDGE B GR 3:00 AFTERNOON SNACK E GR 3:00 AFTERNOON BINGO E GR 4:00 DEAR ABBY F GR 7:00 EVENING MOVIE I IR
16 SUNDAY SUNDAES 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 1:00 MATINEE MOVIE N IR 2:00 SUNDAY SUNDAES I GR 3:00 AFTERNOON BINGO N GR 4:00 TOPICS TO DISCUSS E GR 7:00 EVENING MOVIE I IR	17 MARTIN LUTHER KING DAY / MUSICAL PERFORMANCE 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 3:30 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER N GR 7:00 EVENING MOVIE I IR	18 RESIDENT COUNCIL MEETING / DOLLAR TREE 10:00 CURRENT EVENTS & UPDATES Y GR 10:00 MORNING DOLLAR TREE TRIP B O 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 3:00 AFTERNOON DOLLAR TREE TRIP E GR 4:00 RUMMIKUB E GR 7:00 EVENING MOVIE I IR	19 JEWELRY MAKING W/ FATIMA 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 JEWELRY MAKING W/ FATIMA B O 3:00 AFTERNOON SNACK Y GR 3:00 AFTERNOON BINGO Y GR 4:00 CONVERSATION CORNER Y GR 7:00 EVENING MOVIE I IR	20 TARGET SHOPPING 8:30 BUS TRIP FOR MASS F GR 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 TARGET SHOPPING B R 3:00 AFTERNOON SNACK F GR 3:00 AFTERNOON BINGO E GR 4:00 TABLE GAMES E GR 7:00 EVENING MOVIE N IR	21 BOOK CLUB MEETING 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 7:00 EVENING MOVIE I IR	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 3:00 AFTERNOON BINGO 4:00 INDEPENDENT BOARD GAMES 7:00 EVENING MOVIE I GR
23/30 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 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 7:00 EVENING MOVIE I IR	24/31 SCENIC RIDE 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 MUSIC MEMOIRS: NAT KING COLE B GR 2:00 SNACK SOCIAL N GR 3:30 AFTERNOON BINGO B GR 4:00 CELEBRITY DOCUMENTARY F GR 7:00 EVENING MOVIE I IR	25 TJ MAX / 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 2:00 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 7:00 EVENING MOVIE I IR	26 CRAFTING 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 CRAFTING W/ FATIMA B R 3:00 AFTERNOON SNACK SOCIAL N GR 3:00 AFTERNOON BINGO 4:00 MEXICAN TRAIN DOMINOES F GR 7:00 EVENING MOVIE I R	27 FRANK'S HAMONICA PERFORMANCE 8:30 CATHOLIC MASS TRIP F GR 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 SNACK SOCIAL F 3:00 AFTERNOON BINGO 4:00 AFTERNOON POKER 7:00 EVENING MOVIE 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 BOWLING F GR 3:00 AFTERNOON BINGO GR 4:00 SHABBAT SERVICES F GR 7:00 EVENING MOVIE I R	