

May 2022

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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
1 <i>MAH JONGG</i> 10:15 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 MORNING EXERCISE N GR 11:30 NAME THAT TUNE Y GR 2:00 AFTERNOON MOVIE N GR 2:00 LINE DANCING WITH DAVID N M 2:00 MAH JONGG I GR 3:00 BINGO N GR 3:00 SNACK SOCIAL E GR 4:00 SPORTS CENTER IN MEDIA ROOM E GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR		2 <i>STOP & SHOP SHOPPING</i> 10:00 NEWS AND DISCUSSION Y GR 11:00 MORNING FITNESS Y GR 11:30 GUESS 10 Y GR 2:00 MOVIE MATINEE N IR 2:00 STOP & SHOP Y GR 2:00 WALKING CLUB Y GR 3:00 AFTERNOON BINGO N GR 3:15 AFTERNOON SOCIAL Y GR 4:30 CONVERSATION CORNER N GR 7:00 EVENING BINGO I IR		3 <i>NORTH SHORE SCENIC RIDE</i> 10:00 CURRENT EVENTS & UPDATE F GR 11:15 LET'S STRETCH F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 AFTERNOON MOVIE F GR 2:00 NORTH SHORE SCENIC RIDE Y GR 2:00 GLEE CLUB A GR 3:00 AFTERNOON BINGO Y GR 3:15 SNACK SOCIAL I GR 4:00 MEXICAN TRAIN DOMINOES F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N IR		4 <i>BALLROOM DANCING IN MERRICK</i> 10:00 BUS TRIP TO BALLROOM DANCING B O 10:00 MID WEEK NEWS Y GR 10:45 CHAIR FITNESS P GR 11:30 TRAVEL CLUB: UKRAINE F GR 2:00 AFTERNOON MOVIE F GR 2:00 ALL ABOUT UKRAINE Y IR 3:00 AFTERNOON BINGO F GR 3:15 SNACK SOCIAL E GR 4:00 LATE DAY STRETCH P GR 7:00 EVENING BINGO I GR 8:00 EVENING MOVIE H IR		5 <i>CINCO DE MAYO</i> 8:30 BUS TRIP FOR MASS B O 10:00 NEWS AND VIEWS B GR 10:30 BALLOON VOLLEYBALL F GR 11:30 A TO Z TRIVIA N GR 2:00 MOVIE MATINEE Y GR 2:00 HISTORY OF CINCO DE MAYO IR 2:30 SNACK SOCIAL B GR 3:00 CINCO DE MAYO CELEBRATION N GR 4:00 CARD GAMES IR 7:00 EVENING MOVIE H GR		6 <i>INDOOR SHUFFLEBOARD</i> 10:00 MORNING UPDATE AND NEWS B GR 10:45 FITNESS J GR 11:30 BEAN BAG TOSS GR 2:00 MATINEE MOVIE F GR 2:00 INDOOR SHUFFLEBOARD B GR 3:00 BINGO BONANZA F GR 3:15 AFTERNOON SNACK SOCIAL F GR 4:00 SHABBAT SERVICE GR 7:00 EVENING BINGO F GR		7 <i>MOTHER'S DAY TEA</i> 10:00 NEWS AND DISCUSSIONS B GR 11:15 CHAIR YOGA F GR 11:15 WORD IN A WORD N GR 2:00 MOVIE MATINEE IR 2:00 MOTHERS DAY TEA GR 3:30 KENTUCKY DERBY HORSE RACING B M 3:00 AFTERNOON BINGO GR 4:00 NAME THAT TUNE B GR 7:00 EVENING MOVIE I GR					
8 <i>MOTHER'S DAY</i> 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 N GR 11:00 SUNDAY STRETCH F M 11:30 FINISHING WORDS I GR 2:00 MOVIE MATINEE N GR 2:00 MOTHERS DAY CRAFT N GR 3:00 MOTHERS DAY PIANO PERFORMANCE E GR 3:30 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM N GR 7:00 FIRESIDE CHATS I IR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		9 <i>TRIP TO WALMART</i> 10:00 NEWS AND DISCUSSION N GR 11:00 LIGHT N LIVELY FITNESS F GR 11:30 BASKET BALL HOOPS SHOT I GR 2:00 MOVIE MATINEE N IR 2:00 TRIP TO WALMART N GR 2:00 BOARD GAME BONANZA N GR 3:00 AFTERNOON BINGO N GR 3:30 AFTERNOON SNACK E GR 4:00 CELEBRITY DOCUMENTARY Y GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		10 <i>BROADWAY MALL</i> 10:00 CURRENT EVENTS & UPDATES B R 11:15 EXERCISE WITH MUSIC F GR 11:30 WRITING CLUB F GR 2:00 MOVIE MATINEE I IR 2:00 BROADWAY MALL 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 BINGO N GR 8:00 EVENING MOVIE N GR		11 <i>VET'S CHAT WITH GARY</i> 10:00 MID WEEK NEWS B GR 10:45 BALLOON VOLLEY BALL I GR 11:30 TRENDING TOPICS B GR 2:00 MOVIE MATINEE F IR 3:00 AFTERNOON BINGO F M 3:00 VET'S CHAT WITH GARY E GR 3:15 SNACK WITH FRIENDS Y GR 4:00 SCRABBLE GAME F GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		12 <i>ART BY DEBBIE</i> 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 2:00 MOVIE MATINEE I IR 2:00 YOU BE THE JUDGE B R 2:00 ART BY DEBBIE Y GR 3:00 AFTERNOON BINGO E GR 4:00 TRIVIA F GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE		13 <i>JEOPARDY W/ JIMMY</i> 10:00 MORNING UPDATE AND NEWS F GR 10:45 FRIDAY FITNESS F GR 11:30 NEW RESIDENT TEA F GR 2:00 MOVIE MATINEE I IR 2:00 JEOPARDY W/ JIMMY E GR 3:00 AFTERNOON SNACK SOCIAL F GR 4:00 SHABBAT SERVICES F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE N		14 <i>SING ALONG W/ MICHAEL</i> 10:00 NEWS AND DISCUSSIONS F GR 10:30 MORNING FITNESS B GR 11:30 WORD GAME B GR 2:00 MOVIE MATINEE I IR 2:00 SING ALONG W/ MICHAEL B M 3:00 AFTERNOON BINGO F GR 3:30 AFTERNOON SOCIAL E GR 4:00 DEAR ABBY B GR 8:00 EVENING MOVIE I IR					
15 <i>TRIP TO JERICHO PUBLIC LIBRARY</i> 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 MAD LIBS N GR 2:00 MATINEE MOVIE N GR 2:00 TRIP TO JERICHO PUBLIC LIBRARY N GR 2:00 SNACK SOCIAL F GR 2:30 KARAOKE IN THE GREAT ROOM N GR 3:00 AFTERNOON BINGO E M 4:00 SPORTS CENTER IN MEDIA ROOM F GR 4:00 MANICURES & MUSIC I IR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		16 <i>CVS SHOPPING</i> 10:00 NEWS AND DISCUSSION N GR 11:15 STRETCH TO THE MUSIC F GR 11:30 INDOOR GOLF F GR 2:00 MATINEE MOVIE I IR 2:00 CVS SHOPPING N M 2:00 BEAN BAG TOSS F GR 3:00 AFTERNOON BINGO E GR 4:00 SB: DISCO HITS I GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		17 <i>WESTERN DAY</i> 10:00 CURRENT EVENTS & UPDATES B GR 11:15 GUN SLINGING FITNESS F IR 11:30 WILD WEST TRIVIA F GR 2:00 MATINEE MOVIE I GR 2:00 GLEE CLUB F GR 3:00 BEST WESTERN HO DOWN B GR 3:00 SNACK SOCIAL E GR 4:00 FAMOUS CELEBRITY BIO F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M		18 <i>BAKING W FATIMA</i> 10:00 MID WEEK NEWS B R 10:30 BALLOON VOLLEYBALL N GR 11:15 SPELLING BEE CHALLENGE F GR 2:00 MATINEE MOVIE F IR 2:00 BAKING W FATIMA B GR 3:00 AFTERNOON BINGO B GR 3:15 SNACK SOCIAL F GR 4:00 RUMMIKUB Y GR 5:30 EVENING BINGO I GR 8:00 EVENING MOVIE H GR		19 <i>MAMA TERESA LUNCHEON</i> 8:30 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS B O 10:15 EXERCISE TO MUSIC B GR 11:15 INDEPENDENT COLORING F GR 12:00 MAMA TERESA LUNCHEON I GR 2:00 MOVIE MATINEE Y GR 2:00 FLOOR DARTS F GR 3:00 AFTERNOON BINGO F GR 3:00 SNACK SOCIAL F GR 4:00 AFTERNOON CARD GAMES I IR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M		20 <i>NEW RESIDENT TEA</i> 10:00 MORNING UPDATE AND NEWS B GR 10:45 CHAIR EXERCISE N GR 11:15 NEW RESIDENT TEA N GR 2:00 MOVIE MATINEE I IR 2:00 INDOOR GOLF B GR 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 BINGO N M 8:00 EVENING MOVIE N		21 <i>ARMED FORCES DAY</i> 10:00 NEWS AND DISCUSSIONS G GR 11:00 CHAIR YOGA W/ JANICE F GR 11:30 WORD GAME F GR 2:00 AFTERNOON MOVIE I IR 2:00 FIRESIDE CHAT /COMMEMORATE B M 3:00 AFTERNOON BINGO F GR 3:15 AFTERNOON SOCIAL E GR 4:00 WALKING CLUB F GR 8:00 EVENING MOVIE I IR					
22 <i>OPEN ART STUDIO</i> 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:30 WORDLE CHALLENGE Y GR 2:00 MATINEE MOVIE A GR 2:00 OPEN ART STUDIO I GR 3:30 SUNDAY SUDAES E GR 3:30 AFTERNOON BINGO E GR 3:30 TOPICS TO DISCUSS I GR 4:00 SPORTS CENTER IN MEDIA ROOM E GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		23 <i>TRIP TO DOLLAR TREE</i> 10:00 NEWS AND DISCUSSION Y GR 10:45 MORNING FITNESS Y GR 11:30 MUSIC THROUGH THE DECADES Y GR 2:00 MATINEE MOVIE Y IR 2:00 TABOO THE GAME Y GR 3:00 AFTERNOON BINGO N GR 3:30 AFTERNOON SNACK E GR 4:00 CONVERSATION CORNER N GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		24 <i>RESIDENT COUNCIL MEETING</i> 10:00 CURRENT EVENTS & UPDATES Y GR 11:15 EXERCISE TO MUSIC F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 MOVIE MATINEE Y IR 2:00 RESIDENT COUNCIL MEETING Y M 2:15 SNACK SOCIAL Y GR 3:00 AFTERNOON KOHLS TRIP I GR 3:00 AFTERNOON BINGO E GR 4:00 RUMMIKUB E GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M		25 <i>RIVERHEAD AQUARIUM TRIP</i> 10:00 CURRENT EVENTS B O 10:15 BALLOON VOLLEYBALL M GR 11:30 BRAIN GAMES B O 2:00 MOVIE MATINEE F IR 2:00 RIVERHEAD AQUARIUM TRIP B O 2:00 LATE DAY STRETCH F M 3:00 AFTERNOON SNACK Y GR 3:00 AFTERNOON BINGO Y GR 4:00 CONVERSATION CORNER Y GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M		26 <i>ARBORS FASHION SHOW</i> 10:00 BUS TRIP FOR MASS B R 10:30 NEWS AND VIEWS F GR 11:15 CHAIR EXERCISE F GR 11:30 RING TOSS F GR 2:00 MOVIE MATINEE B R 2:00 ARBORS FASHION SHOW F M 3:00 FASHION SHOW AFTER PARTY F GR 4:00 TABLE GAMES E GR 7:00 EVENING BINGO N IR 8:00 EVENING MOVIE N M		27 <i>PIZZA TAKE OUT</i> 10:00 MORNING UPDATE AND NEWS H GR 10:45 FRIDAY FITNESS B GR 11:30 SPELLING CHALLENGE F GR 12:00 PIZZA TAKE OUT I GR 2:00 MOVIE MATINEE F IR 2:00 BALL TOSS F GR 3:00 AFTERNOON BINGO H GR 3:15 SNACKS WITH FRIENDS F GR 4:00 SHABBAT SERVICES E 7:00 EVENING BINGO N M 8:00 EVENING MOVIE N		28 <i>BIRTHDAY PARTY WITH VANCE</i> 10:00 NEWS AND DISCUSSIONS G GR 11:15 CHAIR YOGA F GR 11:30 WORD IN A WORD F GR 2:00 MOVIE MATINEE I IR 2:00 YOU BE THE JUDGE B GR 3:00 AFTERNOON SNACK E GR 3:00 BIRTHDAY PARTY WITH VANCE E GR 4:00 DEAR ABBY F GR 7:00 EVENING MOVIE I IR					
29 <i>SCENIC DRIVE W DAVID</i> 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 2:00 MOVIE MATINEE N GR 2:00 SCENIC DRIVE F GR 2:00 MAH JONGG N GR 3:00 AFTERNOON BINGO N GR 4:00 SPORTS CENTER IN MEDIA ROOM E GR 4:00 RELAXATION AND MUSIC F GR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE		30 <i>MEMORIAL DAY BARBEQUE</i> 10:00 NEWS AND DISCUSSION B GR 10:45 STRETCH TO MUSIC Y GR 11:15 A-Z TRIVIA N M 12:00 MEMORIAL DAY BARBEQUE I GR 2:00 MOVIE MATINEE I IR 2:00 POKENO B GR 3:00 AFTERNOON BINGO N GR 3:30 SNACK SOCIAL B GR 4:00 CELEBRITY DOCUMENTARY F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H M		31 <i>PICNIC AT THE PARK</i> 10:00 CURRENT EVENTS & UPDATES B GR 11:15 CHAIR YOGA F GR 11:30 TABLE TOPICS F GR 12:00 PICNIC AT THE PARK I GR 2:00 MOVIE MATINEE I IR 2:00 MANDALA ART Y M 3:00 BINGO BONANAZA F GR 3:15 SNACK SOCIAL I GR 4:00 INDEPENDENT COLORING F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M		STAFF KEY M=MICHAEL F=FATIMA N=NANCY J=JIMMY JU=JULIA 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.			