

August 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*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 TRIP TO JERICHO LIBRARY 10:00 NEWS AND DISCUSSION Y GR 10:45 MORNING FITNESS Y GR 11:30 MUSIC THROUGH THE DECADES Y GR 2:00 MOVIE MATINEE Y GR 2:00 AFTERNOON BINGO Y GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 INDOOR GOLF Y GR 3:30 BALLOON CHALLENGE E GR 4:30 CONVERSATION CORNER N GR 7:00 EVENING BINGO H GR 8:15 EVENING MOVIE H M	2 DOLLAR TREE SHOPPING 10:00 CURRENT EVENTS & UPDATE F GR 11:15 LET'S STRETCH F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 MOVIE MATINEE F GR 2:00 DOLLAR TREE SHOPPING Y GR 2:00 GLEE CLUB A GR 3:00 AFTERNOON SNACK SOCIAL Y IR 3:30 AFTERNOON BINGO Y GR 4:00 MEXICAN TRAIN DOMINOES F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N IR	3 BALLROOM DANCING / JEWELRY AMY 9:30 BALLROOM DANCING B O 10:00 MID WEEK NEWS Y GR 10:45 BALLOON VOLLEY BALL P GR 11:30 FAMOUS BIO F GR 2:00 MOVIE MATINEE Y IR 2:00 MUSIC APPRECIATION Y GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 LATE DAY STRETCH P GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H IR	4 AXE THROWING CHALLENGE 8:30 BUS TRIP FOR MASS B O 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 AXE THROWING CHALLENGE B O 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO I GR 4:00 CARD GAMES GR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE	5 GREGORY MULAD PERFORMING 10:00 MORNING UPDATE AND NEWS B GR 11:15 FITNESS J GR 11:30 NAME THAT TUNE GR 2:00 MOVIE MATINEE F GR 2:00 RECREATION COUNCIL MEETING B GR 3:00 MUSICAL PERFORMANCE F GR 3:30 AFTERNOON SNACK SOCIAL E GR 4:00 SHABBAT SERVICE GR 7:00 EVENING BINGO I GR 8:00 EVENING MOVIE N M	6 CHAIR YOGA WITH JANICE 10:00 NEWS AND DISCUSSIONS B GR 11:15 FITNESS F GR 11:30 WORD IN A WORD B GR 2:00 MOVIE MATINEE GR 2:00 BRAIN TEASERS B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO GR 4:00 CONVERSATION CORNER B GR 7:00 EVENING BINGO GR 8:00 EVENING MOVIE M
7 SCENIC RIDE 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY STRETCH Y GR 11:00 SUNDAY MASS LIVE STREAM CH 26 N GR 11:30 FINISHING WORDS I GR 2:00 MOVIE MATINEE A GR 2:00 SCENIC RIDE N GR 2:15 MANICURES & MUSIC F GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:30 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM N GR 7:00 EVENING BINGO H GR 8:15 EVENING MOVIE H M	8 MONDAY FUNDAY @ BEACH 10:00 NEWS AND DISCUSSION N GR 10:45 DAY AT THE BEACH Y GR 11:00 LIGHT N LIVELY FITNESS F GR 11:30 BASKET BALL HOOPS SHOT I GR 2:00 MOVIE MATINEE Y GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 BEAN BAG TOSS E GR 4:00 SB: ANDREA BOCELLI MUSIC Y GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	9 WALMART SHOPPING 10:00 CURRENT EVENTS & UPDATES B R 11:15 EXERCISE WITH MUSIC F GR 11:30 WRITING CLUB F GR 2:00 MOVIE MATINEE Y GR 2:00 WALMART SHOPPING B M 3:00 AFTERNOON SNACK SOCIAL I GR 3:30 AFTERNOON BINGO E GR 4:00 MIND JOGGERS B GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE N GR	10 HIGH POWER COMEDY SHOW 10:00 MID WEEK NEWS B GR 10:45 BALLOON VOLLEY BALL I GR 11:15 WEDNESDAY WORKOUT F GR 11:30 TRENDING TOPICS B GR 2:00 MOVIE MATINEE F IR 2:00 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 COMEDY SHOW- JERRY LEWIS IMPRESSION F M 4:00 SCRABBLE GAME F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	11 VISIT FROM THE BOARD OF ELECTIONS 8:30 BUS TRIP FOR MASS B R 10:00 NEWS AND VIEWS Y GR 10:30 MORNING FITNESS F GR 11:30 TABLE TOPICS I GR 2:00 MOVIE MATINEE I IR 2:00 INDOOR GOLF B R 2:00 ART WITH DEBBIE Y GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 TABOO F GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	12 WOMEN'S CLUB WITH NANCY 10:00 MORNING UPDATE AND NEWS F GR 10:30 FRIDAY FITNESS F GR 11:30 BEAN BAG TOSS F GR 2:00 MOVIE MATINEE I IR 2:00 WOMEN'S CLUB WITH NANCY B GR 2:00 JIMMY'S COZY CORNER F GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICES F GR 7:00 EVENING BINGO N M 8:00 EVENING MOVIE N	13 HORSE RACING WITH FATIMA 10:00 NEWS AND DISCUSSIONS F GR 11:15 EXERCISE WITH MUSIC F GR 11:30 FLOOR DARTS B GR 2:00 MOVIE MATINEE I IR 2:00 HORSE RACING WITH FATIMA B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 WALKING CLUB E GR 4:00 DEAR ABBY B GR 7:00 EVENING BINGO S GR 8:00 EVENING MOVIE S M
14 KOHLS SHOPPING 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 FINISHING WORDS N GR 2:00 MOVIE MATINEE A GR 2:00 KOHL'S SHOPPING N GR 2:00 CHESS & CHECKERS GAMES F GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 AFTERNOON BINGO E M 4:00 SPORTS CENTER IN MEDIA ROOM F GR 5:00 FIRESIDE CHATS I IR 7:00 EVENING BINGO H GR 8:15 EVENING MOVIE H M	15 STOP & SHOP 10:00 NEWS AND DISCUSSION N GR 10:30 STRETCH TO THE MUSIC F GR 2:00 MOVIE MATINEE Y GR 2:00 STOP & SHOP SHOPPING N M 2:00 AFTERNOON BINGO F GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 BALLOON CHALLENGE E GR 4:00 SB: ELVIS MUSIC I GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	16 RESIDENT COUNCIL MEETING 10:00 CURRENT EVENTS & UPDATES B GR 10:30 MORNING EXERCISE F IR 11:30 CRANIUM CRUSHERS F GR 2:00 MOVIE MATINEE I GR 2:00 RESIDENT COUNCIL MEETING A GR 3:00 AFTERNOON SNACK SOCIAL B M 3:30 AFTERNOON BINGO E GR 4:00 FAMOUS CELEBRITY BIO F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M	17 VET'S CHAT WITH GARY 10:00 MID WEEK NEWS B R 10:30 BALLOON VOLLEYBALL N GR 11:00 BALLOON VOLLEYBALL B GR 11:30 TRENDING TOPICS F GR 2:00 MOVIE MATINEE F IR 2:00 BAKING CLUB B GR 3:00 VET'S CHAT WITH GARY F M 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 RUMMIKUB Y GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	18 MOONCHASER BOAT RIDE 8:30 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS B O 10:30 EXERCISE TO MUSIC F GR 11:30 CROSSWORD PUZZLE F GR 11:30 MOON CHASER BOAT RIDE I GR 2:00 MOVIE MATINEE Y GR 2:00 SNACK SOCIAL F GR 2:00 HORSE SHOE CHALLENGE E GR 3:00 AFTERNOON SNACK SOCIAL F GR 3:30 AFTERNOON BINGO E GR 4:00 AFTERNOON CARD GAMES F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M	19 NEW RESIDENT TEA 10:00 MORNING UPDATE AND NEWS B GR 10:30 CHAIR EXERCISE N GR 11:30 BOWLING N GR 2:00 CRAFT W FATIMA F M 2:00 MOVIE MATINEE B GR 2:00 JIMMY'S COZY CORNER 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 7:00 EVENING BINGO N M 8:00 EVENING MOVIE N	20 CHAIR YOGA W/ JANICE 10:00 CURRENT EVENTS & UPDATES B GR 10:30 WEEKEND STRETCHES F GR 11:30 WORD IN A WORD F GR 2:00 MOVIE MATINEE I IR 2:00 WALKING CLUB INDOOR/OUTDOOR B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER F GR 7:00 EVENING BINGO S GR 8:00 EVENING MOVIE S M
21 LIDL SHOPPING 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:30 YOU BE THE JUDGE Y GR 2:00 LIDL SHOPPING N GR 2:00 MOVIE MATINEE Y GR 2:00 INDOOR BOWLING I GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM E GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	22 JAKES 58 10:00 NEWS AND DISCUSSION Y GR 10:30 MORNING FITNESS Y GR 11:30 MUSIC THROUGH THE DECADES Y GR 2:00 AFTERNOON BINGO Y IR 2:00 MOVIE MATINEE Y GR 2:00 JAKES 58 TRIP B GR 3:00 AFTERNOON SNACK SOCIAL Y GR 3:30 BEAN BAG TOSS E GR 4:00 CONVERSATION CORNER N GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	23 JASON'S VINEYARD TRIP 10:00 CURRENT EVENTS & UPDATES Y GR 10:30 EXERCISE TO MUSIC F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 MOVIE MATINEE A GR 2:00 JASON'S VINEYARD TRIP Y M 2:15 SNACK SOCIAL Y GR 3:30 AFTERNOON BINGO E GR 4:00 RUMMIKUB E GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M	24 WHO WANTS TO BE A MILLIONAIRE 10:00 MID WEEK NEWS B O 10:30 BALLOON VOLLEY BALL M GR 11:30 TRENDING TOPICS B O 2:00 MOVIE MATINEE Y GR 2:00 SB; WHO WANTS TO BE A MILLIONAIRE B O 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO Y GR 4:00 INDEPENDENT CARD GAMES E GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	25 BROADWAY MALL 8:30 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS B R 10:30 EXERCISE TO MUSIC F GR 11:15 RING TOSS F GR 2:00 MOVIE MATINEE I IR 2:00 BRAIN TEASERS B R 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 MUSIC APPRECIATION E GR 7:00 EVENING BINGO N IR 8:00 EVENING MOVIE N M	26 PIZZA TAKE OUT 10:00 MORNING UPDATE AND NEWS H GR 10:30 FRIDAY FITNESS B GR 11:30 JEOPARDY W JIMMY F GR 12:00 PIZZA TAKE OUT I GR 2:00 MOVIE MATINEE F IR 2:00 BALL TOSS F GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICES E GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE N M	27 AUGUST BIRTHDAY PARTY 10:00 NEWS AND DISCUSSIONS G GR 10:30 WEEKEND STRETCH F GR 11:30 FLOOR DARTS F GR 2:00 MOVIE MATINEE I IR 2:00 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:00 AUGUST BIRTHDAY PARTY E GR 4:00 RING TOSS F GR 7:00 EVENING BINGO S M 8:00 EVENING MOVIE
28 SCENIC DRIVE W DAVID 10:30 NEWS AND VIEWS Y GR 11:15 SUNDAY MASS LIVE STREAM CH 26 N GR 11:30 SUNDAY STRETCH F GR 2:00 MOVIE MATINEE N GR 2:00 SNACK SOCIAL N GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 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	29 TARGET SHOPPING 10:00 NEWS AND DISCUSSION B GR 10:30 STRETCH TO MUSIC F GR 11:30 A-Z TRIVIA F GR 2:00 MOVIE MATINEE Y GR 2:00 AFTERNOON BINGO I IR 2:00 TARGET SHOPPING B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 BALLOON CHALLENGE B GR 4:00 CELEBRITY DOCUMENTARY F GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	30 PICNIC AT THE BEACH 10:00 CURRENT EVENTS & UPDATES B GR 10:30 CHAIR YOGA F GR 11:30 TABLE TOPICS F GR 11:45 PICNIC AT THE BEACH F GR 2:00 MOVIE MATINEE Y GR 2:00 GLEE CLUB Y M 2:30 SNACK SOCIAL F GR 3:30 AFTERNOON BINGO E GR 4:00 INDEPENDENT CARD GAMES F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M	31 FOOD COUNCIL MEETING 10:00 NEWS AND VIEWS R 10:45 BALLOON VOLLEY BALL GR 11:30 SMART BOARD GAMES GR 2:00 MOVIE MATINEE R GR 2:00 FOOD COUNCIL MEETING GR 3:00 RING TOSS GR 3:00 AFTERNOON SNACK SOCIAL 3:30 AFTERNOON BINGO AFTERNOON POKER/ CARDS 7:00 EVENING BINGO 8:00 EVENING MOVIE R	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	PLEASE PRACTICE Facemask Suggested The Arbors ASSISTED LIVING COMMUNITIES SOCIAL DISTANCING	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