

September 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE PRACTICE Facemask Suggested  The Arbors ASSISTED LIVING COMMUNITIES SOCIAL DISTANCING	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.	1 ART W DEBBIE VIOLA 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 ART WITH DEBBIE VIOLA B O 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 SHABBAT WITH RABBI BROWNSTEIN N GR 3:30 AFTERNOON BINGO I GR 4:00 CARD GAMES IR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE	2 NINA E. MUSICAL PERFORMANCE 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	3 HORSE RACING WITH FATIMA 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 HORSE RACING WITH FATIMA 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
4 DOLLAR TREE 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 DOLLAR TREE 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	5 LABOR DAY 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: BARBARA STREISAND MUSIC Y GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	6 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	7 BALLROOM DANCING 9:30 BALLROOM DANCING @ MERRICK COUNTY CLUB B O 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 2:00 AXE THROWING PRACTICE B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 SCRABBLE GAME F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	8 BEN'S CRAB LUNCHEON TRIP 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 12:00 BEN'S CRAB LUNCHEON TRIP F GR 2:00 MOVIE MATINEE I IR 2:00 INDOOR GOLF B R 3:00 CHEF'S CORNER Y GR 3:30 SHABBAT WITH RABBI BROWNSTEIN E GR 3:30 AFTERNOON BINGO F GR 4:00 TABOO I IR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE	9 BOOK CLUB W 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 BOOK 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	10 CHAIR YOGA WITH JANICE 10:00 NEWS AND DISCUSSIONS F GR 10:30 CHAIR YOGA WITH JANICE B GR 11:15 EXERCISE WITH MUSIC F GR 11:30 FLOOR DARTS B GR 2:00 MOVIE MATINEE I IR 2:00 DEEP DILEMMA CONVERSATION GAME 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
11 THEATER SHOW AT LIBRARY 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 LIBRARY PERFORMANCE 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	12 AMAZING SAVINGS 10:00 NEWS AND DISCUSSION N GR 10:30 STRETCH TO THE MUSIC F GR 11:30 FLOOR DARTS F GR 2:00 MOVIE MATINEE Y GR 2:00 AMAZING SAVINGS 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	13 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	14 VET'S CHAT WITH GARY 10:00 MID WEEK NEWS B R 10:30 BALLOON VOLLEYBALL N 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	15 ARBORS OLYMPICS 8:30 BUS TRIP FOR MASS B O 10:00 NEWS AND VIEWS B GR 10:30 EXERCISE TO MUSIC F GR 11:30 CROSSWORD PUZZLE I GR 11:30 ARBORS OLYMPICS AT ISLANDIA I IR 2:00 MOVIE MATINEE F GR 2:00 SNACK SOCIAL E GR 2:00 HORSE SHOE CHALLENGE F GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:30 SHABBAT WITH RABBI BROWNSTEIN F GR 3:30 AFTERNOON BINGO I IR 4:00 AFTERNOON CARD GAMES N GR 7:00 EVENING BINGO 8:00 EVENING MOVIE	16 NEW RESIDENT TEA 10:00 MORNING UPDATE AND NEWS B GR 10:30 CHAIR EXERCISE N GR 11:30 NEW RESIDENT TEA N GR 2:00 CRAFT WITH 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	17 SING ALONG WITH MICHAEL 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 SING ALONG WITH MICHAEL 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
18 BURLINGTON 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 BURLINGTON 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	19 JERICHO PUBLIC LIBRARY 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 JERICHO PUBLIC LIBRARY 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	20 STOP & SHOP 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 STOP & SHOP 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	21 CM THEATER TRIP "CABARET" 10:00 MID WEEK NEWS B O 10:30 BALLOON VOLLEY BALL M GR 11:30 TRENDING TOPICS B O 12:00 CM THEATER BUS TRIP I GR 2:00 MOVIE MATINEE Y GR 2:00 BATTLE OF THE SEXES 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	22 MAMA THERESA'S LUNCHEON 8:30 BUS TRIP FOR MASS F GR 10:00 NEWS AND VIEWS F GR 10:30 EXERCISE TO MUSIC F GR 11:15 RING TOSS I GR 12:00 MAMA THERESA'S LUNCHEON I IR 2:00 MOVIE MATINEE F M 2:00 BRAIN TEASERS B GR 3:00 CHEF'S CORNER E GR 3:30 AFTERNOON BINGO I GR 3:30 SHABBAT WITH RABBI BROWNSTEIN N IR 5:30 EVENING BINGO 7:00 EVENING MOVIE	23 CRAFT CORNER WITH FATIMA 10:00 MORNING UPDATE AND NEWS H GR 10:30 FRIDAY FITNESS B GR 11:30 JEOPARDY W JIMMY F GR 2:00 MOVIE MATINEE F IR 2:00 CRAFT CORNER WITH FATIMA F GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICES E 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE N M	24 CHAIR YOGA / BIRTHDAY PARTY 10:00 NEWS AND DISCUSSIONS G GR 10:30 CHAIR YOGA WITH JANICE 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 SEPTEMBER BIRTHDAY PARTY E GR 4:00 RING TOSS F GR 7:00 EVENING BINGO S M 8:00 EVENING MOVIE
25 MICHAEL'S CRAFT STORE 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	26 TRADER JOE'S 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 TRADER JOE'S 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	27 APPLE PICKING AT HARBS FARM 10:00 CURRENT EVENTS & UPDATES B GR 10:30 CHAIR YOGA F GR 11:30 TABLE TOPICS F GR 2:00 MOVIE MATINEE Y GR 2:00 GLEE CLUB Y M 2:00 APPLE PICKING @ HARBS FARM B GI 3:00 AFTERNOON 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	28 LARRY WOLF LECTURE 10:00 NEWS AND VIEWS R 10:45 BALLOON VOLLEY BALL GR 11:30 SMART BOARD GAMES GR 2:00 MOVIE MATINEE R 2:00 LARRY WOLFE LECTURE GR 3:00 RING TOSS GR 3:00 AFTERNOON SNACK SOCIAL GR 3:30 AFTERNOON BINGO GR 4:00 AFTERNOON POKER/ CARDS GR 7:00 EVENING BINGO 8:00 EVENING MOVIE R	29 FOOD COUNCIL / CVS BUS TRIP 9:00 NEWS AND DISCUSSION 10:00 MORNING FITNESS 11:30 MUSIC THROUGH THE DECADES 2:00 MOVIE MATINEE 2:00 FOOD COUNCIL MEETING 3:00 CVS BUS TRIP 3:00 AFTERNOON SNACK SOCIAL 3:30 AFTERNOON BINGO 3:30 BALLOON CHALLENGE 4:00 SHABBAT WITH RABBI BROWNSTEIN 4:00 CONVERSATION CORNER 7:00 EVENING BINGO 8:00 EVENING MOVIE	30 PIZZA TAKE OUT 10:00 CURRENT EVENTS & UPDATE 10:30 LET'S STRETCH 11:30 CRANIUM CRUSHERS 12:00 PIZZA TAKE OUT 1:30 MOVIE MATINEE 2:00 JEOPARDY WITH JIMMY 3:00 AFTERNOON SNACK SOCIAL 3:30 AFTERNOON BINGO 4:00 MEXICAN TRAIN DOMINOES 7:00 EVENING BINGO 8:00 EVENING MOVIE	September 