

November 2022

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 JO=JOY JE=JESSICA B=BEATRICE 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	1 JAKE'S 58 CASINO 10:00 CURRENT EVENTS & UPDATE F GR 10:45 LET'S STRETCH F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 AFTERNOON MOVIE F GR 2:00 CASINO TRIP A GR 2:00 HANG MAN B O 3:00 SNACK SOCIAL I GR 3:30 AFTERNOON BINGO E GR 4:00 MEXICAN TRAIN DOMINOES F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N IR	2 BALLROOM DANCING @ COUNTRY CLUB 9:30 BALLROOM DANCING @ COUNTRY CLUB Y O 10:00 CURRENT EVENTS & UPDATES B GR 10:45 TEAM VOLLEYBALL COMPETITION F GR 11:30 TABLE TOPICS F GR 2:00 MOVIE MATINEE I GR 2:00 CROSSWORD PUZZLE WITH JESSICA Y GR 3:00 SNACK SOCIAL F GR 3:30 AFTERNOON BINGO I GR 4:00 INDEPENDENT COLORING F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N IR	3 CROCHET CLUB WITH JESSICA 8:30 MASS AT ST PAUL THE APOSTLE B O 10:00 NEWS AND VIEWS B GR 10:45 FITNESS F GR 11:30 A TO Z TRIVIA N GR 2:00 MOVIE MATINEE Y GR 2:00 CROCHET CLUB WITH JESSICA B O 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 SHABBAT WITH RABBI BROWNSTEIN N GR 3:30 AFTERNOON BINGO I GR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE	4 LIVE ENTERTAINMENT 10:00 MORNING UPDATE AND NEWS B GR 10:45 FITNESS J GR 11:30 NAME THAT TUNE GR 2:00 MOVIE MATINEE F GR 2:00 JEOPARDY WITH JIMMY B GR 3:00 MICHAEL HARLEY PERFORMING 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	5 CHAIR YOGA WITH JANICE 10:00 NEWS AND DISCUSSIONS B GR 10:30 CHAIR YOGA WITH JANICE F GR 11:30 WORD IN A WORD B GR 2:00 MOVIE MATINEE GR 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
6 DAYLIGHT SAVINGS TIME ENDS 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 I GR 2:00 MOVIE MATINEE A GR 2:00 CRUISE THROUGH NORTH SHORE 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	7 DOLLAR TREE SHOPPING 10:00 NEWS AND DISCUSSION N GR 10:45 LIGHT N LIVELY FITNESS F GR 11:00 PET THERAPY VISIT Y GR 11:30 BASKET BALL HOOPS SHOT I GR 2:00 MOVIE MATINEE N IR 2:00 DOLLAR TREE SHOPPING Y GR 3:00 AFTERNOON SNACK SOCIAL B GR 2:00 CORN HOLE CHALLENGE N GR 3:30 AFTERNOON BINGO E GR 4:00 SB: BARBARA STREISAND MUSIC Y GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	8 RED LOBSTER LUNCHEON 10:00 CURRENT EVENTS & UPDATES B R 10:45 EXERCISE WITH MUSIC F GR 11:30 WRITING CLUB F GR 12:00 RED LOBSTER LUNCHEON I GR 2:00 MOVIE MATINEE Y GR 2:00 INDOOR GOLF 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	9 VET'S CHAT WITH GARY 10:00 MID WEEK NEWS B GR 10:45 BALLOON VOLLEY 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 3:00 VET'S CHAT WITH GARY F M 3:30 AFTERNOON BINGO E GR 4:00 SCRABBLE GAME F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	10 ART BY DEBBIE VIOLA 8:30 MASS AT ST PAUL THE APOSTLE B R 10:00 NEWS AND VIEWS Y GR 10:45 MORNING FITNESS F GR 11:30 TABLE TOPICS I GR 2:00 MOVIE MATINEE I IR 2:00 ART BY DEBBIE VIOLA Y GR 3:00 CHEF'S COOKING DEMONSTRATION B GR 3:30 SHABBAT WITH RABBI BROWNSTEIN E GR 3:30 AFTERNOON BINGO F GR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE	11 VETERANS DAY 10:00 MORNING UPDATE AND NEWS F GR 10:45 FRIDAY FITNESS F GR 11:30 BEAN BAG TOSS F GR 2:00 MOVIE MATINEE I IR 2:00 VETERAN'S DAY CELEBRATION B 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	12 HORSE RACING W FATIMA 10:00 NEWS AND DISCUSSIONS F GR 10:45 CHAIR FITNESS B 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 AFTERNOON BINGO E GR 4:00 DEAR ABBY B GR 7:00 EVENING BINGO S GR 8:00 EVENING MOVIE S M
13 KOHL'S SHOPPING 10:00 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 SUNDAY STRETCH F GR 11:30 WORD CHALLENGE 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	14 STOP & SHOP 10:00 NEWS AND DISCUSSION N GR 10:45 STRETCH TO THE MUSIC F GR 11:30 FLOOR DARTS F GR 2:00 MOVIE MATINEE Y GR 2:00 STOP & SHOP N M 2:00 AFTERNOON BINGO F GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 BALLOON CHALLENGE E GR 4:00 SB: CLASSICAL MUSIC I GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	15 RESIDENT COUNCIL 10:00 CURRENT EVENTS & UPDATES B GR 10:45 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	16 THANKSGIVING CUPCAKES 10:00 MID WEEK NEWS B R 10:45 TEAM VOLLEYBALL COMPETITION N GR 11:30 TRENDING TOPICS F GR 2:00 MOVIE MATINEE F IR 2:00 BAKING CLUB B GR 2:00 LADDER TOSS CHALLENGE B GR 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	17 TASTE OF THE ARBORS OPEN HOUSE 8:30 MASS AT ST PAUL THE APOSTLE B O 10:00 NEWS AND VIEWS B GR 10:45 EXERCISE TO MUSIC F GR 11:30 NEW RESIDENT TEA I GR 1:00 TASTE OF THE ARBORS OPEN HOUSE F GR 2:00 MOVIE MATINEE F GR 2:00 SPELLING CHALLENGE E GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:30 SHABBAT WITH RABBI BROWNSTEIN F GR 3:30 AFTERNOON BINGO I IR 7:00 EVENING BINGO 8:00 EVENING MOVIE	18 PIZZA TAKE OUT 10:00 MORNING UPDATE AND NEWS B GR 10:45 CHAIR EXERCISE N GR 11:30 CROSSWORD PUZZLES N GR 12:00 PIZZA TAKE OUT I GR 2:00 MOVIE MATINEE B GR 2:00 JIMMY'S CONVERSATION CORNER N GR 3:00 SNACK SOCIAL B GR 3:30 AFTERNOON BINGO B GR 5:00 EVENING MOVIE I IR 7:00 EVENING BINGO N M 8:00 EVENING MOVIE N	19 NOV B DAY PARTY/CHAIR YOGA 10:00 CURRENT EVENTS & UPDATES B GR 10:30 CHAIR YOGA WITH JANICE F GR 11:30 WORD IN A WORD F GR 2:00 MOVIE MATINEE I IR 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
20 GRATITUDE CARD MAKING 10:00 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 11:00 SUNDAY STRETCH N GR 11:30 YOU BE THE JUDGE Y GR 2:00 CARD MAKING A GR 2:00 MOVIE MATINEE Y 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	21 LARRY WOLFE LECTURE 10:00 NEWS AND DISCUSSION Y GR 10:45 MORNING FITNESS Y GR 11:00 PET THERAPY VISIT Y GR 11:30 MUSIC THROUGH THE DECADES Y GR 2:00 MOVIE MATINEE Y IR 2:00 LARRY WOLFE LECTURE B GR 3:00 AFTERNOON SNACK SOCIAL Y GR 3:30 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER N GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	22 BROADWAY MALL 10:00 CURRENT EVENTS & UPDATES Y GR 10:45 EXERCISE TO MUSIC F GR 11:30 CRANIUM CRUSHERS Y GR 2:00 BROADWAY MALL Y IR 2:00 MOVIE MATINEE A GR 2:00 AFTERNOON BINGO Y M 2:15 SNACK SOCIAL Y GR 4:00 RUMMIKUB E GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M	23 KARAOKE IN THE GREAT ROOM 10:00 MID WEEK NEWS B O 10:45 BALLOON VOLLEY BALL M GR 11:30 TRENDING TOPICS B O 2:00 MOVIE MATINEE Y GR 2:00 KARAOKE IN THE GREAT ROOM 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	24 THANKSGIVING DAY 8:30 MASS AT ST PAUL THE APOSTLE F GR 10:00 NEWS AND VIEWS F GR 10:45 EXERCISE TO MUSIC F GR 11:15 RING TOSS I GR 2:00 MOVIE MATINEE F M 2:00 FOOD COUNCIL B GR 3:30 AFTERNOON BINGO I GR 3:30 SHABBAT WITH RABBI BROWNSTEIN N IR 5:30 EVENING BINGO 7:00 EVENING MOVIE	25 JEOPARDY W JIMMY 10:00 MORNING UPDATE AND NEWS H GR 10:45 FRIDAY FITNESS B GR 11:30 JEOPARDY WITH JIMMY F GR 2:00 MOVIE MATINEE F IR 2:00 WOMEN'S CLUB WITH NANCY 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	26 HORSE RACING W/ FATIMA 10:00 NEWS AND DISCUSSIONS G GR 10:30 CHAIR FITNESS 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 3:30 HORSE RACING WITH FATIMA E GR 3:00 BRAIN GAMES E GR 4:00 RING TOSS F GR 7:00 EVENING BINGO S M 8:00 EVENING MOVIE
27 TARGET SHOPPING 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 20 QUESTIONS F GR 2:00 MOVIE MATINEE N GR 2:00 TARGET SHOPPING F 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	28 JERICHO LIBRARY 10:00 NEWS AND DISCUSSION B GR 10:45 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 JERICHO LIBRARY B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 FLOOR DARTS B GR 4:00 CELEBRITY DOCUMENTARY F GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M	29 GREGORY MULAD PERFORMING 10:00 NEWS AND DISCUSSION B GR 10:45 STRETCH TO THE MUSIC Y GR 11:30 INDOOR GOLF F GR 1:30 MATINEE MOVIE H GR 2:00 CRANIUM CRUSHERS I M 3:00 AFTERNOON SNACK SOCIAL N GR 3:00 MUSICAL ENTERTAINMENT N GR 4:00 CORN HOLE CHALLENGE N GR 7:00 EVENING BINGO I GR 7:00 EVENING MOVIE H M	30 FOOD COUNCIL 10:00 MID WEEK NEWS GR 10:30 BALLOON VOLLEYBALL GR 11:30 TRENDING TOPICS GR 2:00 MOVIE MATINEE R 2:00 FOOD COUNCIL GR 3:00 AFTERNOON SNACK SOCIAL GR 3:30 AFTERNOON BINGO GR 4:00 RUMMIKUB GR 7:00 EVENING BINGO GR 8:00 EVENING MOVIE		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.