## **MARCH 2023**

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

I GR

F IR

F GR

B GR

E GR

2:00 **JEOPARDY WITH JIMMY** 

3:30 AFTERNOON BINGO

4:00 SHABBAT SERVICES

7:00 EVENING BINGO

8:00 EVENING MOVIE

3:00 AFTERNOON SNACK SOCIAL

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2:00 MOVIE MATINEE

2:00 YOU BE THE JUDGE

3:30 AFTERNOON BINGO

7:00 EVENING BINGO

8:00 EVENING MOVIE

12:00 RED LOBSTER LUNCHEON

3:00 AFTERNOON SNACK SOCIAL

4:00 SPORTS CENTER IN MEDIA ROOM

N GR

N GR

E GR

H M

2:00 MOVIE MATINEE

3:00 AFTERNOON SNACK SOCIAL

3:30 BALLOON CHALLENGE

4:00 CELEBRITY DOCUMENTARY

7:00 EVENING BINGO

8:00 EVENING MOVIE

3:00 SQUEAKY CLEAN PERFORMING

Sunday	Monday	Tuesday	Wednesday	Thursday Friday	Saturday
STAFF KEY  M=MICHAEL F=FATIMA N=NANCY J=JIMMY J0=JOY JE=JESSICA B=BEATRICE D=DAVID E=ALL STAFF I=INDEPENDENT  B - Bistro D - Dining Room M - Media Room O - Outings P - Patio 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         BALLROOM DANCING TRIP           9:30         BALLROOM DANCING TRIP         0           10:00         NEWS AND VIEWS         GR           10:45         BALLOON VOLLEY BALL         GR           11:30         SMART BOARD GAMES         GR           2:00         MOVIE MATINEE         GR           2:00         RING TOSS         GR           3:00         AFTERNOON SNACK SOCIAL         GR           3:30         AFTERNOON BINGO         GR           AFTERNOON POKER/ CARDS         GR           7:00         EVENING BINGO         GR           8:00         EVENING MOVIE         IR	2 SALK MIDDLE SCHOOL VISIT  8:30 BUS TRIP FOR MASS 10:00 SALK MIDDLE SCHOOL VISIT 10:30 MORNING EXERCISE 11:30 ATO Z TRIVIA 2:00 MOVIE MATINEE 2:00 CROCHET CLUB WITH JESSICA 3:00 ELLIOT GORDON LECTURE 3:30 AFTERNOON BINGO 3:00 ELLIOT GORDON LECTURE 3:30 AFTERNOON SNACK SOCIAL 3:30 SHABBAT W/ RABBI BROWNSTEIN 4:00 CARD GAMES 8:00 EVENING BINGO EVENING MOVIE  3 JEOPARDY WITH JIMMY  B GR 10:30 MORNING UPDATE AND NEWS B GR 10:30 EXERCISE WITH MUSIC J GR 11:30 NAME THAT TUNE GR 2:00 MOVIE MATINEE F GR 3:00 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:30 SHABBAT W/ RABBI BROWNSTEIN I GR 4:00 SHABBAT SERVICE GR 7:00 EVENING BINGO I GR 8:00 EVENING MOVIE N M	4         CHAIR YOGA WITH JANICE           10:00         NEWS AND DISCUSSIONS         GR           10:30         CHAIR YOGA WITH JANICE         B         GR           11:30         WORD IN A WORD         B         GR           2:00         MOVIE MATINEE         GR           2:00         WALKING CLUB         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
5         BED BATH & BEYOND TRIP           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         BED BATH & BEYOND TRIP         N GR           3:00         AFTERNOON SNACK SOCIAL         E GR	6         PURIM BEGINS           10:00         NEWS AND DISCUSSION         N         GR           10:45         PET THERAPY VISIT         Y         GR           10:30         LIGHT N LIVELY FITNESS         F         GR           11:30         BASKET BALL HOOPS SHOT         I         GR           2:00         MOVIE MATINEE         Y         GR           2:00         RING TOSS         N         GR           3:00         AFTERNOON SNACK SOCIAL         E         GR	7         DOLLAR TREE SHOPPING           10:00         CURRENT EVENTS & UPDATES         B           10:30         EXERCISE WITH MUSIC         F           11:30         WRITING CLUB         F           2:00         MOVIE MATINEE         Y           2:00         DOLLAR TREE SHOPPING         B           3:00         AFTERNOON SNACK SOCIAL         I	8         VET'S CHAT WITH GARY           10:00         MID WEEK NEWS         B GR           10:45         BALLOON VOLLEY BALL         I GR           11:30         MUSIC APPRECIATION         B GR           2:00         MOVIE MATINEE         F IR           2:00         AXE THROWING PRACTICE         B GR           3:00         VETS CHAT WITH GARY         B GR           3:00         AFTERNOON SNACK SOCIAL         F M	9 ART BY DEBBIE VIOLA  8:30 BUS TRIP FOR MASS B R 10:00 MORNING UPDATE AND NEWS F GR 10:00 NEWS AND VIEWS Y GR 10:30 FRIDAY FITNESS F GR 10:30 MORNING FITNESS F GR 11:30 TABLE TOPICS I GR 2:00 MOVIE MATINEE B R 2:00 MOVIE MATINEE I IR 3:00 ART BY DEBBIE VIOLA Y GR 3:00 NATIONAL POPCORN LOVER DAY SOCIAL B GR	11         HORSE RACING WITH FATIMA           10:00         NEWS AND DISCUSSIONS         F         GR           10:30         CHAIR EXERCISE         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 SPORTS CENTER IN MEDIA ROOM N GR 7:00 EVENING BINGO H GR 8:15 EVENING MOVIE H M  12 DAY LIGHT SAVINGS TIME	3:00 PURIM SERVICE E GR 3:30 AFTERNOON BINGO Y GR 4:00 SB: DEAN MARTIN MUSIC N GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H 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    144 ST PATTY'S CRAFT	3:30 AFTERNOON BINGO E GR 4:00 SCRABBLE GAME F GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	3:00 AFTERNOON BINGO 3:30 SHABBAT W/ RABBI BROWNSTEIN F GR 5:00 TABOO 8:00 EVENING BINGO EVENING MOVIE  16 LIDL SHOPPING/AMI'S JEWELRY  3:30 MARY HARMONY PERFORMING E GR 4:00 SHABBAT SERVICES F GR 7:00 EVENING BINGO N M 8:00 EVENING MOVIE N	3:30 WALKING CLUB E GR 4:00 CELEBRITY BIO B GR 7:00 EVENING BINGO S GR 8:00 EVENING MOVIE S M
10:00   NEWS AND VIEWS   N   GR	10:00   NEWS AND DISCUSSION   N   GR     10:45   PET THERAPY VISIT   Y   GR     10:30   STRETCH TO THE MUSIC   F   GR     11:30   FLOOR DARTS   F   GR     2:00   MOVIE MATINEE   Y   GR     2:00   WALMART SHOPPING TRIP   N   M     2:00   AFTERNOON BINGO   F   GR     3:00   AFTERNOON SNACK SOCIAL   N   GR	10:00         CURRENT EVENTS & UPDATES         B         GR           10:30         MORNING EXERCISE         F         IR           11:30         CROSSWORD CHALLENGE         F         GR           2:00         MOVIE MATINEE         I         GR           2:00         ST PATTY'S CRAFT         A         GR           3:00         NATIONAL PI DAY SOCIAL         B         M           3:30         AFTERNOON BINGO         E         GR	10:00   MID WEEK NEWS   B   R	8:30 BUS TRIP FOR MASS 10:00 NEWS AND VIEWS 10:30 EXERCISE TO MUSIC 11:30 CROSSWORD PUZZLE 1 GR 2:00 MOVIE MATINEE 2:00 MOVIE MATINEE 2:00 LIDL SHOPPING / AMI'S JEWELRY F GR 3:00 AFTERNOON SNACK SOCIAL 3:30 SHABBAT W/ RABBI BROWNSTEIN 4:00 AFTERNOON BINGO 10:00 MORNING UPDATE AND NEWS 10:30 CHAIR EXERCISE N GR 11:30 BOWLING FOR DOLLARS N GR 2:00 MOVIE MATINEE B GR 3:00 ALBERT MULAD PERFORMING N GR 3:30 SNACK SOCIAL B GR	
4:00 SPORTS CENTER IN MEDIA ROOM F GR 4:00 FIRESIDE CHATS I IR 7:00 EVENING BINGO H M 8:00 EVENING MOVIE  19 MICHAEL'S CRAFT STORE 10:00 NEWS AND VIEWS Y GR	3:30   BALLOON CHALLENGE   E   GR	4:00 WORDLE CHALLENGE F GR 7:00 EVENING BINGO N GR 8:00 EVENING MOVIE N M  21 BROADWAY MALL TRIP	4:00 RUMMIKUB Y GR 7:00 EVENING BINGO H GR 8:00 EVENING MOVIE H M  22 TRIP TO CVS	5:00 AFTERNOON CARD GAMES N M 4:00 SHABBAT SERVICES F GR 7:00 EVENING MOVIE 8:00 EVENING MOVIE N M  23 BATTLE OF THE SEXES 24 JEOPARDY WITH JIMMY	4:00 CONVERSATION CORNER F GR 7:00 EVENING BINGO S GR 8:00 EVENING MOVIE S M  25 MARCH BIRTHDAY PARTY  10:00 NEWS AND DISCUSSIONS G 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         MOVIE MATINEE         A         GR           2:00         MICHAEL'S CRAFT STORE         Y         GR           2:00         INDOOR BOWLING         I         GR	10:30 BALLOON VOLLEYBALL Y GR 10:45 PET THERAPY VISIT N M 11:30 MUSIC THROUGH THE DECADES Y GR 2:00 GARDEN CLUB MEETING Y IR 2:00 MOVIE MATINEE Y GR 2:00 AFTERNOON BINGO B GR	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         BROADWAY MALL TRIP         Y         M           3:00         SNACK SOCIAL         Y         GR	10:30         BALLOON VOLLEYBALL         M GR           11:30         TRENDING TOPICS         B O           2:00         MOVIE MATINEE         Y GR           2:00         TRIP TO CVS         B O           3:00         AFTERNOON SNACK SOCIAL         B GR	8:30 BUS TRIP FOR MASS F GR 10:00 MORNING UPDATE AND NEWS H GR 10:30 NEWS AND VIEWS F GR 10:30 EXERCISE TO MUSIC F GR 11:15 RING TOSS I GR 2:00 MOVIE MATINEE B GR BATTLE OF THE SEXES E GR 3:30 CHEF'S CORNER I GR 3:30 AFTERNOON BINGO E GR	10:30   EXERCISE WITH MUSIC   F   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	3:00 AFTERNOON SNACK SOCIAL Y GR 3:30 FLOOR DARTS E GR 4:00 CONVERSATION CORNER N GR 7:00 EVENING BINGO I IR 8:00 EVENING MOVIE H GR	3:30       AFTERNOON BINGO       E       GR         4:00       RUMMIKUB       E       GR         7:00       EVENING BINGO       N       GR         8:00       EVENING MOVIE       N       M             28       RESIDENT COUNCIL MEETING	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	3:00 AFTERNOON BINGO N IR 4:00 SHABBAT W/ RABBI BROWNSTEIN N M 4:00 EVENING BINGO I IR 8:00 EVENING MOVIE 8:00 EVENING MOVIE N M  30 LARRY WOLFE LECTURE 3.00 EVENING MOVIE SITE OF TAKE OUT	3:00 AMI JANE RUSSELL PERFORMING E GR 4:00 RING TOSS F GR 7:00 EVENING BINGO S M 8:00 EVENING MOVIE
10:00         NEWS AND VIEWS         N         GR           10:30         SUNDAY MASS LIVE STREAM CH 26         Y         GR           11:15         SUNDAY STRETCH         N         GR           11:30         TABLE GAMES         F         GR	10:00 NEWS AND DISCUSSION	10:00         CURRENT EVENTS & UPDATES         B GR           10:30         CHAIR YOGA         F GR           11:30         TABLE TOPICS         F GR	10:00         CURRENT EVENTS & UPDATES         Y         R           10:30         EXERCISE TO MUSIC         F           11:30         CRANIUM CRUSHERS         Y         GR	8:30 BUS TRIP FOR MASS  10:30 NEWS AND DISCUSSION  10:30 FRIDAY FITNESS  B GR  10:45 BALLOON VOLLEYBALL  11:30 BOWLING FOR DOLLARS  F GR  12:00 MUSIC THROUGH THE DECADES	A Facemask

2:00 MOVIE MATINEE

3:00 SNACK SOCIAL

7:00 EVENING BINGO

8:00 EVENING MOVIE

4:00 RUMMIKUB

3:30 AFTERNOON BINGO

F GR

2:00 RESIDENT COUNCIL MEETING

3:00 AFTERNOON SNACK SOCIAL

4:00 INDEPENDENT CARD GAMES

3:30 AFTERNOON BINGO

7:00 EVENING BINGO

8:00 EVENING MOVIE

2:00 TIM THERAPY PRESENTATION

3:30 AFTERNOON SNACK SOCIAL

2:00 LARRY WOLFE LECTURE

2:00 MOVIE MATINEE

3:30 AFTERNOON BINGO

4:00 CONVERSATION CORNER

3:00 FLOOR DARTS

8:00 EVENING BINGO

8:15 EVENING MOVIE