



ACTIVITY CALENDAR

DECEMBER 2023

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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
<div>STAFF KEY</div> <div>M=MICHAEL D=DAVID J=JESSICA J=JIMMY B=BEATRICE E=EDWIN F=FATIMA JO=JOY E=ALL STAFF I=INDEPENDENT</div> <div>LOCATION KEY</div> <div>B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook</div>		<div>BANKING HOURS</div> <div>MONDAY - FRIDAY 11:00 AM - 3:00 PM</div> <div>COMPUTER CLUB</div> <div>MONDAY - FRIDAY 9:00 AM - 10:00 AM</div> <div>WALKING CLUB</div> <div>MONDAY /WEDNESDAY/ THURSDAY 2:00 PM</div> <div>BREAKFAST SERVED</div> <div>7:30 AM & 8:45 AM</div> <div>LUNCH SERVED</div> <div>11:30 AM & 12:45 PM</div> <div>DINNER SERVED</div> <div>4:30 PM & 5:45 PM</div>		<div><i>*ALL TRIPS ARE IF WEATHER PERMITS. *ALL PROGRAMS ARE SUBJECT TO CHANGE. CHANGE WILL BE REFLECTED ON THE DAILY BOARD.</i></div> <div><i>YOUR RECREATION DIRECTOR MICHAEL FILS WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING THIS CALENDAR.</i></div>				<div>1 <i>JEOPARDY CHALLENGE</i></div> <div>10:15 MORNING UPDATE AND NEWS B GR 10:45 EXERCISE WITH MUSIC GR 11:15 BOWLING FOR DOLLARS J GR 11:15 WALKING CLUB GR 2:30 MOVIE MATINEE F GR 2:30 JEOPARDY CHALLENGE B GR 3:00 AFTERNOON SNACK SOCIAL F GR 3:45 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICE GR 7:15 EVENING BINGO I GR 8:15 EVENING MOVIE N M</div> <div>2 <i>CONERSTONE CHURCH YOUTH VISIT</i></div> <div>10:15 NEWS AND DISCUSSIONS GR 10:30 CHAIR YOGA WITH JANICE B GR 11:15 WALKING CLUB F GR 11:15 WORD IN A WORD N GR 2:30 MOVIE MATINEE GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO GR 4:00 CONVERSATION CORNER B GR 7:15 EVENING BINGO GR 8:15 EVENING MOVIE M</div>		<div>3</div> <div>10:15 NEWS AND VIEWS N GR 10:45 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:15 SUNDAY STRETCH N GR 11:30 FINISHING WORDS I GR 11:15 WALKING CLUB IR 2:30 MOVIE MATINEE A GR 2:30 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 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M</div> <div>4 <i>DOLLAR TREE SHOPPING</i></div> <div>10:15 NEWS AND DISCUSSION N GR 10:45 LIGHT N LIVELY FITNESS F GR 11:15 BASKET BALL HOOPS SHOT I GR 11:15 WALKING CLUB N IR 2:30 MOVIE MATINEE Y GR 2:30 DOLLAR TREE SHOPPING B GR 3:30 TECHNOLOGY CLASS E GR 3:45 AFTERNOON BINGO E GR 4:00 SB: ANDREA BOCELLI MUSIC Y GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR</div> <div>5 <i>JOHN CIOTTA PERFORMING</i></div> <div>10:15 CURRENT EVENTS & UPDATES B R 10:45 EXERCISE WITH MUSIC F GR 11:15 WALKING CLUB F GR 2:00 MOVIE MATINEE Y GR 2:30 AFTERNOON BINGO B M 3:00 JOHN CIOTTA PERFORMING I GR 4:00 MIND JOGGERS B GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE N GR</div> <div>6 <i>BALLROOM DANCING TRIP / WALMART</i></div> <div>9:30 BALLROOM DANCING B O 10:15 MID WEEK NEWS B GR 10:45 BALLOON VOLLEYBALL I GR 11:15 PEARL HARBOR DAY B GR 11:15 WALKING CLUB I GR 2:30 MOVIE MATINEE F IR 2:30 WALMART SHOPPING TRIP B O 2:30 AXE THROWING PRACTICE B GR 3:00 AFTERNOON SNACK SOCIAL F M 3:45 AFTERNOON BINGO E GR 4:00 SCRABBLE GAME F GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR</div> <div>7 <i>ART BY DEBBIE VIOLA/HANUKKAH STARTS</i></div> <div>8:30 BUS TRIP FOR MASS B R 10:15 NEWS AND VIEWS Y GR 10:45 MORNING FITNESS F GR 11:00 DAVEN W/ RABBI BROWNSTEIN F GR 11:15 WALKING CLUB I GR 11:15 TABLE TOPICS F GR 2:30 MOVIE MATINEE I IR 2:30 ART BY DEBBIE VIOLA B R 3:00 CHEF'S CHOICE SOCIAL Y GR 3:45 AFTERNOON BINGO F GR 4:00 TABOO I IR 4:30 HANUKKAH CANDLE LIGHTING H GR 7:15 EVENING BINGO H M 8:15 EVENING MOVIE N</div> <div>8 <i>PAINTING DRIEDEL'S CRAFT</i></div> <div>10:15 MORNING UPDATE AND NEWS F GR 10:45 FRIDAY FITNESS F GR 11:15 BEAN BAG TOSS F GR 11:15 WALKING CLUB B GR 2:30 MOVIE MATINEE I IR 2:30 PAINTING DRIEDEL'S CRAFT F GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICES F GR 4:30 HANUKKAH CANDLE LIGHTING I IR 7:15 EVENING BINGO N M 8:15 EVENING MOVIE N</div> <div>9 <i>CHAIR YOGA WITH JANICE</i></div> <div>10:15 NEWS AND DISCUSSIONS F GR 10:45 CHAIR YOGA WITH JANICE F GR 11:15 FLOOR DARTS B GR 11:15 WALKING CLUB I GR 2:30 MOVIE MATINEE I IR 2:30 HORSERACING WITH FATIMA B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 CELEBRITY BIO B GR 4:30 HANUKKAH CANDLE LIGHTING I IR 7:15 EVENING BINGO S GR 8:15 EVENING MOVIE S M</div>		<div>10</div> <div>10:15 NEWS AND VIEWS N GR 10:45 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:15 SUNDAY STRETCH F GR 11:15 FINISHING WORDS N GR 11:15 WALKING CLUB I GR 2:30 MOVIE MATINEE N GR 2:00 CHESS & CHECKERS GAMES N GR 3:00 AFTERNOON SNACK SOCIAL F GR 3:30 AFTERNOON BINGO N GR 4:00 SPORTS CENTER IN MEDIA ROOM E M 4:30 HANUKKAH CANDLE LIGHTING F GR 5:00 FIRESIDE CHATS I IR 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M</div> <div>11 <i>CHRISTMAS TREE SHOP/AMI'S JEWELRY</i></div> <div>10:15 NEWS AND DISCUSSION N GR 10:45 STRETCH TO THE MUSIC F GR 11:15 FLOOR DARTS F GR 11:15 WALKING CLUB I GR 2:30 MOVIE MATINEE Y GR 2:30 CHRISTMAS TREE 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 4:30 HANUKKAH CANDLE LIGHTING N IR 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M</div> <div>12 <i>TREE LIGHTING CEREMONY</i></div> <div>10:15 CURRENT EVENTS & UPDATES B GR 10:45 MORNING EXERCISE F IR 11:15 CHRISTMAS CAROLING F GR 2:30 MOVIE MATINEE I GR 2:30 TREE LIGHTING CEREMONY A GR 3:00 AFTERNOON SNACK SOCIAL B M 3:00 HOLIDAY PIANO PERFORMANCE E GR 4:00 FAMOUS CELEBRITY BIO F GR 4:30 HANUKKAH CANDLE LIGHTING I IR 7:15 EVENING BINGO N GR 8:15 EVENING MOVIE N M</div> <div>13 <i>VETS CHAT WITH GARY</i></div> <div>10:15 MID WEEK NEWS B R 10:45 BALLOON VOLLEYBALL N GR 11:15 WALKING CLUB B GR 11:15 TRENDING TOPICS F GR 2:30 MOVIE MATINEE F IR 3:00 VETS CHAT WITH GARY F M 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 RUMMIKUB Y GR 4:30 HANUKKAH CANDLE LIGHTING F IR 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M</div> <div>14 <i>LARRY WOLFE LECTURE/OLIVE GARDEN</i></div> <div>8:30 BUS TRIP FOR MASS B O 10:15 NEWS AND VIEWS B GR 10:45 EXERCISE TO MUSIC F GR 11:00 DAVEN W/ RABBI BROWNSTEIN F GR 11:15 CROSSWORD PUZZLE I GR 11:15 WALKING CLUB I IR 12:00 OLIVE GARDEN LUNCHEON Y GR 2:30 MOVIE MATINEE E GR 2:30 LARRY WOLFE LECTURE F GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:45 AFTERNOON BINGO I IR 4:00 AFTERNOON CARD GAMES N GR 4:30 HANUKKAH CANDLE LIGHTING N M 7:15 EVENING BINGO N 8:15 EVENING MOVIE N</div> <div>15 <i>NEW RESIDENT TEA</i></div> <div>10:15 MORNING UPDATE AND NEWS B GR 10:45 CHAIR EXERCISE N GR 11:15 NEW RESIDENT TEA N GR 11:15 WALKING CLUB I GR 2:30 JEOPARDY WITH JIMMY F M 2:30 MOVIE MATINEE B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO B GR 4:00 SHABBAT SERVICES F GR 4:30 HANUKKAH CANDLE LIGHTING I IR 7:15 EVENING BINGO N M 8:15 EVENING MOVIE N</div> <div>16 <i>CHAIR YOGA WITH JANICE</i></div> <div>10:15 CURRENT EVENTS & UPDATES B GR 10:45 CHAIR YOGA WITH JANICE F GR 11:15 WORD IN A WORD F GR 11:15 WALKING CLUB F GR 2:30 MOVIE MATINEE I IR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER F GR 7:15 EVENING BINGO S GR 8:15 EVENING MOVIE S M</div>		<div>17</div> <div>10:15 NEWS AND VIEWS Y GR 10:45 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:15 WALKING CLUB Y GR 11:30 YOU BE THE JUDGE I GR 2:30 WORLD TRAVEL CLUB 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 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR</div> <div>18 <i>EVENING CHRISTMAS LIGHT DRIVE</i></div> <div>10:15 NEWS AND DISCUSSION Y GR 10:45 MORNING FITNESS Y GR 11:15 WALKING CLUB N M 11:15 NAME THAT CHRISTMAS SONG Y GR 2:30 AFTERNOON BINGO Y IR 2:30 MOVIE MATINEE Y GR 2:30 HOLIDAY MANICURES B GR 3:00 HOT CHOCOLATE MARSHMALLOW SOCIAL Y GR 3:30 MAKE HOLIDAY CARDS E GR 4:00 CONVERSATION CORNER N GR 7:15 EVENING CHRISTMAS LIGHT DRIVE I IR 8:00 EVENING MOVIE H GR</div> <div>19 <i>HOLIDAY CELEBRATION</i></div> <div>10:15 CURRENT EVENTS & UPDATES Y GR 10:45 CHEERFUL EXERCISE CLASS B O 11:15 WALKING CLUB F GR 11:30 RESIDENT COUNCIL MEETING Y GR 2:30 MOVIE MATINEE A GR 2:30 HOLIDAY BINGO Y M 3:00 SNACK SOCIAL Y GR 3:15 HOLIDAY CELEBRATION E GR 4:00 RUMMIKUB E GR 7:15 EVENING BINGO N GR 8:15 EVENING MOVIE N M</div> <div>20 <i>HOLIDAY CRAFTS</i></div> <div>10:15 MID WEEK NEWS B O 10:45 BALLOON VOLLEY BALL M GR 11:15 WALKING CLUB Y GR 11:15 TRENDING TOPICS B O 2:30 MOVIE MATINEE Y GR 2:30 HOLIDAY CRAFTS B O 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO Y GR 4:00 INDEPENDENT CARD GAMES E GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR</div> <div>21 <i>HARMONAIRES HOLIDAY CONCERT</i></div> <div>8:30 BUS TRIP FOR MASS F GR 10:15 NEWS AND VIEWS F GR 10:30 HOLIDAY CONCERT F GR 11:00 DAVEN W/ RABBI BROWNSTEIN I GR 11:15 WALKING CLUB F GR 2:30 HICK'S NURSERY B R 2:30 MOVIE MATINEE F M 2:30 EXERCISE TO MUSIC B GR 3:00 CHEF'S CORNER E GR 3:45 AFTERNOON BINGO I GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE N M</div> <div>22 <i>BREAKFAST WITH SANTA</i></div> <div>7:30 BREAKFAST W SANTA 1/2 SEATING H GR 10:15 MORNING UPDATE AND NEWS H GR 10:45 FRIDAY FITNESS F GR 11:15 WALKING CLUB B GR 11:15 JEOPARDY W JIMMY F GR 2:30 MOVIE MATINEE F IR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 SHABBAT SERVICES E 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE N M</div> <div>23 <i>DECEMBER BIRTHDAY PARTY/BAR FITNESS</i></div> <div>10:15 NEWS AND DISCUSSIONS G GR 10:15 BAR FITNESS W CHELSEA B GR 11:15 WALKING CLUB F GR 11:15 FLOOR DARTS F GR 2:30 MOVIE MATINEE I IR 2:30 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:15 DECEMBER BIRTHDAY PARTY E GR 4:00 RING TOSS F GR 7:15 EVENING BINGO S M 8:15 EVENING MOVIE S M</div>		<div>24/31 <i>24TH- WEAR A HOLIDAY SWEATER</i></div> <div>10:15 NEWS AND VIEWS N GR 10:45 HOLIDAY MASS CH 26 Y GR 11:15 SUNDAY STRETCH N GR 11:15 WALKING CLUB F GR 11:15 2023 GREATEST MOMENTS (31ST) N GR 11:30 CHRISTMAS SING ALONG (24TH) I GR 11:30 TRENDING WORD GAME 2023 (31ST) I GR 2:30 MOVIE MATINEE: MIRACLE ON 34TH ST F GR 2:30 SHOW & SHARE HOLIDAY STORIES (24TH) N GR 2:30 LOOK BACK AT 2023 DISCUSSION (31ST) N GR 3:00 AFTERNOON SNACK SOCIAL (24TH) B GR 3:00 NEW YEAR'S ROCKIN SOCIAL (31ST) N GR 3:30 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM F GR 4:00 MANICURES & MUSIC I IR 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M 11:30 DICK CLARK'S NYE BALL DROP (31ST) M</div> <div>25 <i>CHRISTMAS DAY</i></div> <div>10:15 NEWS AND DISCUSSION B GR 10:45 STRETCH TO MUSIC F GR 11:15 X-MAS TRIVIA F GR 11:15 WALKING CLUB I GR 12:00 HOLIDAY LUNCH H P 2:30 MOVIE MATINEE Y GR 2:30 IT'S A WONDERFUL LIFE Y GR 2:30 AFTERNOON BINGO B GR 3:00 CHRISTMAS SNACK SOCIAL B GR 3:30 CHRISTMAS WORD SEARCH B GR 4:00 INDEPENDENT CARD GAMES F GR 7:15 EVENING BINGO H GR 8:15 EVENING MOVIE H M</div> <div>26 <i>FOOD COUNCIL MEETING</i></div> <div>10:15 CURRENT EVENTS & UPDATES B GR 10:45 CHAIR YOGA F GR 11:15 WALKING CLUB F GR 11:15 TABLE TOPICS F GR 2:30 MOVIE MATINEE Y GR 2:30 TRADER JOE'S SHOPPING B GI 3:00 AFTERNOON SNACK SOCIAL F GR 3:45 AFTERNOON BINGO E GR 4:00 INDEPENDENT CARD GAMES F GR 7:15 EVENING BINGO N GR 8:15 EVENING MOVIE N M</div> <div>27 <i>BAKING CLUB WITH FATIMA</i></div> <div>10:15 NEWS AND VIEWS R 10:45 BALLOON VOLLEY BALL GR 11:15 WALKING CLUB GR 11:15 SMART BOARD GAMES GR 2:30 MOVIE MATINEE R 2:30 BAKING CLUB WITH FATIMA GR 3:00 RING TOSS GR 3:00 AFTERNOON SNACK SOCIAL GR 3:45 AFTERNOON BINGO GR 4:00 AFTERNOON POKER/ CARDS GR 7:15 EVENING BINGO GR 8:15 EVENING MOVIE R</div> <div>28 <i>STOP & SHOP TRIP</i></div> <div>9:00 NEWS AND DISCUSSION GR 10:45 MORNING FITNESS GR 11:00 DAVEN W/ RABBI BROWNSTEIN GR 11:15 WALKING CLUB GR 11:15 MUSIC THROUGH THE DECADES GR 2:30 MOVIE MATINEE GR 2:30 STOP & SHOP TRIP GR 3:00 AFTERNOON SNACK SOCIAL GR 3:45 AFTERNOON BINGO GR 4:00 CONVERSATION CORNER GR 7:15 EVENING BINGO GR 8:15 EVENING MOVIE GR</div> <div>29 <i>PIZZA TAKE OUT</i></div> <div>10:15 CURRENT EVENTS & UPDATE GR 10:45 CHAIR EXERCISE F GR 11:15 WALKING CLUB B GR 11:15 CRANIUM CRUSHERS F GR 12:00 PIZZA TAKE OUT I IR 2:30 MOVIE MATINEE B M 2:30 JEOPARDY WITH JIMMY B GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:45 AFTERNOON BINGO F GR 4:00 MEXICAN TRAIN DOMINOES F GR 7:15 EVENING BINGO S GR 8:15 EVENING MOVIE S M</div> <div>30 <i>NEW YEARS' EVE CELEBRATION</i></div> <div>10:15 CURRENT EVENTS & UPDATES B GR 10:45 WEEKEND STRETCHES F GR 11:15 WALKING CLUB B GR 11:15 WORD IN A WORD F GR 2:30 MOVIE MATINEE I IR 2:30 AFTERNOON BINGO B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:15 NEW YEARS' EVE CELEBRATION E GR 4:00 CONVERSATION CORNER F GR 7:15 EVENING BINGO S GR 8:15 EVENING MOVIE S M</div>	